

## Pro Life Tips for Daily Health (Physical, Mental & Emotional)

### Morning Rituals (Brahma Muhurta)

Wake up before sunrise (4:30–5:30 AM) – Aligns with the sattvic energy of the day.

Practice Jala Neti or simple cleansing – Keeps nasal and respiratory passage clean.

Drink warm water with herbs – e.g., tulsi, ginger, cumin (detoxifies and boosts digestion).

Do 5–15 minutes of silent sitting or mantra chanting – Strengthens mental focus and grounding.

### Mid-Morning Practices

Asana-Pranayama session (30–45 mins) – Based on your e-book, choose:

- Silver Plan: Basic stretches and breathwork
- Gold Plan: Therapeutic sequence + deep breathing
- Premium Plan: Complete practice + visualization/meditation

Mind–Body Awareness Task (Daily)

- Do one act with 100% presence (brushing, eating, walking).
- Journal: “What did I feel physically and mentally today?”

Yogic Brunch (10–11 AM)

- Include warm khichdi, sabji, or fruits with ghee.
- Chew slowly, with full attention – digestion starts in the mouth.

### Afternoon Wellness

Avoid heavy lunch post 2 PM

- If hungry, have sattvic food: moong dal, rice, steamed veggies.

Short walk or mindful breathing

- After food, practice left-nostril breathing (Chandra anulom) for digestion.

Don't suppress natural urges – Eating, sleeping, elimination, emotions – all need healthy expression.

### Evening Practices

Light dinner before sunset (6:30–7 PM)

- Soups, steamed veggies, or milk with herbs. Avoid heavy, cold, or processed foods.

Wind-down Asanas + Pranayama (15–30 mins)

- Focus on hip openers, spinal twists, and calming breath (Bhramari, Anulom-Vilom).

Trataka or candle gazing (optional) – Deepens focus, relieves eye strain.

### **Night Routine**

No screens 1 hour before bed

- Read a shloka, yoga text, or mantra instead.

Abhyanga (oiling feet/head) before bed for deep sleep.

Gratitude journaling or mantra chanting before sleep

- Repeat a mantra like “Shantih Shantih Shantih” silently to calm your nervous system.

### **Bonus Tips from Your eBook Concepts**

Consistency is key: Practice a little daily than a lot occasionally.

Body speaks the truth: Track physical symptoms and emotions regularly.

Discipline ≠ rigidity: A yogic routine is about alignment, not obsession.

Health = Harmony: Align body–breath–mind through small daily rituals.