

Awaken with Sunrise

30-Day Challenge

with Negin

Awaken with sunrise & reconnect with your body's natural healing rhythms. This daily ritual will support balancing the hormones and reset your body's biorhythms for optimal wellbeing. The following 7 practices are simple yet powerful tools to consider as part of your morning routine. They are listed in subsequent order & to be followed accordingly.

Neti Pot Nasal Cleanse

What it does: Gentle nasal cleanse with warm saline water to clear the sinuses and increase the intake of prana (breath).

Benefits: Supports respiratory health, removes allergens, improves breathing and promotes mental clarity.

My favorite Brand: <https://amzn.to/3H0M9rY>

Instructions: https://youtu.be/WA44cMcgOiY?si=OOB_omjoJLD7225S



Rose Water Eye Cleanse

What it does: Soothing eye rinse with refreshing anti-microbial qualities of rose water. Please only use the brand recommended.

Benefits: Refreshes the eyes, reduces puffiness and irritation, and promotes relaxation.

My favorite Eye Cup: <https://amzn.to/3UMFche>

Pure Rose Water: <https://amzn.to/454BFRB>

Instructions: Fill ¼ of an eyecup with rose water, top off with warm filtered water. With head forward, place over one eye, tilt back, and blink twice. Repeat for other eye using same cup. Remove contacts and makeup first.



Mild Stretching

What it does: Gentle movement to awaken the muscles and increase circulation.

Benefits: Enhances flexibility, reduces stiffness, energizes the body, and prepares the nervous system for the day ahead.

My favorite simple daily stretch for beginners:

https://youtu.be/SqpBYTR8G0k?si=8HF_Z_53LZaBSUAj



Nadhi Shodhana Alternate Nostril Breathing

What it does: A breathing practice that balances the left and right energy channels.

Benefits: Calms the mind, reduces stress, improves focus, and balances the nervous system.

Instructions: Please follow instructions closely as stated in the video. Start with 3 minutes and work up to 5 minutes a day, ideally as part of your morning practice.

https://youtu.be/RUFzLVf5wL4?si=XNiXOsQ_o2OeTOzx



Om (AUM) Mantra

Vocalization of this sacred sound aligns us with higher consciousness. It grounds mental energy, enhances mindfulness, emotional balance, & inner peace.

Chant AUM 21 times for it's full benefits.

Instructions:

https://youtu.be/8BW8iv0nxUg?si=kEf51_jwNe_7JSME

Warm Water and Journaling

Warm water and lemon 1st thing in the morning boosts the digestive fire and supports regular elimination. While sipping, reflect in your journal. Allow your mind to pour onto the paper, no filter. I also write what I wish to do each day. It helps me execute it better.

About Negin

Negin Kordbacheh is an Ayurvedic Health Coach, Ayurvedic Body Therapist, Yoga Instructor, and educator dedicated to holistic healing. To learn more, follow her daily Ayurvedic Lifestyle and upcoming offerings on Instagram.

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