

MY HEALING RITUALS

DAILY PRACTICES FOR VITALITY AND WELLBEING



I BEGIN EACH DAY WITH CLARITY AND FOCUS

Before you get up, take three deep belly breaths, then close your eyes and choose a positive intention for the day ahead

EVERY DAY I STRENGTHEN MY CORE OF CALM AND PEACE

The gift of meditation, even if just a few minutes, provides a smoother experience throughout your day

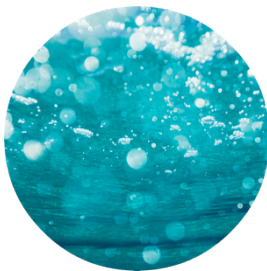
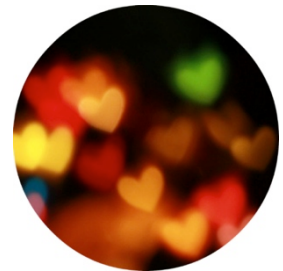


BEGINNING FROM JOY, I STRETCH & MOVE TO HARNESS AND CIRCULATE ENERGY

Choose movement that you enjoy, 20-30 minutes in the morning – stretching muscles, rotating joints and opening your lungs – this raises your energy all day long

I DO SOMETHING EVERY DAY, JUST FOR ME

What did you love doing as a kid? Every day, choose something simple that brings you happiness and make time to enjoy it!



I HARNESS THE POWER OF FLOW, BRINGING IN AND LETTING GO

Two big glasses of warm water, first thing, triggers hydration and regulates digestion, for cleansing and letting go. Fill up 3 large bottles (eg 1L) to sip consistently throughout the day

I RECEIVE NATURE'S ENERGY THROUGH VITAL, LIVING FOODS

Nutrient-dense, fresh, seasonal, wholesome, unprocessed and mostly plant-based foods – as close to being alive as possible! Slow-cooked in Winter, light and fresh in Summer



I BLISSFULLY RECHARGE WITH RESTORATIVE SLEEP

Sleep is your most potent rejuvenation resource, a time when you gather energy and release your self-healing power. Winding down by 9:30, lights out at 10pm