10 Habits E-Book
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Habit: Earlier, Lighter Dinners

Welcome to Yoga Health Coaching. We’re all about helping you make the habit changes required to experience:

- Better energy
- Deeper sleep
- A body that feels younger as you get older

The first tool in your toolkit is to eat an earlier dinner, or a lighter dinner.

Many of us eat after 6 pm, when digestion starts to get very weak. When we eat late, we put a load on our body that detracts from a more efficient body.

If you don’t eat late, but you eat too heavy at night, the same thing is true.

Lesson 1 could have also been named Lighter or Plant-Based Dinners. The rule of thumb is that our digestive fire isn’t strong at night. Our human body doesn’t produce much bile in the evening to burn through heavy meals, fat or protein. It’s best to eat dinner lighter and earlier, if you want to:

- sleep deeply
- have energy the next day
- keep your body light

With all of the habits we will be upgrading during the Yoga Health Coaching program, the important thing is small, regular success.

Don’t try to change your mealtime by 3 hours, or go from a 1000 calorie meal to a green salad. Go gradual. Be regular. Notice the effects.

Good luck. We’ve got your back.

— The Yoga Health Coaches
**Focus**

**Simple + yummy**
Dinner needs to be easy to digest. Humans are primates, and don’t produce much bile at night to digest food. Create a simple and yummy meal. The later you eat, the lighter it needs to be. Soups and salads... raw or cooked... cold or warm, depending on season.

**Plan ahead.**
You have to schedule an earlier dinner. If you normally work out after work, you’ll need to move it to before work. You’ll have more time in the morning from going to bed earlier.

**Know your triggers.**
If you usually go out with friends for an 8 or 9 pm meal it’s going to be a trigger when you go to make plans next. Think about other ways or times to connect with your peeps.

**Set a cut-off time.**
Set a time. The hard-core of you will choose dusk. Others, might simply move your ingestion cut-off time back 30 minutes, until it ends up around 6 pm most nights. Having an exception here and there is a.o.k. But, aim for the cut off to be consistent at least 5 x a week.

**After Dinner Time**
You will have more time after dinner when you move your dinner earlier. Take a walk in summer. Play a game or work on a fun project in winter. Go to bed early.

**Visualize.**
Right now take a minute and see yourself enjoying a lighter, earlier dinner. Notice how it feels to go lie down for sleep with a lighter feeling in your belly.

**Food**

**Keep the meal simple.**
Dinner used to be called supper... meaning a a “little supplement.” Not a show-stopper... but a little something. Soups, stews, fruit salads, green salads, marinated salads, one pot meals. Keep it simple.

**Make a weekly meal plan.**
If you don’t plan ahead you can’t change your momentum. Schedule a time each week on your day off. Put it in your schedule. Print a blank meal planner. Fill it out. Make a grocery list at the same time. Pin the planner to your fridge.

**Don’t snack.**
You won’t be hungry for an early dinner if you eat something besides a piece of fruit between lunch and dinner. Let your hunger develop for an early dinner.

**Prepare food in the morning.**
This one might seem impossible. Preparing food in the morning is easy when you plan ahead. You can use a rice cooker or a crock pot. You can bake root vegetables while you get ready for the day. Throw them into a blender to make soup at night.

**Quick ideas:**
- Roast root vegetables in the morning to put on a salad for a quick dinner.
- Add veggie broth cubes and hot water for a soup.
- Have quinoa in a rice cooker ready when you get done from work.
- Marinate a kale salad in the morning when you’re making breakfast.
Soup + Salad
for Earlier, Lighter Dinners

**Basic soup**
1 Rapunzel veggie bouillon cube
2 cobs worth of corn, cut off husk
1 small zucchini
1/2 an avocado (more if you want more fat!)
1 pinch of cayenne
1 date
1 clove roasted garlic
1 lime, juiced with pulp
1 anaheim pepper
4 c. hot water

Blend. Garnish: 1/2 c. chopped cilantro. Add salt if your bouillon isn’t salted.

**Curry Squash Soup**
4 cups butternut squash, chopped
1 cup fresh apple juice or cider
1/3 cup orange juice
1/3 cup water
2 large stalks celery
1/2 a leek
1 tsp. curry paste
4 pitted and soaked dates
1 tsp sea salt
1 tsp. nama shoyu

Blend all in a high speed blender till smooth and creamy. **If you don’t have a high speed blender, steam the squash and celery first. Then, blend. You can reheat on the stove post-blending.**

**Warm Salads**

- I assume you know how to make a raw green salad. Eat those too!
- Make at least 30 minutes before eating. Or make in the morning for lunch or dinner!

4 cups thinly sliced raw greens (kale, collards, chard)

**Simple Dressing:**
1/8 cup freshly squeezed lemon juice
1/8 cup extra virgin olive oil
1/2 teaspoon sea salt
1 cloves garlic, crushed or 1" shredded ginger root

**Options:**
Avocado, grated beets, grated carrots, parsley, sage, rosemary or thyme. Or cilantro, dill, lemon balm, pine nuts, sunflower seeds, pumpkin seeds, raw dried or fresh berries.

**Fennel Slaw:**
2 apples, one chopped, one grated
1 fennel bulb, grated
1/2 lemon
1 carrots
1 c. green cabbage, grated
1 c. red cabbage, grated
1/2 cup dried cranberries
1/2 cup pumpkin seeds

Place apples in bowl. Squeeze the juice from 1/2 lemon over the apples and stir. Add the rest of ingredients and combine.
What Time is Dinner Worksheet
for Earlier, Lighter Dinners

What is your biggest obstacle to eating an earlier dinner?

What is your strategy around the obstacle?

What is the time you feel comfortable committing to for an earlier dinner — that is a change you know are capable of making successfully?

Can you commit to making this change 4 — 5 out of 7 nights a week? _____
Nail down any specifics that will help make this your new normal.
Obstacles + Strategies Worksheet
for Earlier, Lighter Dinners

What obstacles are between you + an earlier, lighter dinner?

Write them down as they arise. Bring your obstacles to class and write down the suggestions you receive that seem like a good fit.

Obstacle 1: Strategy 1:

Obstacle 2: Strategy 2:

Obstacle 3: Strategy 3:
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**Shopping list:**
Habit:
Early to Bed

This lesson is all about getting plenty of good sleep.

Many of us aren’t in sync with the rest our body needs. We get tired, but instead of winding down and turning in, we try to squeeze in a few more tasks. Or we might reward our hard day with relaxing in front of a t.v. or computer.

Both of these patterns destroy the connection between bodily and sense organ fatigue and rest. If you want to experience better and more consistent energy throughout your day, you need to dial in this habit.

Besides going to bed earlier, we’re also going to focus on enjoying our evenings, and having nourishing bedtime routines. In this way we’ll reconnect with the holistic complexity of our mind-body-spirit before we end the day. Over time, this habit will payoff in terms of a strong immune system, centeredness, and a natural joyful experience in life.

With all of the habits you will be upgrading during the Yoga Health Coaching program, the best approach is underwhelming, regular success. This keeps your nervous system relaxed, not anxious, as you make changes to support your body for a lifetime.

Don’t try to change your bedtime by 2 hours this week. Go gradual. Be regular. Notice the effects.

Good luck. We’re on your team.

— The Yoga Health Coaches
DO’s + DON’TS
for Early to Bed

**do’s**

Listen for your body’s fatigue
Your body speaks in signs and symptoms. Learn the early signs of fatigue. Parents watch children rub their eyes. Learn you body’s signs, such as the desire to recline. Practice taking action on fatigue.

Plan ahead.
You have to schedule an earlier dinner. If you normally work out after work, you’ll need to move it to before work. You’ll have more time in the morning from going to bed earlier.

Take baths in winter.
Winter nights are long with the sun setting early. Use the nights to take care of your self. Enjoy a hot tub. Add sea salt, epsom salts and a few drops of lavender or eucalyptus essential oil.

Take walks in summer.
Enjoy the long nights of summer by talking a stroll with your friends or family. Spend time planting a garden.

Massage your feet.
Taking a moment to massage your feet, dry or with coconut oil, before nodding off ensures a deeper sleep. Just take your feet in your hands and rub the tension of the day out. You’ll sleep better.

Meditate + give thanks
Before your day is done, sit up, either on a cushion or in bed. If you’re too tired, lie in savasana in bed. Reflect on what you learned on this day. Give thanks for that and to anything that helped you learn. If you worry at night, keep a pad by your bed, and write down any next actions you can take the next day.

Then, practice releasing the world of the relative... or the reality of your thoughts, emotions and even sensations. Let go into being. And go to sleep.

**don’ts**

Blow off signs that you are tired.
After dinner, take stock. How was your energy today? Were you tired? Did you need caffeine for a lift? Listen for your body’s fatigue.

Be a regular with T.V.
Each Sunday, set out your intentions for your evenings. Include reading, writing letters, journaling, playing games, or talking walks. What is most important, relaxing and enjoyable? Schedule that in. If you like watching T.V., sports or movies, schedule it in, instead of surfing randomly.

Don’t eat a late dessert.
If you had dinner early enough, your mind might convince you to have a little something sweet before bed. Ignore your mind! Your joints will work better the next day.

Burn the candle at both ends.
Perhaps you’ve heard this expression. If you’re someone who tries to get things done before bed... you’re never going to experience the vibrant health your body is capable of. Start to be reasonable with what you can do in day. Take the best time for yourself, in the early morning, and before bed.

Work evenings
If you are trapped in an evening job, take a long term horizon. See the long term — how do you want your evenings to be in 6 months? In 1 year? In 2 years? Start to make choices each week to get your evenings back. Soups, stews, fruit salads, green salads, marinated salads, one pot meals. Keep it simple.
Early to Bed Flow Chart

Eat Dinner Early

Engage in an activity that brings you joy just for the purpose of enjoying your life.

Do something kind for your body.

Listen for the first signs of fatigue.

Make a choice to honor your body's needs.

Yes

Get ready for bed.

No

Borrow against tomorrow's energy for today.

Rub your feet. Maybe even use oil.

Meditate. Give thanks. Leave the day behind. Empty yourself so that you may sleep deeply.

Feel like a million bucks tomorrow.

What time is early for you? _____ o'clock

What is relaxing and enjoyable at the end of your day?

_______

_______

_______

How does your body communicate end of the day fatigue?

_______

_______

_______

_______

_______

_______

How does your body communicate being run down and wearing out?

_______

_______

_______

_______

_______

_______
Evening Rituals + Routines
for Early to Bed

At some point in time, maybe around the 1950’s, evening past times changed from spending time together or spending time quietly... to sitting and watching a screen. Spend some time reflecting on how best to enjoy your evening time.

- What brings you easeful joy in the evenings?
- Do you want most evenings to be quiet and reflective or playful and connective?

What I usually do after dinner:

Ideas for evening rituals

- Take a walk
- Take a bath
- Play a game
- Read a story or tell stories with another
- Spiritual reading or inquiry practice
- Meditate
- Legs up the wall
- Foot massage or foot soak ritual
- Star gaze
- Journal or draw
- Visualize the next day with your better habits.

What my body wants to do after dinner:

What my soul wants to do after dinner:
Your Strategies Worksheet 1
for Early to Bed

What is your biggest obstacle in going to bed earlier?

What is your strategy around the obstacle?

What is the time you feel comfortable committing to going to bed — that is a change you know are capable of making successfully?

Can you commit to making this change 5 out of 7 nights a week?
Your Strategies Worksheet 2
for Early to Bed

What other obstacles are arising for you to go to bed earlier?

Write them down as they arise.

Bring your obstacles to your next coaching session and write down the suggestions you receive that seem like a good fit.

Obstacle 1: Strategy 1:

Obstacle 2: Strategy 2:

Obstacle 3: Strategy 3:
Habit: Start the Day Right

This lesson is all about getting off to the best start.

Of course, if you had an early dinner and have stopped burning the candle by both ends, you’re getting off to a better start. Congratulations on every small, consistent effort in this direction.

Now, what to do when you wake up? Consider this, you have 5 bodies. Not just a physical body, but also a breath body (pranic body), a mind body, an intuitive body and a spiritual body. In yoga philosophy there are 5 layers to who you are. It’s essential to optimize each body when you wake up.

Any small steps you take in this direction will have a huge impact in how your day goes. Even if things don’t go according to plan, you’ll have a more spacious inner space to navigate the surprises and disappointments from. You’ll be more available to tap into what is possible. You’ll notice when you take the time in the morning to strengthen your body and open to your breath you’ll make better choices for your body’s longevity throughout the day.

In spiritual and religious traditions worldwide, the early morning hours are sacred. This precious time happens but once a day. Be present for it.

Chances are this habit, Start the Day Right, is not new to you. Ride any previous momentum into refining your morning routine.

We’ve got your back.

— The Yoga Health Coaches
Checklist to Start the Day Right

☐ Wake up.
   Early, preferably before sunrise.

☐ Urinate.

☐ Hydrate.
   Drink 2-4 cups of hot water, with
   fresh lemon to increase alkalinity,
   if desired.

☐ Poop.
   If not possible, hydrate more.

☐ Move.
   Get your blood flowing with 20
   minutes of movement through your
   nose (walk, sun salutations, spin).
   This isn’t optional.

☐ Nutrify.
   When you get hungry, blenderize
   green leaves (kale, dandelions,
   wheatgrass) with fresh seasonal fruit
   and water for breakfast. This gets a
   quick fix of oxygen and nutrients
   into your blood. Or stew apples or
   cooked grains (think oatmeal).
Intuition Worksheet
for Start the Day Right

Notice the insight when you draw in how you feel in your body, mind and spirit below.

What I feel like when I: *start the day right!*

What I feel like when I: *start the day wrong!*

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DO’S + DON’TS for Start the Day Right

**do’s**

- **Hydrate to flush your food channel.**
  - Start the day with up to a quart of water. This water should stimulate your bowels to empty completely. If it’s cold, drink the water as hot as tea. Add a fresh squeeze of lemon if desired.

- **Take time to poop.**
  - Before your day gets ahead of you, take time to sit on the pot. Put a short stool under your feet to create the natural and optimal position for great elimination.

- **Move your body.**
  - It’s crucial for your energy level for the whole day that you move prana, or breath through your body first thing. If you haven’t pooped yet — that is okay. Move for 20 minutes. Sun salutations, walking, cycling, rebounding... whatever it is... move for 20 minutes.

- **Eat Green.**
  - When you get hungry, put a bunch of great plants in a blender and press go. Start your day with raw, fresh nutrients like a celery grapefruit smoothie or an apple kale lemon smoothie. Starting the day with chlorophyll brings oxygen deeply into your blood and awakens your body’s intelligence to eating real nutrients throughout the day.

**don’ts**

- **Start the day with coffee, tea or juice.**
  - Your body, and the bodies of anyone else you are in charge of, need to start the day with water. Starting the day deeply hydrated gives you a leg up on stress, fatigue and the typical bug or virus circulating in town.

- **Put your mind before your body.**
  - Many people start the day with the radio, the news, or email. In this day and age we have enough access to cognitive information. Instead, start the day by informing your body with prana, or moving breathe. You’ll have more energy all day and make better choices in diet and lifestyle.

- **Eat a heavy breakfast.**
  - When our ancestors worked outside on a farm all day, eating a big, heavy breakfast was helpful for having enough stamina. If your day is more sedentary, make sure not to weigh yourself down with bread, meat or dairy. Instead, choose light cooked grains, like oatmeal, or a big green smoothie.

- **Get too busy right away.**
  - Most of us have a lot going on these days. This is unlikely to change. If you’re always going to have a lot going on, or too much to do, it’s important to treat your early mornings as sacred time. Take care of your basic body needs: hydration, elimination, movement, and fuel before you tend to everything else that is on your plate.
Your Strategies Worksheet 1
for Start the Day Right

Human beings are diurnal — meaning we thrive during the daytime. We digest food better in day than night. Our bodies are naturally synchronized to go to bed shortly after dark, and rise shortly before the sun. Use this worksheet to start the day right.

*your Q*

What I usually do right when I wake up is:

What would be best for my body in the morning is:

What would be best for my potential/spirit/soul in the morning is:

*your A*

What I want to change first to start the day right is:

What I want to add in later, once the above change is natural is:

What my ideal morning looks like a year from now is:
Your Strategies Worksheet 2
for Start the Day Right

What is your biggest obstacle in starting the day right?

What is your strategy around the obstacle?

What do you sense would be the side benefits you’d experience if you started the day right?

Can you commit to starting the day right 4 or 5 mornings a week?
Sync Up Daily
for Start the Day Right

If we don’t consciously sync with the Earth’s rhythms each day we’re out of sync. When we’re out of sync, we look for acidic forms of energy, which are cheap and superficial. Synchronizing rhythm tunes our organs with vibrant, alkalizing, life-positive deep energy.

Waking
Most of us are plugged in after dinner. Knowing the consequences and making choices from there is our goal.

As you advance in your morning routine, give your morning exercise greater meaning beyond the physical. What will best get you ready for your day? Cultivate that quality in your morning practice.

If you have no problem naturally waking early, clear headed and internally inspired, you’re doing fine. If you do have a hard time getting up and struggle with stable energy throughout the day (without the use of caffeine or sugar), then this is a pattern to uplevel. Start to enjoy quiet evenings with an early bedtime. If you wake up tired, keep pushing your bedtime earlier. The early morning is a better time to catch up than late at night.

Movement
Even if you tend to workout or go to yoga class at night, start to begin each day with 20 minutes of movement. You are opening your channels of breath and blood. You are moving lactic acid out of your muscles. You are opening to a freedom in your body and mind for the day.

Nourishment
Let’s take the greatest perspective of nourishment. What currently nourishes you? A few questions to ask are:

- Are you fueled by nutrients or synthetics?
- Are your nutrients alive or cooked?
- Do you feel energized after sleeping and after eating?

Dharma
A vocation that brings you joy and uplifts the whole is considered an essential part of an evolutionary life.

This is quite different from the past paradigm of vocation being that which earns you a decent income to take care of your self/family. Transcends and includes this one. There maybe shadows that emerge as you consider what you are truly capable of in this life time.

- Is your work joyful, synergistic and alive?
- Does your impact carry your heart’s essence?
- Could you co-create with others in a bigger way?

Big Picture
Does your daily routine include a centering of your awareness if the biggest possible context? Take time each day to feel into the entire evolution of the Universe thus far. Feel your place from this greater context.

Let go of the in-your-face demands and rest for a set time each day in your absolute nature. You are giving the impulse that drives evolution access to you. From this place, dharma will flow.
Habit:
Breath Body Practice

In our culture today many people often push themselves non-stop. There is so much going on, so much to choose from and a common complaint is, “I want more energy or more time in the day.” So many are plagued with frailty, autoimmune issues, and feel that they have worn themselves out at a young age.

This practice of opening your breath body each morning before eating, to allow your breath to be your first meal of the day can have such a profound effect.

In a short amount of time if you really focus on this habit you can change your whole demeanor. The frailty can be ousted like a unwanted guest. You can become much more vital, more alive and well, more than you might have thought possible.

As we continued to work together she would say of her morning breath and movement practice, “This has become my lifeblood.”

This statement couldn’t be more true. In Ayurveda the oxygen in our blood is called “Jivana.” It means life-giving. It’s the fuel behind our goals and intentions.

The “Body Breath Practice” habit for you might start with a few conscious deep breaths. Or it might start as a walk around the block. Perhaps it is stepping on your yoga mat before having your black tea, using the cue to starting moving and breathing intentionally. The tea becomes your reward.

The importance is to build in-body-full-ness as a practice into your daily routine.

At this point in your journey you’ll be asked to breathe open your channels before breakfast. You’ll be asked to establish a new baseline of movement before the day can get away from you.

With this e-book there is also a library of body breath practices awaiting you online.

— The Yoga Health Coaches
do’s

Practice Early
Breathing practices need to be done on an empty stomach. Practice early in the morning, after emptying your bladder (and hopefully bowels) and hydrating. Start your day by clearing the space of your inner body for the flow of consciousness. Your practice in the morning will affect your entire day — and you’ll make better, more conscious choices.

Wear loose clothes + sit
Your body needs to expand, unrestricted, for the breathing practice. Sit upright, on as much height as needed to easily maintain an upright spine. Sit on the edge of a chair if that is more comfortable than on a floor cushion.

Be Gentle
Use your ambition in pranayama (breathing practice) to get you to the cushion and to stay there for the allotted time. You don’t need to use ambition to move a ton of breath. Be gentle with yourself — and slowly build your practice.

Link day to day
My first pranayama teacher described the pranayama practice as stringing a pearl on a necklace day by day. She said when you skip a day — you break the chain of momentum, and you start again, stringing bead by bead, day by day.

Breathe for Nourishment
Prana is inherently nourishing and nutrifying. The subtle channels of your body are nourished and strengthened by prana. The prana carries consciousness into cells, and enables cellular intelligence to interconnect into a network. Allow yourself to perceive the prana as inherently nourishing and relax into it’s flow.

start here

Ujjayi is the most basic deep breathing practice. It means “triumphantly uprising” — which is how you feel when you get the benefit of the practice.

1. Set your timer for 5, 10, or 15 minutes, depending on your previous experience.

2. Inhale through your nose, then exhale slowly through a wide-open mouth. Direct the outgoing breath slowly across the back of your throat with a drawn-out HA sound. Repeat several times.

3. Close your mouth.

4. Inhale and exhale through your nose, direct the breath slowly across the back of your throat. You should hear a soft hissing sound — like Darth Vader.

5. Make the inhale and exhale match in length, volume, and smoothness.

This “Darth Vader” sound is the “unspoken mantra” which:

- slows your breath down
- focuses awareness on the breath instead of your thoughts
- regulates your flow of prana

Set your timer for 5 minutes. After 2 weeks, increase your time to 10. After a month, increase your time to 15 minutes.

After your timer goes off, return to normal breathing for a minute or two, then lie down in corpse pose and absorb the prana for a moment.
Quick Morning Yoga Sequences for Breath Body Practice

used with permission: yogawithamey.com
Design My Morning Practice
for Breath Body Practice

- Commit to a 5-20 minute practice a day. Start small to secure success.
  Right now my daily body-breath practice will be ____ minutes each morning.

- What will I enjoy doing? (Take a walk, Sun Salutations, Stair-master, Tai Chi, etc.)
  ___________________________________________________
  ___________________________________________________
  ___________________________________________________
  ___________________________________________________
  ___________________________________________________

- Will I do the same practice each day or mix it up? If mixing it up — create a schedule:
  M
  ________________________________
  T
  ________________________________
  W
  ________________________________
  TH
  ________________________________
  F
  ________________________________
  SA
  ________________________________
  SU
  ________________________________

- What visual cue can I set out the night before to instigate the morning body breath practice? (ex. set out your yoga mat; running shoes; bike helmet)

- How will this 5-20 minute body breath practice pay off for you in the long term if you were to never skip a day for the rest of your life?

- What could make an existing practice more effective?
Your BIG WHY Worksheet 1
for Breath Body Practice

Circle the benefits that would improve your life the most in the left column. Once you are clear on the benefits to you, create a commitment to your practice. Use the black boxes to fill in other benefits you are seeking from your morning body breath practice.

<table>
<thead>
<tr>
<th>Desire</th>
<th>How important is this to you? Rate 1-5, 5 is most important</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feel more vitality and alive</td>
<td></td>
</tr>
<tr>
<td>Diminish my body aches, pains, or other symptoms</td>
<td></td>
</tr>
<tr>
<td>Clear thinking</td>
<td></td>
</tr>
<tr>
<td>Be more connected to my deeper</td>
<td></td>
</tr>
<tr>
<td>Get more done in a day</td>
<td></td>
</tr>
<tr>
<td>Improve my concentration</td>
<td></td>
</tr>
<tr>
<td>Make better decisions for my body, my work, and my life</td>
<td></td>
</tr>
<tr>
<td>Be less stressed out</td>
<td></td>
</tr>
<tr>
<td>Access to my intuition or inner compass</td>
<td></td>
</tr>
<tr>
<td>Have better habits</td>
<td></td>
</tr>
<tr>
<td>Better communication</td>
<td></td>
</tr>
<tr>
<td>Experience inner peace</td>
<td></td>
</tr>
<tr>
<td>Be more at home in my body</td>
<td></td>
</tr>
<tr>
<td>Be at or move towards my optimal weight</td>
<td></td>
</tr>
<tr>
<td>Strengthen my self-confidence</td>
<td></td>
</tr>
</tbody>
</table>
After filling out YOUR BIG WHY WORKSHEET 1 — write a paragraph or draw a picture of what you want from your body-breath practice. Don’t filter yourself.

After a week of doing your body-breath practice — write a paragraph or draw a picture of how it’s made a difference in your life.
Is My Practice Effective?
for Breath Body Practice

Rate on a scale of 1-5. 1 is a problem. 5 is an asset.

<table>
<thead>
<tr>
<th>Rate 1-5</th>
<th>When I do 5-20 minutes body breath practice</th>
<th>After a week of strong commitment to body breath practice</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 = bad</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 = so-so</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 = awesome</td>
<td></td>
<td></td>
</tr>
<tr>
<td>N/A = not applicable</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Feeling of vitality and health
- Diminishment of body aches, pains, or other symptoms
- Clarity of my thinking
- Connection to my deeper intentions
- My overall efficiency
- Ability to concentrate
- My ability to make better decisions for my body, my work, and my life
- Minimizing stress
- Access to my intuition or inner compass
- My ability to create or reinforce other positive habits
- Quality of my communication
- My experience of inner peace
- My body awareness
- Be at or move towards my optimal weight
- __________________________ (body metric)
- __________________________ (body metric)
- __________________________ (body metric)
- __________________________ (body metric)
- __________________________ (body metric)
Habit: Plant-Based Diet

When we talk about what we eat, we all seem to have a method and an opinion. We are in the day and age of personalization — and this extends to diet. “I’m a vegan,” or “I’m into paleo,” or “I need to eat animal flesh to function.”

Around here, we’re less interested in labels and we’re more interested in the relationship between humans and the plants that feed us. In this habit, we turn our attention to taking your relationship between plants and your body to the next level of integration.

Eating a plant-based diet is about the relationship between our outer ecosystem, where our food grows, and our inner ecosystem. How you source your body’s energy and what you build your body’s tissue out of is of obvious importance.

We each have the opportunity to nourish and nurture ourselves from the outside in... and from the inside out.

The first activity is to check out where you are in the spectrum of how you feed yourself. Once you know where you are starting the next action step reveals itself on your path to a healthier and more conscious body.

Next, you will investigate your relationship between your body and where you source your energy. You’ll become more aware of the exchange of consciousness, energy, and nutrients between the bodies of plants and your body.

It’s a process full of nourishment — not deprivation. The recipes in the YHC Recipe Book are designed to support your exploration... and bring more plants into your diet.

— The Yoga Health Coaches
Evaluate Your Starting Point
for Plant-Based Diet

Read over Stage 1, 2, 3 and evaluate where you land

**Stage 1 — The “SAD” Diet (Standard American Diet)**

<table>
<thead>
<tr>
<th>Current Nourishment</th>
<th>Vegetables, fruit, meat, dairy, wheat, processed foods, refined sweeteners, and standard whole foods.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>May use alcohol, caffeine, marijuana or nicotine on daily basis.</td>
</tr>
<tr>
<td></td>
<td>Most food from outside your ecosystem, mega farms.</td>
</tr>
<tr>
<td></td>
<td>GMO’s, petrochemicals which create internal pollution and cellular confusion.</td>
</tr>
<tr>
<td></td>
<td>Large carbon footprint per nutrient value.</td>
</tr>
<tr>
<td>Current mental pattern</td>
<td>Craving foods and beverages that aren’t good for us.</td>
</tr>
<tr>
<td></td>
<td>Eating and drinking that which we know isn’t good for us.</td>
</tr>
<tr>
<td></td>
<td>It’s easy to overeat because eat bite has a lot of calories.</td>
</tr>
<tr>
<td></td>
<td>We may regularly experience regret that we ate something we didn’t want to.</td>
</tr>
<tr>
<td></td>
<td>We might not care about our diet or think about where our food comes from.</td>
</tr>
<tr>
<td>Next Step on Horizon</td>
<td>We may think our diet is “pretty healthy” but have health issues we’re interested in alleviating.</td>
</tr>
<tr>
<td></td>
<td>Eating more leafy greens, roots and fruits before other foods at each meal.</td>
</tr>
<tr>
<td></td>
<td>Planning meals ahead of time that have more vegetables.</td>
</tr>
<tr>
<td></td>
<td>Doing a <strong>detox</strong> to have a big shift in what becomes our “new normal”.</td>
</tr>
<tr>
<td>Benefits from Plant-Based Diet</td>
<td>Moving from an inflammatory diet to a alkalinizing diet will slow bodily degeneration and may prevent degenerative disease.</td>
</tr>
<tr>
<td></td>
<td>Allow your body to detox.</td>
</tr>
<tr>
<td></td>
<td>Finding appropriate weight for your body type and activity level.</td>
</tr>
<tr>
<td></td>
<td>Makes all the other habits easier to integrate.</td>
</tr>
<tr>
<td></td>
<td>Allow more consciousness in your body and in your relationships.</td>
</tr>
</tbody>
</table>
## Stage 2 — Whole Foods Diet

<table>
<thead>
<tr>
<th>Current Nourishment</th>
<th>* You eat less and less processed food over time. You’re steering away from canned, packaged and frozen foods — and choosing fresh more often.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>* You know how to prepare food that is simple and nourishing.</td>
</tr>
<tr>
<td></td>
<td>* You are curious about adding different plants to your diet.</td>
</tr>
<tr>
<td></td>
<td>* You eat fruits and vegetables daily.</td>
</tr>
<tr>
<td></td>
<td>* You may garden or sprout to get fresher nutrients.</td>
</tr>
<tr>
<td></td>
<td>* You may be involved in a CSA, food co-op or farmer’s market.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Current mental pattern</th>
<th>* You know which foods are good for you.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>* You may eat foods that aren’t good for you — because they are around and you crave them.</td>
</tr>
<tr>
<td></td>
<td>* You may struggle with “eating what everyone else is eating.”</td>
</tr>
<tr>
<td></td>
<td>* You get that there is another level of clean or higher vibrational eating.</td>
</tr>
<tr>
<td></td>
<td>* You may have experience detoxing or changing your diet significantly.</td>
</tr>
<tr>
<td></td>
<td>* You’re open to experimenting with how different diets make your body feel.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Next Steps on Horizon</th>
<th>* Get more involved with where you source your food.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>* You sprout, indoor and outdoor garden in a time-efficient way that meets your lifestyle.</td>
</tr>
<tr>
<td></td>
<td>* Reduce stimulants and excitotoxins (caffeine, chocolate, sugars) at your growing edge.</td>
</tr>
<tr>
<td></td>
<td>* Reduce grains and legumes, increase vegetables.</td>
</tr>
<tr>
<td></td>
<td>* Reduce leftovers — increase fresh foods.</td>
</tr>
<tr>
<td></td>
<td>* Keep a food journal to notice the specific effects various foods and beverages have on your body.</td>
</tr>
<tr>
<td></td>
<td>* Remove MSG, GMO foods and other synthetic additives from your diet.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Benefits from Plant-Based Diet</th>
<th>* Experience greater connection and deeper nourishment in your body.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>* Connect more deeply with your ecosystem, and become an advocate for your ecosystem.</td>
</tr>
<tr>
<td></td>
<td>* Learn more about preventing the diseases of your ancestors from taking root in your body.</td>
</tr>
</tbody>
</table>
# Stage 3 — Plant-based Diet

<table>
<thead>
<tr>
<th>Current Nourishment</th>
</tr>
</thead>
<tbody>
<tr>
<td>* You may eat mostly green vegetables, root vegetables, fruits, seeds. You may eat some grains, legumes, nuts, and animals — but in less quantity over time.</td>
</tr>
<tr>
<td>* You prepare most of the food you eat — and intuitively know what your body wants and needs.</td>
</tr>
<tr>
<td>* You get food at farmer’s markets, or a CSA. You know what plants thrive in your ecosystem and extend their immune system to you. You know where your food comes from.</td>
</tr>
<tr>
<td>* You eat what makes your body feel good regardless of the social situation.</td>
</tr>
<tr>
<td>* You find you don’t need as much food as you get older.</td>
</tr>
<tr>
<td>* You leave room for space while eating and between meals.</td>
</tr>
<tr>
<td>* You like to sprout your sprouts, culture your veggies, and grow edible plants in or in and around your home.</td>
</tr>
<tr>
<td>* You enjoy learning from people who are playing their edge with diet.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Current mental pattern</th>
</tr>
</thead>
<tbody>
<tr>
<td>* You feel nourished.</td>
</tr>
<tr>
<td>* You are connected to your ecosystem and therefore grounded.</td>
</tr>
<tr>
<td>* It’s easier to eat light because eat bite has lots of nutrients — but not a lot of calories.</td>
</tr>
<tr>
<td>* You understand that if you help plants thrive you help yourself and your community thrive.</td>
</tr>
<tr>
<td>* You’re curious about learning more about your inner and outer ecosystem.</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Next Step on Horizon</th>
</tr>
</thead>
<tbody>
<tr>
<td>* You continue to diversify your diet — adding species each year.</td>
</tr>
<tr>
<td>* You help educate others that are interested in experiencing better health about the simple habits you have taken up.</td>
</tr>
<tr>
<td>* You continue to learn, explore and refine in your inner and outer ecosystem.</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Benefits from Plant-Based Diet</th>
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</thead>
<tbody>
<tr>
<td>* You are confirmed in the track that you are on. You gain insight from one aspect of the teaching or another.</td>
</tr>
<tr>
<td>* You get more nutrients.</td>
</tr>
<tr>
<td>* You become part of the global and local solution.</td>
</tr>
<tr>
<td>* Who knows? Email <a href="mailto:yogahealer">yogahealer</a> to report.</td>
</tr>
</tbody>
</table>
Species I Eat List
for Plant-Based Diet

Keep track of the species you've been nourished by in the last month. Print this page twice. Keep track of the plants you eat this month.

date: __________

<table>
<thead>
<tr>
<th>Roots + Greens</th>
<th>Fruits</th>
<th>Seeds + Nuts</th>
<th>Grains + Legumes</th>
<th>Spices + Herbs</th>
</tr>
</thead>
<tbody>
<tr>
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DO’s + DON’TS
for Plant-Based Diet

**do’s**

Be curious about what your cells really want and need
- Be curious and listen to your cells when shopping, preparing food, and eating. Don’t eat what isn’t appealing.

Keep track of plants you know
- Keep a list of the plants you eat on an annual and seasonal basis. Seek to increase the # of local native and invasive species on an annual schedule.

Talk to plants. Meditate with a tree
- Have a conversation with the plants in your yard or neighborhood. Remember to listen twice as much as you talk, honoring that we have 2 ears and one mouth. Ask the plant both what you can do for it and it’s brethren, as well as what it can do for you.

Inner + Outer Ecosystem Consciousness
- Notice your inhale is the exhale of the leaves the leafy greenery of our blue/green planet. Notice your exhale is their inhale. Meditate on the simple conversation. Let your awareness permeate and delight in the dance. This is the basis of the connection economy between humans and nature.

Start Growing Food

Get interested in your food growers
- Talk to your farmer’s market farmers. Talk to your CSA owners. Read their newsletters. Ask them what new species they are growing this year. Ask them if they need help spreading the word. Support them and they will nourish you.

**don’ts**

Label Yourself
- Getting caught in labels of “vegan,” “vegetarian,” “paleo” or whatever can create extrinsic boundaries that stop you from feeling into what the cells of your body are asking for. Animals have been used in Ayurveda, Chinese Medicine, Native American and other indigenous medicines for healing specific imbalances and balancing specific body types.

Label Others
- By the same token, don’t worry about what people around you are enjoying. We are all at various stages of consciousness around food and nourishment. For now, let’s focus on our own relationship with nourishment.

Give up on yourself
- We all fluctuate in our diet. It’s easy to get sidetracked into what everyone else is doing. The momentum of our culture with food can easily pull us into eating stuff we don’t want or need in our cells. When that happens to you take a deep breath — and commit to creating space in your cells. Simply fast on water until you are truly hungry. Then, give yourself a bath of green juice or a simple soup or green smoothie to remind your cells of simple, clean nourishment.

Give up on humanity
- We are in interesting times. Many of our grandparents knew how to use plants better than us. Many of us will have a hard time sourcing nourishment from our local ecosystem yet have easy access to commercially farmed, GMO-laden, packaged or denatured food. As a culture, we forgot our relationship with plants quickly. Yet, we can remember even quicker. We have the technology to participate in the global movement of sacred ecology.
Top 3 Benefits of Eating Your Ecosystem for Plant–Based Diet

Eating your ecosystem may start with going to the farmers market. You can quickly expand to learning the native plants end even invasive edibles that thrive in your ecosystem. When you eat edible plants that naturally thrive in your ecosystem you experience 3 huge benefits:

1. **Your body and mind become healthier.**
   - You’ll lose excess weight.
   - You’re skin will glow as your liver detoxes.
   - Your immune system regains integrity.
   - You’ll experience infinitely more energy.

   Wild plants are packed with nutrients and minerals. Most of us are deficient in these vitamins and minerals from buying food that is mono-cropped on large scale industrial farms. Even the organic ones. We have this idea that we can eat a mostly imported diet and our bodies will thrive. This is bizarre.

2. **You become your local ecosystem.**
   - Humans as a species ate locally, by necessity, until the industrial revolution. Since then we have a rise of degenerative diseases unlike ever before. As we eat our ecosystem, humans experience a reversal of physical degeneration, and begin to regenerate. The plants growing without human help in your ecosystem are hardy and resilient. When eaten, the plant passes its own immune function into your body. You become hardy and resilient, and also sensitive to the life force in your local air, water, and the deep nutrients in even disturbed soils.

3. **You’re part of the global solution.**
   - When your ecosystem becomes the tissue of your body you feel better. You are taking better care of your body. Soon, you notice you care for the plants that are feeding you. You start taking care of your ecosystem. This is the easy, natural way of things. Stop poisoning local plants and start eating them... and they will nourish you. Your carbon footprint drops and you’ll be able to teach other humans how to live in simple harmony. Corny, but true.
20 Tips Plant-Based Diet
for Plant-Based Diet

How to invest in your inner + outer ecosystem

1. Grow your own sprouts on your counter.
2. Plant a few edible plants in containers or in the earth. Learn how to tend them well.
4. Sit by a tree and meditate.
5. Keep a “plants I eat” list on your fridge. Expand your list.
6. Listen to plants. Be curious about what they need from you.
7. Learn 2 invasive plants which are edible in your yard or ecosystem.
8. Blend tough invasive plants (unsprayed and grown in chem-free soil) like thistle into a green drink with apples, lemon and water.
9. Get a hold of a field guide for your bathroom or coffee table reading.
11. Notice in the wild areas near you what plants grow next to each other. Use your senses to get to know how that plant makes a living.
12. Once you know how that plant thrives, plant it in your own yard and tend to it’s adaptation.
13. Follow the patterns of water in your yard or building. Watch how it moves. Can you retain it longer on site and use it? Collect rainwater.
14. Support local food growers. Know their goals and spread the word.
15. Hire a local botanist to take you and friends and family off the beaten path on a wild plants walk. Ask them to also point out the edible invasive plants.
16. Ask a local permaculture specialist to help you better use your yard. If you have friends who are interested, you might turn it into a workshop.
17. Make your own teas, tinctures, + salves. Become your own witch. Dry greens for your winter green drinks.
18. Have work parties of trade with a friend to help each other with your yards.
19. Help children learn about seeds, growing food and composting.
20. Let your connection with nature become your daily “entertainment”.

www.yogahealthcoaching.com
What Can I Do For the Plants Worksheet
for Plant-Based Diet

Eating your ecosystem you might quickly realize that you source your body from your ecosystem. As you love your body more from the inside out you’ll start to love your ecosystem. You will naturally want to take better care of your yard, your parks, and the wild places near you.

What are you interested in learning about plants? Put #'s in the boxes signifying most interested to least interested.

☐ Which edible plants grow in my ecosystem ☐ How to take better care of my local ecosystem
☐ Which plants are best for my body right now ☐ How to grow food outside
☐ Which invasive weeds are edible ☐ How to sprout + indoor garden
☐ How do use spices as medicine ☐ How to permaculture my yard
☐ How to use local herbs as medicine ☐ How to use local plants for skin care, body care, medicine, and for utilitarian uses
☐ How to communicate with plants
☐ Collecting + sharing seeds

What can you do around your apartment, house or yard to deepen your relationship with plants?

1.

2.

3.
Habit: Self-Massage

Massaging your body with oil as a daily habit will uplevel your self-care and open the gateway to becoming your body’s best healer.

Most of us look to others for a hug, a foot rub or a shoulder rub. And that is wonderful. Yet, when we take the step to become our body’s best healer we enable another level of response-ability to come into our very own hands.

At this point, you might start to feel that this course is pushing all of your buttons and inviting you to expand into edgy territory. If so, know that the practice that we are focusing on for the next 2 weeks is the practice of self-love.

That sounds corny. But let’s get clear.

You have one body.
You can’t replace it when it breaks down.
The body runs on love and thrives on love.
Ayurveda teaches that love is the vibration of consciousness as it comes into form.

If you disrespect your body, if you dishonor your body, if you are critical or judgmental of your body, you’re breaking things down.

If you learn how to attend to your body’s needs and desire for self-care, you stimulate regeneration, repair and rejuvenation.

Let’s look at how to take the matter into our own hands.

— The Yoga Health Coaches
Benefits of Self Massage with Oil

Benefits of rubbing oil all over your body:

• Nourishes mind and body
• Rejuvenates the whole body, including the skin
• Increases longevity
• Delays aging
• Relieves fatigue
• Builds stamina
• Promotes deeper sleep
• Enhances complexion and luster of skin
• Enhances circulation and detoxification: Loosens ama into circulation
• Releases stress
• Awakens the senses
• Recovers muscle fatigue
• Supports digestion, corrects blood pressure, and supports organ communication
• Shifts the attitude into positivity
• Teaches self-love + self-care

Benefits of rubbing oil into your scalp:

• Can help thicken and beautify hair
• Nourishes the sense organs
• Decreases facial wrinkles

Benefits of oiling your ears:

• Decreases stiffness in neck
• Releases tension in jaw
• Helps optimize and protect hearing
• Prevents infection due to underlying dryness

Benefits of oil massaging your feet before bed:

• Releases tension from your day
• Stimulates organs into detox
• Makes feet flexible
• Aids in deep sleep
• Creates a sense of ease before rest

“Sneha (oil) affused on the human organism imparts a tone and vigor to its root-principles (Dhatus), in the same manner as water furnishes the roots of a tree or a plant with the necessary nutritive elements, and fosters its growth, when poured into the soil where it grows. The use of sneha at a bath causes the sneha to penetrate into the system through the mouths of the veins (siras) and the ducts (dhamanis) of the body, as also through the roots of the hair, and thus soothes and invigorates the body with its own essence.

-Sushruta Samhita, Vol.2, ch24:21

“The body of one who performs oil massage regularly, even if they are subjected to strenuous work or physical stress, is not much affected. His physique is strong, soft, and charming and the onslaught of aging is slackened.”

Charaka Samhita
Volume 1
dated:100 BCE

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www.yogahealthcoaching.com
**DO’s + DON’TS**
for Self-Massage

---

### do’s

- **Use the same spot for oil massage**
  Choose somewhere warm, private and comfortable. Stand or sit on an old, clean towel. When you have a regular spot you’ll feel pulled there when you need a massage.

- **Take time 1x week for a good session**
  While your day-to-day massage might be a quick affair, take 10-20 minutes on a weekly basis to deeply explore the full benefits of self-massage.

- **Make it a family affair**
  If you have young children or babies, get them greasy before, during, or after bathing. Children that grow up receiving regular casual massage with bathing naturally perpetuate the habit. Teach young kids that self-massage is part of whole body maintenance by simply your massage while they are around.

- **Sculpt your in God(dess)**
  Your hands are yours to shape your body as they intuit. Let your hands intuitively explore what needs to get back into circulation. Notice what needs kneading, soothing, wringing and rubbing. Have a blast.

- **Start with your feet**
  If you’re touch-averse, start oil massage with your feet before bed. As weeks pass, you might do your hands and head. Then limbs. And finally, you might want to do a full body massage. Take it slow, and relax.

- **Warm your oil for a special treat**
  When you have time, warm your oil bottle in a hot water bath (like a tea mug) before you do your massage.

---

### don’ts

- **Use your favorite towels afterward**
  Your towels or bathrobe will pick up the residue of oil from your skin. Use old, but clean towels after your oil massage. And don’t put old towels in the dryer — they could ignite.

- **Do it in a cold place**
  If you do oil massage in a less-than-inviting environment you’ll rush through it, instead of taking time to enjoy your body.

- **Use rancid oil**
  If the oil smells off... it is. Your skin is your body’s largest digestive organ. What you put onto your skin goes into your blood. Buy organic cold-pressed oil and add high-grade essential oils for specific healing benefits.

- **Rush**
  Obvious as this may seem, rushing around with oil on your skin is downright dangerous. You’re slippery.

- **Clog your drains**
  Oil down the drain hardens and builds up into a plaque. Doing oil massage after showering prevents this. If you prefer to oil massage before you shower, flush your pipes with heated diluted vinegar down your pipes.

- **Give up**
  The benefits of oil massage on the mind and emotional body are profound. Often we think talking our problems out will help. Sometimes that works — but other times it brings more energy into the head. When you’re feeling disconnected, self-loathing, or dissatisfied, feed your body love with oil and your hands. You may be surprised at how quickly you can shift into a balanced state of being.
Make Your Own Oil
for Self-Massage

Start to make your own body oil. To find out more about your bodytype, take a quiz.

<table>
<thead>
<tr>
<th></th>
<th>for Vata</th>
<th>for Pitta</th>
<th>for Kapha</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Base oil</strong></td>
<td>Organic Sesame oil (untoasted), or Almond oil</td>
<td>Organic Sunflower oil (winter), Coconut oil (summer)</td>
<td>Organic Sesame oil or Corn oil</td>
</tr>
<tr>
<td><strong>Essential oils to balance physical body</strong></td>
<td>Chamomile, geranium, lavender, jasmine, jatamansi, rose, rosewood, sandalwood, vetiver</td>
<td>Geranium, jasmine, chamomile, rose, rosewood, peppermint, sandalwood</td>
<td>Rosemary, eucalyptus, clary sage, juniper, orange</td>
</tr>
<tr>
<td><strong>Essential oils to balance mind</strong></td>
<td>Tulsi, vanilla, jasmine, ylang ylang, jatamansi, nag champa</td>
<td>Lavender, rose, sandalwood, chamomile</td>
<td>Tulsi, rosemary, clary sage, yarrow,</td>
</tr>
</tbody>
</table>

**Standard Recipe:**

Purchase a:
- 16 oz. bottle or jar of your base oil. Store in fridge. Bottle.
- 8 oz. PET plastic squirt
- 1-3 essential oils to experiment with. Smell the testers at the store. Choose based on what you like, above all else.

Fill your plastic bottle with the base oil. Add 20 drops of essential oil. Shake well. Test it out. If you want a stronger scent, add as much as is needed. For therapeutic effects, add more essential oil.

A great reference: Ayurveda + Aromatherapy by Dr. Light Miller

Try out the recipes below to boost your oils for particular maladies.

<table>
<thead>
<tr>
<th>Colds</th>
<th>Flu</th>
<th>Depression</th>
<th>Sinitus</th>
<th>Cough</th>
<th>Fever</th>
</tr>
</thead>
<tbody>
<tr>
<td>Two drops each Eucalyptus, rosemary, camphor</td>
<td>One drop each Thyme Cajeput</td>
<td>Two drops each Bergamot, geranium, lemongrass</td>
<td>One drop each Angelica, eucalyptus, neroli, cypress, yarrow</td>
<td>One drop each Hyssop, sage, anise, sandalwood</td>
<td>Two drops lavender, one drop chamomile.</td>
</tr>
</tbody>
</table>
Oil + Orifices
for Self-Massage

**Before bed,** apply ghee or castor oil into the corners of your eyes.

Lube your ears with warm sesame oil.

Oil your nostrils in the morning with ghee or sesame oil to protect from germs and viruses.

Oil pull with coconut oil to remove bacteria.

Oil your skin each day before bathing for optimal endocrine function.

Sesame oil enemas are beneficial with back pain, neck pain, anxiety, and constipation.

Coconut oil saturated tampons heal vaginal dryness.

**Best oils for Bodytypes**

*Vata:* use organic sesame oil

*Pitta:* use coconut oil or sunflower

*Kapha:* use corn, mustard or sesame
Dry brushing is self-massage that is more stimulating than soothing. Using a soft brush or dry brushing gloves you can massage your skin early in the morning to stimulate your lymph system into circulation.

In Ayurveda dry brushing may be preferred by Kapha-type people for its stimulating effect or for Pitta types with oily skin who don’t want more oil in their lives.

You might also dry brush if you tend to wake up sluggish, if you have edema, or lymphatic congestion of any sort. Vata-types will benefit from also doing oil massage to balance the dry, stimulating effects of dry brushing.

How to dry brush:

Get either gloves or a brush from your holistic pharmacy. Simply brush your skin, fairly vigorously, from the limbs towards your center. Then brush from your top torso towards your root.

You can do this in 1 minute, or you can take five. You might find certain places feel especially enlivening — like neck, soles of feet, and back.
Your Strategies Worksheet
for Self-Massage

What is your biggest obstacles to committing to Self-Massage?

What is your strategy around the obstacle?

What do you sense would be the side benefits you’d experience if you did self-massage a few times a week?

If you’ve started self-massage, what are the benefits that you know will accrue over time with this habit?

Can you commit to doing self-massage twice this week? _______
What time of day? _______
Add it to your calendar.

What to you need to start: ________________________________
Add it to your grocery list.
Habit: Meditate

For people the habit of sitting down to meditate and staying put for the specified duration is the most difficult habit to integrate. Perhaps in our over-scheduled culture taking the time to “do nothing” can seem like a luxury we just cannot afford.

We’re going to make the age-old argument that we can’t afford not to meditate. The stress-reducing benefits alone are enough to warrant even reducing our sleep by 20 minutes to do the practice during times of intensity (nursing moms and sick times excluded).

For the meditation habit to gain traction in your life, we suggest:
1. Choose one time to do the daily practice.
2. Set a timer for your practice.
3. Get an accountability partner, preferably to sit at the same time as you sit, regardless of location.
4. Check in with your partner at least twice a week.

This 4 tips will work to help integrate any habit. Because meditation is such a difficult habit to integrate — we suggest getting any help you can.

Circle any of the most basic proven effects of meditation that you could use in your life today:

- Increased Immunity
- Decreased Inflammation
- Calmness
- Lowered Blood Pressure
- Emotional Balance
- Improved Digestion
- Gaining a new perspective on stressful situations

Let’s get to it.

— The Yoga Health Coaches
Why Meditate Worksheet

Circle the benefits that would improve your life the most in the left column. Once you are clear on the benefits to you, create a commitment to your practice.

benefits of mindfulness practice

1. Improve my focus, concentration, and precision.
2. Enhance the quality of my communication and relationships.
3. Heighten the clarity of my thinking and intentions.
4. Improve my efficiency and safety.
5. Deepen peace of mind and sense of flow.
7. Deepen my insight and intuitive wisdom.
8. Awaken more authenticity, heart, soul, and caring in how I show up in life.
9. Increase my resilience to change.
10. Strengthen my faith, discipline and self-confidence.

What I want:

Write a paragraph or sketch an image of what you want from a meditation practice:
4 Steps to Mindfulness Practice
by Robert W. Roeser
for Meditate

1. Just Breathe
2. Be Here Now
3. Let Go
4. Begin Again

The first step in mindfulness training, “Just Breathe,” is about stopping, breathing, and calming down before deciding what to do.

Research shows that stopping and taking a few deep breaths, with a slight elongation of the out-breath, is a trustworthy way of calming our fight-flight arousal system (e.g., amygdala) and clearing our minds (e.g., PFC) so we can think more clearly when stressed out.

This slows down emotionally reactive behavior. A singular focus on natural flow of the in-breath and the out-breath is a key form of mindfulness training used to develop “one-pointed, focused attention.” The practice of following the breath coming in and going out at its natural pace is an excellent place to begin the practice of mindfulness.

The second step is “Be Here Now.” By breathing, and relaxing the body and the mind, we can enter into the present moment and exist therein — instead of ruminating on the past or planning for the future always, being in the present moment with whatever is happening turns out to be an important means of self-awareness and self-regulation. We learn not to become over-engaged with experience or to suppress or avoid certain experiences. We become more aware of our body sensations, our senses, our feelings, our thoughts, and the imagery in our minds. It’s simple, but not easy to practice. The importance of being here now, in the present, cannot be over-estimated given that here, now, is where our life is unfolding, forever and always. It is here, now, that we can make choices that make a difference in what happens next. Using the breath as our guide and anchor, we can always find our way back to the now and ask ourselves, what is happening right now and how might I respond to this specific moment in my life after I calm down?

The third step is to “Let Go.” One of the insights of mindfulness meditators is that much of our stress is caused by unnecessary worry, rumination and anxiety.

There is a beautiful teaching by a Buddhist teacher called Shantidevi who wrote: “If a problem can be solved, why be unhappy? And if it cannot be solved, what is the use of being unhappy?”

We might ask ourselves in any moment of upset or stress, after breathing, what kinds of expectations, desires, and fears might I be able to let go of in this moment to reduce the stress I am putting on myself unnecessarily? The classic example my students report is of being caught in traffic. They apply the practice to this situation and realize that to get upset about a situation that they cannot change is unhelpful and unnecessary. Letting go can be a liberating act.

Finally, and perhaps the most important of the steps is number four, “Begin Again.” Mindfulness practice is not about performance or focusing on the breath or the mind in a perfectly performed manner. Rather, mindfulness is about trying again and again to be here now, to stay calm, to enter the present moment calmly and clearly, and to let go of unnecessary psychological burdens so we can see ourselves and each other more clearly.

During mindfulness practices, our minds wander; we become distracted, we get caught up in the very feelings and thoughts we are trying to notice and label quietly, in a dispassionate way.

This is the practice. We are not trying to stop the mind — indeed, we cannot! This is not the goal. Rather, we are trying to befriend and familiarize ourselves with our bodies and minds, to develop a new relationship full of self-compassion with them. We do this by starting again after distractions during the practice and by assuming a gentle attitude towards ourselves. The effort to know oneself and to use that awareness in compassionate ways for growth of self and one’s relationships is the path of mindfulness. The goal in practicing mindfulness, no matter what happens, is to continually “begin again” without self-judgments or emotional reactions. In this way, over time, expertise in understanding, accepting, and regulating our own minds and bodies results.

Robert W. Roeser is a Professor of Psychology and Human Development at Portland State University.
Start Meditating Worksheet
for Meditate

☐ What is the minimum amount of time I can dedicate to a daily meditation practice this month? _________

☐ What time of day can I meditate at the same time everyday? _________

☐ What space will I use to sit? _________

☐ Would it be helpful to listen to an audio or video each time? _________

☐ What cue can you use to draw you to meditation (ex. alarm in schedule, setting out your cushion)

☐ Have I failed to stick to a meditation practice before? If so, why?

☐ What do you want to experience as a benefit to your daily meditation practice?

☐ For experienced mediators — does it feel like your practice is effective? How or how not?

☐ What could make an existing practice more effective?
Is Your Meditation Practice Effective?

for Meditate

Rate on a scale of 1-5. 1 is a problem. 5 is an asset.

<table>
<thead>
<tr>
<th>Rate 1-5</th>
<th>When I don’t do meditation practice</th>
<th>After a week of strong commitment to meditation practice</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 = bad</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3= so-so</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 = awesome</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ability to concentrate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Quality of my communication</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clarity of my thinking</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Connection to my deeper intentions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>My overall efficiency</td>
<td></td>
<td></td>
</tr>
<tr>
<td>My body awareness and safety</td>
<td></td>
<td></td>
</tr>
<tr>
<td>My ability to make good decisions for my body, my work, and my life</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Managing stress</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Access to my intuition or inner compass</td>
<td></td>
<td></td>
</tr>
<tr>
<td>My ability to change and be un-stuck as I navigate life</td>
<td></td>
<td></td>
</tr>
<tr>
<td>My ability to be intimate and connected in relationships</td>
<td></td>
<td></td>
</tr>
<tr>
<td>My experience of inner peace</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

After filling out the chart above — describe the effects of your practice here.
Meditation Benefits Worksheet
for Meditate

To see your practice in a larger context write your answers below, after you’ve integrated a meditation practice for at least a week.

How does your practice benefit you, personally?

How does your practice affect how you show up in your personality?

How does your practice affect what your inner circle experiences of you?

How does your practice affect what your outer circle experiences of you?

Does the world need you to have a meditation practice? If so, why?

Before you practice — presence your personal reasons for mindfulness practice, as well as the reasons that benefit your inner and outer circles, as well as the world. Notice how this affects your determination to practice in an alert and engaged manner.
Habit:
Healthy Eating Guidelines

Healthier eating habits uplevel your nourishment and energy. Many of us eat for sport... and we’re not talking about athletics. Some of us never learned the basics of food combining... and may generate unnecessary mucus, acidity or bloating.

At this point in your course you’re going to point the laser of your awareness on eating for energy.

Now, if you’ve been eating for sport, or emotional eating for a few decades, then these daily nourishment changes might threaten your old patterns.

Choose the suggestions that are the easiest for you to master. Choose the one or ones that you know you can do. Then, very slightly, start to stretch yourself into the changes or new habits that will give you the shift you’re looking for in your energetic body.

And remember, your patterns are malleable — like a fresh tub of Play-doh. They are not you. You are not them. You can change in any moment.

Eating healthier is a trajectory. We never arrive. We simply become more wise at nourishing the complexity of who we are with the simplicity of our informed habits.

— The Yoga Health Coaches
Intuition Worksheet
for Healthy Eating Guidelines

Notice the insight when you draw in how you feel in your body, mind and spirit below.

What I feel like when I have better eating habits:

What I feel like when I slack into habits that suck me down:
How Am I Nourished Worksheet
for Healthy Eating Guidelines

Take a moment to take stock of your current physiology from your body’s perspective. Write in your honest answers:

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>What have you eaten this week?</td>
<td>Write below:</td>
</tr>
<tr>
<td>Do you feel energized after sleeping and after eating?</td>
<td></td>
</tr>
<tr>
<td>Do you nourish yourself with self-care therapies in a rhythmic cycle from bathing to oiling your body daily, to resting during your menses monthly? Are you nourishing yourself with care as well as food?</td>
<td></td>
</tr>
<tr>
<td>Does your diet feel vibrant or dull?</td>
<td></td>
</tr>
<tr>
<td>What % of processed foods are in your diet?</td>
<td></td>
</tr>
<tr>
<td>What percentage of your diet is made of fresh plant foods?</td>
<td>What nourishment sounds dreamy to you right now?</td>
</tr>
<tr>
<td>How many plant species are in your diet over the course of a year?</td>
<td></td>
</tr>
<tr>
<td>Are you increasing this number (dietary species diversity) every year?</td>
<td>Which sense organs are involved?</td>
</tr>
<tr>
<td>Do you sprout, indoor garden, outdoor garden, or wild harvest food for yourself?</td>
<td></td>
</tr>
</tbody>
</table>

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Healthier Eating Simple Checklist
for Healthy Eating Guidelines

☐ Be hungry.

☐ Be ready to receive (not emotionally distracted). Don’t confuse thirst and hunger. Drink room temperature water between meals to clarify this relationship.

☐ Eat really good nutrients for breakfast. Either a simple cereal or a green smoothie. Start out on track.

☐ Eat during daylight hours.

☐ Have a lovely, satisfying lunch.

☐ Notice the prana (life force) in your food. Don’t be distracted.

☐ Pause and experience gratitude. Love your food and those who prepared it before it becomes your body.

☐ Chew your food. (Drink your solids and chew your liquids).

☐ Notice the tastes... the flavors... and how they change as they mix with your physiology.

☐ If you tend to overeat... focus on getting full with more senses than just your tongue. Or eat a big green salad using orange juice for dressing, with no fat.

☐ Fast on water between meals.

☐ Eat just as much and as frequently as your body needs. Be honest. (As a guidelines, Vatas eat 3-5 x day, Pittas eat 3 x day, Kaphas eat 1-2 x day)

☐ Chillax after eating. After a big meal, rest for 15 minutes, then walk.

☐ Eat a light dinner, leaving time to digest before rest.

☐ Learn about your constitution. Eat for your individual needs.

☐ Eat your ecosystem.

Check off one or two you are ready to integrate.

The outer ecosystem is becoming your inner ecosystem — your body. Simply honor what is happening and the intelligence of the process with refine itself through you.
**DO’s + DON’TS**
for Healthy Eating Guidelines

### do’s

**Prepare your own food**
As convenient as it may be to grab something on the go, to take your thrive to the next level you need to be involved in your own food. Your body is intelligent and knows specifically how much of what it needs. Awaken this intelligence by making it yourself, just for you.

**Shop or harvest from your body**
Many of us are so trapped in our cognition that we go through the grocery store thinking, “This is good for me, I should buy this.” Instead, be an animal when you go into the store. What does your animal-body want? Are you drawn to the yellow pepper? Do you want 5? Then buy 5!

**Eat your ecosystem**
You know the rap — eat from your yard or your local CSA. Take it to the level by eating your weeds, and even the “invasives” like dandelion and thistle. These greens are the true superfoods and thrival plants for humans. Nourish your body through nourishing your yard.

**Get on schedule.**
When we eat regular meals at about the same time daily our body is able to cooperate by providing AGNI, the power to digest. Agni shows up as digestive enzymes, as bile, as hydrochloric acid. Give you tissues a chance at absorbing the nutrients in your food by eating at the same time daily.

**Eat Green.**
When you get hungry, put a bunch of great plants in a blender and press go. Start your day with raw, fresh nutrients like a celery grapefruit smoothie or an apple kale lemon smoothie. Starting the day with chlorophyll brings oxygen deeply into your blood and awakens your body’s intelligence to eating real nutrients throughout the day. And if this doesn’t sound good, start with a yummy whole foods raw or cooked cereal.

### don’ts

**Eat at night**
Eating at night is diminishing the amount of pleasure and nourishment you’ll feel tomorrow. While on occasion it may be unavoidable, for the most part, consume to majority of your nutrients for the day before it gets dark. The next morning, your body will be more able to use the power in the plants your eating and your food will taste even better.

**Skip Breakfast**
“Studies show” that skipping breakfast causes you to overeat more at night. In the morning you have the rest of the day to utilize those nutrients. Start with a green drink to set your cravings right for the day.

**Eat like a machine**
Your palette is designed to deeply enjoy food. Take time to savor the flavors. If your food isn’t flavorful, fix it before you take another bite. You might need a squirt of lime, or a pinch of spice. Your mouth know what the rest of your body needs. Take time to listen deeply. Then use this body wisdom to make better food for yourself.

**Stretch your stomach**
There is an interesting bodily pleasure that comes from being full, and some people, particularly Pitta and Kapha body-types love this feeling. If this is you, drink a glass or two of water before you eat to help avoid stretching your stomach. If you tend to overeat this is crucial.
Your Strategies Worksheet 1
for Healthy Eating Guidelines

Eating healthier is a trajectory. There is no end-game. We simply become more wise at nourishing the complexity of who we are with the simplicity of our informed habits.

*common issues*

What are your crutch emotional-eating foods or beverages?

What are your crutch emotional eating routines or habits? ex. Working while eating lunch to feel productive.

*opportunities*

What I want to change first to better nourish myself is:

What I want to add in later, once the above change is natural is:

What my ideal body nourishment looks like a year from now is:
Your Strategies Worksheet 2
for Healthy Eating Guidelines

What is your biggest obstacles in the healthier eating checklist?

What is your strategy around the obstacle?

What do you sense would be the side benefits you’d experience if you refined your eating habits?

What commitment would be easy for you to make to eat healthier 4 or 5 days a week?
Habit: Keep Your Senses

Let’s talk about sense organ acuity and aging.

It’s generally assumed that as we get older our sense organs stop working so well. Instead of going along for the ride of decay, we can talk action steps on a daily basis to hone our sensory acuity for a more aware and connected life.

Our five sense organs enable us to perceive and understand the world around us. When we lose sensory acuity — we lose perceptivity. This can render us isolated and frustrated.

In this lesson are simple habits to optimize your sense organ self-care. Pick up one practice at a time — one sense organ at a time. Stick with it — and these new changes will become your healthy old habits of the future.

Every cell of your body will be healthier and more inter-connected. We’re building habits the habits to have a healthy body for a whole lifetime.

— The Yoga Health Coaches
Eye Care Practices
for Keep Your Senses

Eye Exercises to Reduce Eyestrain and Improve Vision

1. **Palming**
   Rub your hands together to generate heat. Place your right fingers on top of your left fingers. Gently place your hands over your eyes, applying no pressure. Relax for 10-15 breaths to release unnecessary tension from your body.

2. **Zoom out.**
   This exercise is recommended especially for individuals who suffer from computer vision syndrome, but it can also help relax the eyes after any other strenuous activity. Choose an object that is located six to ten meters away from you, and focus on it for about twenty seconds, without moving your head. Doing so provides rest to the ciliary muscles that we tend to put a lot of stress on when we focus intensely on the computer screen.

3. **Zoom in.**
   This simple (and somewhat hilarious) exercise can be performed by holding a pencil in front of you at arm’s length, then slowly moving the arm closer to the nose, while focusing your eyes on the tip of the pencil. The goal is to bring the tip of pencil as close to the nose as possible, until your eyes can’t keep focus. Doing this exercise ten times in a row helps improve eye movement control and strengthens the eye muscles.

4. **Repeated blinking.**
   This simple action, that we often take for granted, plays a vital role in eye health and vision — it replenishes the tear film that covers the surface of the eye (the cornea), lubricating it and protecting it against dryness, dust particles and other irritants. Some research shows that when we watch TV or use the computer, we tend to blink less, which dries and irritates the eyes, potentially causing headaches and other types of discomfort. Blinking every three or four seconds for about a minute is thought to help reduce eye strain by clearing the cornea and allowing the eyes to rest.

3. **Figure 8’s.**
   Roll your eyes in figure 8’s for 10 slow easy breaths. This simple therapy increases the flexibility of your extra-ocular muscles. Smile and relax while you do your eye exercises.
Oral Care Practice: Oil Pulling
for Keep Your Senses

Oil pulling is a simple practice of swishing a good quality oil through your teeth and gums. The oil extracts bacteria, removes mucus and decreases inflammation leads to gum recession and tooth decay.

You can “pull” for a few minutes... or up to 20 minutes a day for maximum effect.

How to Oil Pull

• Drink 1 c. water on an empty stomach.
• Melt 1-3 tsp. coconut oil in your mouth or in a low skillet.
  • Swish through your mouth for 20 minutes while you’re busy doing something else.
  • Spit into trash (not sink).
  • Swish water through your mouth.

Oil pulling can be very awkward at first. Start with just 1 tsp. of oil and gradually increase quantity and duration.

7 reasons to Oil Pull:

1. Best proven way to remove bacteria, viruses, debris, & fungi from your mouth (& body)
2. Most effective gum restoration self-care practice
3. Removes mucus
4. Boosts immune system
5. Clarifies skin
6. Brightens teeth
7. Decreases inflammation in your mouth

Listen to the podcast on Detoxing through Oil Pulling with the man who wrote the book, Dr. Bruce Fife on...
Nasal Care Practices
for Keep Your Senses

When you nasal passages work well you have a chance at breathing well. If your nasal passages are clogged, inflamed or dried out your noses ability to deliver oxygen to your lungs is compromised.

There are 2 main practices for nasal care:
1. Nasal Rinsing
2. Nasal Oiling

Rinsing is done when you have congestion.
Oiling is done where there is inflammation or dryness.

How to Oil your Nose

• Use plain sesame oil, coconut oil, or nasya oil

The quick way is to put a dab of oil on a spoon. Put some oil on your pinky finger. Insert into nostril. Coat your nostril with oil. Sniff the oil deeper into your sinuses.

The deep way is to lie down on your bed with a towel under your neck with your head tilted back. Take a deep breath in. Fully exhale. Drop in 1/2 eye dropper into one nostril. Inhale deeply. Repeat on other side. Place your thumb underneath and between your nostrils. Gently press the tip of your nose upward. Inhale deeply.

About Nasya oils:

Nasya oils are traditional plant-infused oils that deliver a specific effect to the body through specific energetics of the formula. Formulas are designed for the effects varying from opening the breath channels to calming or exciting the nervous system. Read more about nasya and nasya oils in the following article by Dr. Mary Jo Cravatta.
On Nasya
for Keep Your Senses

About Nasya Oils from Dr. Mary Jo Cravatta at Shaktiveda.com

Nasya Oils are designed to be used in the nostrils for a quick input into the blood stream and nervous system.

Putting Nasya Oil into your nostrils has many benefits. First of all, having oil in the nostrils is pacifying to Vata Dosha. This allows the epithelial tissue in the nostrils to remain moist and less susceptible to dryness, pollen, environmental allergens / pollutants, and nose bleeds due to dry air. Depending on the base oil and the specific herbs in the formula, there are effects for the head, nervous system, mental / emotional states, allergies, hormones, neck pain, headaches, post nasal drip, memory, insomnia, depression, tinnitus — to name a few — the list could go on and on.

Depending on your personal needs, it is recommended that you apply the Nasya Oil 2 times per day. If you have a Vata imbalance in your upper body, you may desire to apply it more often (i.e., Prana Vata or Udana Vata). You may apply almost anytime you would like except it is best to not apply immediately before or after a shower, or immediately before lying down to sleep at bedtime — best to apply at least 1/2 hour before lying down in bed.

In addition to applying with the dropper, you may also choose to put 1 drop on your index finger to apply a thin coating of the oil in your nostrils. This is especially good to do when in a dry environment such as air conditioning or in an airplane. You may apply in this way as many times as you would desire.

If the dropper has touched your nostrils as you apply the oil, we recommend that you wipe the tip of the dropper with a tissue before you replace it back into the bottle. This will facilitate your oil staying fresher.

Make your own Nasya Oil

1. Get a 1 oz. amber eye dropper bottle
2. Fill up 2/3 with organic sunflower or almond oil
3. Add essential oils:
   ✴ 5 drops eucalyptus oil
   ✴ 5 drops lavender essential oil
4. Test it out. Add more essential oil as desired.

Benefits of Nasya

- Balance your mind + emotions
- Clear your nervous system
- Optimize your breathing + pranic absorption
- Clear debris from your nasal passages
- Strengthen your immune function

To purchase Nasya Oil:

Nasya Oils from Shaktiveda

Sinus Lube from Yogahealer
More Info on Nasal Rinsing
for Keep Your Senses
www.sinussupport.com

Q. How often should I use my neti pot?
A. This is our most frequently asked question. The answer is simple — listen to your own body — but it requires you to experiment a bit. Below are a few suggestions how to do this:

For maintenance: Some people benefit from rinsing daily as it opens up their sinus passages. Others may find it too drying. See what works best for you and contact us if you need help.

For colds: Rinsing 2 to 4 time a day can be helpful to flush out infection and liquify the mucous. Do this for the duration of your cold.

Three things that can help you kick colds and infections faster:

1. Rinsing with 10 oz. (a full neti pot) on both sides
2. Using twice the amount of salt (1 tsp) in your neti pot. This is called a hypertonic rinse. How it works is explained here.
3. Rinsing with our Infused Salt Rinse — a mineral sea salt infused with infection-fighting organic essential oils.

For allergies: Rinsing at least once a day will help you flush out the pollen. In addition, we also find a lot of people get relief from using a hypertonic rinse.

For chronic sinus problems: Listen closely to your body. We’ve found that everyone is different. Some people benefit from rinsing daily, while others do it once a week.

Q. What time of day is best?
When you first wake up and at least an hour before bed (this allows your sinuses to drain before you sleep). If you have a cold, you may want to rinse during the day.

Q. Should I use filtered water?
A. Filtered water is definitely better for your sinuses as it doesn’t have chlorine or fluoride in it. Never rinse without adding salt. Plain water has a different pH from your body and will aggravate your sinuses.

Q. What if I feel stinging?
A. If you experience a bit of stinging, adjust the level of salt. We find that people tend to use too little salt. Also adjust the water temperature — it may be too hot or cool for you.

Q. What if my sinuses are completely blocked?
A. If the saline solution won’t flow into one nostril and out the other, take in as much water as you can and blow your nose. Try again in 30 minutes. Blow gently! Your membranes are sensitive, and you don’t want water to enter your eustachian tubes! You may also want to try a hypertonic rinse.

Q. Can I use my neti pot in the dishwasher and microwave?
A. Our ceramic Baraka neti pot is safe in both.

Q. Will I be able to get off drugs and over-the-counter remedies?
A. Many of our customers have been able to. Others have been able to greatly reduce their use of prescription drugs and therapies. Again, taking a long-term approach to healing, going slowly and listening closely to how your body responds will get you the best results.

Don’t give up too soon! In our culture of quick fixes we often lack the patience to listen to our bodies. If given time, your body will tell you what it needs to heal.
Tongue Chart

from: Ayurveda: The science of Healing, by Dr. Vasant Lad

Note: This diagram is used to look at one's own tongue in a mirror. It is a mirror image.
A tongue for each day of the week. Fill in what you see on YOUR tongue and write the day below.
Scrape Your Tongue!
for Keep Your Senses

Buy a metal, not a plastic, tongue scraper. Everyone should have their own, like toothbrushes.

First thing in the morning, look at your tongue.

Fill in your tongue chart.

Scrape your tongue, from back to front, gently, 7 times.

Rinse any gunk off your tongue scraper. Note it in your tongue chart.

Notice what you are removing:
- color
- odor
- thickness

Reasons to Scrape your Tongue:

- Take stock of your health
- Remove bacteria from your mouth
- Prevent bad breath
- Prevent oral decay
- Detox your mouth
- Stimulate digestion + elimination
- Crave healthy foods
- Taste accurately
<table>
<thead>
<tr>
<th>My tongue analysis chart</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Size</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Shape</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Coating (thickness)</strong></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td><strong>Coating (color? wet? dry?)</strong></td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td><strong>Texture (smooth or cracks)</strong></td>
<td></td>
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<td></td>
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<tr>
<td><strong>Moving or still</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Scallops or smooth edge</strong></td>
<td></td>
<td></td>
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<tr>
<td><strong>Notes: is anything changing? Why?</strong></td>
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</table>
Easeful living is about our orientation to life.

Our orientation to life is so deeply fundamental, so basic in our mind/body hard drive, that we don’t realize we have a choice.

At the most basic level the choice is this:

Do you choose to have a stressful relationship to life (your body, your mind, your relationships, to stress, to what arises each day)?

or

Do you choose to have an easeful relationship to life (your body, your mind, your relationships, to stress, to what is possible each day)?

Like meditation and the other habits, there are levels of competencies that open us to new experiences. These new experiences are more integrated, more connected, more loving, more conscious... must plain more.

Shifting or upgrading our orientation to life eventually opens us to the unified sense of awareness that arises between us. When we develop our capacity to live from this unified sense a truly collaborative more awake life emerges. The first step is to practice an easeful orientation to life in our day-to-day activities.

In the words of Patricia Albere, a pioneer in evolutionary enlightenment,

“Those who experience this awakening are blessed with a glimpse of a brave new world of human relatedness that compels them to continue to give themselves to its continued expansion.”

Let’s aim for the brave new world together. We’re all in.

— The Yoga Health Coaches
Easeful Living Evaluation

Finish these sentence stems to help you see the trajectory of your new habits. This will help you get a sense of what is emerging in you. Who or what are you becoming from your better body habits?

**I’m becoming the kind of person...**

who...

that....

wants...

cherishes...

appreciates...

The people who support **who I’m becoming** are: (This list can be people in your day-to-day life, and also include authors, bloggers, teachers, or others who inspire you, but might not know you...)

<p>| | | |</p>
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</table>

The people who prefer the person **I used to be** are: (or prefer the habits I used to have)

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</table>
Evaluation Worksheet
for Easeful Living

Finish these sentence stems to help you see the trajectory of your new habits. This will help you get a sense of what is emerging in you...

If I continue these habits... I'll probably experience this in 10 weeks:

1. 
2. 
3. 
4. 

If I continue these habits... I'll probably experience this in 6 months:

1. 
2. 
3. 
4.
Choose Your Orientation Worksheet
for Easeful Living

At the most basic level we choose our inner body orientation. Take a moment to reflect and fill in the boxes. You help yourself notice what is happening behind the scenes.

Do you choose to have an easeful relationship to life (your body, your mind, your relationships, to stress, to what is possible each day)?

Do you choose to have a stressful relationship to life (your body, your mind, your relationships, to stress, to what arises each day)?

What I do to align to Ease:

What I do to align to Stress:
Sketch a road map of your habits which help you gravitate towards an easeful orientation to your emerging you.
Is Your Practice Effective?  
for Easeful Living

Rate on a scale of 1-5. 1 is a problem. 5 is an asset.

<table>
<thead>
<tr>
<th>Rate 1-5</th>
<th>When I don’t focus on my orientation to life...</th>
<th>When I do focus on my orientation to life</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 = bad</td>
<td>I am more aware in general.</td>
<td></td>
</tr>
<tr>
<td>3 = so-so</td>
<td>I experience life more fully.</td>
<td></td>
</tr>
<tr>
<td>5 = awesome</td>
<td>I am more relaxed, even under stress.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I feel more connected.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I am proud of how I act and interact with others.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I have fewer regrets at the end of the day.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I feel more on track with my life.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I enjoy people more.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I enjoy being alone more.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I sense a field of inter-connectivity.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I am co-creating the future.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I feel alive and in love with life itself.</td>
<td></td>
</tr>
</tbody>
</table>

After filling out the chart above — describe the effects of your practice here.
Co-Creativity Worksheet
for Easeful Living

You may have had the feeling as you shift your habit and evolve your identity that evolution is indeed behind you. One perspective is to actively partner with evolution.

Are you willing to partner with evolution (or the evolutionary impulse, or the divine, or your highest self)? ________________

If yes, what does that mean to you right now?

And how can you actively embody this decision?

What is the experience in your inner body when you decide to co-create with evolution who you are becoming and what you decide to do with your time and energy?

How does taking care of your body change what you can do or experience with your life?
Accountability Sheets

Food Journal
Better Habits Monthly Chart
Workout Chart
Weekly Meal Planner
<table>
<thead>
<tr>
<th>Day</th>
<th>Morning</th>
<th>Afternoon</th>
<th>Evening</th>
<th>Water</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td></td>
<td></td>
<td></td>
<td>12345678</td>
<td>☹️</td>
</tr>
<tr>
<td>Saturday</td>
<td></td>
<td></td>
<td></td>
<td>12345678</td>
<td>☹️</td>
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<tr>
<td>Friday</td>
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<td>12345678</td>
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<td>Thursday</td>
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<td>12345678</td>
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<td>Wednesday</td>
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<td>☹️</td>
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<td>Tuesday</td>
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<td>12345678</td>
<td>☹️</td>
</tr>
<tr>
<td>Monday</td>
<td></td>
<td></td>
<td></td>
<td>12345678</td>
<td>☹️</td>
</tr>
</tbody>
</table>
Better Habits Monthly Chart

Fill in each space with a happy, neutral or unhappy face.
Total on a weekly basis. Make your habit easier if you get too many unhappy faces.

<table>
<thead>
<tr>
<th>Better Habit</th>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>Total:</th>
</tr>
</thead>
</table>

| Week 1       | 😊😊😊   | 😊😊😊   | 😊😊😊   | 😊😊😊   | 😊😊😊   | 😊😊😊   | 😊😊😊   | 😊😊😊   |
| Week 2       | 😊😊😊   | 😊😊😊   | 😊😊😊   | 😊😊😊   | 😊😊😊   | 😊😊😊   | 😊😊😊   | 😊😊😊   |
| Week 3       | 😊😊😊   | 😊😊😊   | 😊😊😊   | 😊😊😊   | 😊😊😊   | 😊😊😊   | 😊😊😊   | 😊😊😊   |
| Week 4       | 😊😊😊   | 😊😊😊   | 😊😊😊   | 😊😊😊   | 😊😊😊   | 😊😊😊   | 😊😊😊   | 😊😊😊   |

Habit:  
Trigger:  
Reward:  

Print and post on fridge.
# Workout Chart for ___-___

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Super Easy Warm Up Routine</td>
<td>Super Easy Warm Up Routine</td>
<td>Super Easy Warm Up Routine</td>
<td>Super Easy Warm Up Routine</td>
<td>Super Easy Warm Up Routine</td>
<td>Super Easy Warm Up Routine</td>
<td>Super Easy Warm Up Routine</td>
</tr>
<tr>
<td>The Workout I did</td>
<td>The Workout I did</td>
<td>The Workout I did</td>
<td>The Workout I did</td>
<td>The Workout I did</td>
<td>The Workout I did</td>
<td>The Workout I did</td>
</tr>
<tr>
<td>How I felt today:</td>
<td>How I felt today:</td>
<td>How I felt today:</td>
<td>How I felt today:</td>
<td>How I felt today:</td>
<td>How I felt today:</td>
<td>How I felt today:</td>
</tr>
<tr>
<td>WATER</td>
<td>WATER</td>
<td>WATER</td>
<td>WATER</td>
<td>WATER</td>
<td>WATER</td>
<td>WATER</td>
</tr>
</tbody>
</table>

**Print 5 per month**
**Weekly Meal Planner**

<table>
<thead>
<tr>
<th>Week of</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday</td>
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<td>Friday</td>
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<tr>
<td>Saturday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shopping list:</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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