

A flexible and inclusive Yogic Lifestyle Reset is important for everyone — especially for:

- Night shift workers
- Homemakers
- Office workers
- Students
- People dealing with addiction, stress, or overthinking

Here's a revised 5-Day Yogic Reset Plan that applies to anyone — male or female, regardless of profession, routine, or background.

☐ **5-Day Universal Yogic Reset Plan (For All Routines & Lifestyles)**

Designed for those who want to break bad habits, reset their mind–body–lifestyle, and heal from within — without rigid time-bound rules.

☐ **Day 1: Start Your Day With Awareness, Not Addiction**

☐ Reset Tip:

Wake up slowly. Before touching your phone or speaking, take 3 deep breaths and drink warm water (plain or with cumin seeds).

☐ ♀ Mini Practice:

Sit in silence for 3 minutes. Place right hand on your heart. Just breathe and feel your breath.

☐ Why This Works:

This activates your parasympathetic nervous system (rest & heal mode), reduces anxiety and lowers cortisol.

☐ Ayurvedic Add-On:

If feeling heavy, add a pinch of dry ginger or lemon to your water.

☐ Habit Swap:

Phone-scrolling → Conscious breath

Smoking → Inhale clove or cardamom for oral craving

Alcohol → Warm spiced milk at night (turmeric + nutmeg)

☐ **Day 2: Fix Your Food Window, Not the Clock**

☐ Reset Tip:

Have your biggest meal when your digestion feels strongest (even if it's at 8 PM). Focus on warm, cooked meals instead of cold/snack-based meals.

☐ ♀ Mini Practice:

Eat without screens or multitasking. Chew 32 times before swallowing.

☐ Ayurvedic Tip:

Add ginger and rock salt before meals to spark digestion. Avoid raw salads at night.

☐ Habit Swap:

Late-night sugar craving → Herbal tea with cinnamon

Midnight snacking → Chamomile or fennel tea, or 5 mins deep breathing

☐ **Day 3: Mind Cleanse (Not Just Gut Cleanse)**

☐ Reset Tip:

Dump your thoughts. Before bed or in any free moment, write 3 things:

- What I felt today
- What drained me

- What I'm grateful for

☐♀ Mini Practice:

Anulom Vilom (5 min) + Bhramari (3 times) – anywhere, anytime.

☐ Ayurvedic Mind Cleanse Tip:

1 tsp Brahmi ghee at night or warm milk with nutmeg. Supports sleep and brain.

☐ Habit Swap:

Overthinking → Body scan meditation

Procrastination → 5-4-3-2-1 action rule (act within 5 seconds of the thought)

☐ **Day 4: Movement That Matches Your Mood**

☐♀ Reset Tip:

Instead of a fixed yoga time, ask your body:

“Do I feel stiff, stuck, or restless?”

- Stiff: Do gentle spinal twist & forward bends
- Restless: Do Surya Namaskar or brisk walk
- Stuck: Do lion's breath + cat-cow

☐ Ayurvedic Tip:

Rub sesame oil on joints before bath. Apply on feet and scalp once a week.

☐ Habit Swap:

No-movement → Micro-movements (roll wrists, walk while talking)

Negative self-talk → Mantra: “I'm resetting, not failing.”

☐ **Day 5: Night Reset – Restore While You Sleep**

☐ Reset Tip:

Sleep hygiene matters more than sleep timing.

- Dim lights 30 mins before sleep
- No devices after lights off
- Gratitude or chanting before sleep

☐♀ Mini Practice:

Legs-up-the-wall pose + 5 deep belly breaths. Calms vata instantly.

☐ Ayurvedic Tip:

Foot massage with ghee or sesame oil. Keeps nerves calm, digestion strong, sleep deep.

☐ Habit Swap:

TV binge → Soothing audio or podcast

Lonely overthinking → Journaling + warm drink

☐ **Final Reminder:**

This plan is for realistic yogic living — not perfection.

If you slip, restart. If you pause, observe.

Resetting is the first step of healing.

Would you like this in a print-ready PDF or document too? I can prepare that now.

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Let's begin your healing and transformation together. ☐

Spots are limited – book now!