

Holistic Lifestyle Guide for Homemakers

Homemakers are the silent strength of every home, managing countless responsibilities from dawn till dusk. However, this constant care often comes at the cost of their own health and well-being. This guide is designed to help homemakers make simple yet effective lifestyle changes that support physical and mental wellness while honoring the beauty of traditional ways of living.

Smart Lifestyle Tips for Homemakers

- Sit in **Malasana (garland pose)** while picking up things from the floor to protect your back and improve flexibility.
- Chop vegetables sitting on the floor in **Sukhasana (easy pose)** to ground yourself and relax the spine.
- Avoid standing for long periods—take frequent seated breaks to reduce pressure on knees and ankles.
- Use small stools or low seating for chores like folding clothes or sorting items.
- Stay mentally aware—avoid negative thoughts while doing chores. Use this time for self-reflection or listening to calming music.
- Prioritize deep breathing while working—it relaxes the nervous system and increases oxygen flow.

Do's and Don'ts

Do's:

- - Follow a fixed sleep and meal schedule.
- - Practice morning and evening stretches.
- - Stay hydrated.
- - Engage in at least 15 minutes of meditation or mindful breathing daily.

Don'ts:

- - Don't lift heavy objects in a bent position—squat instead.
- - Don't skip meals while busy with chores.
- - Don't ignore minor aches—address them early.
- - Don't consume news or content that disturbs your peace of mind.

Basic Yoga Poses for Homemakers

- **Tadasana (Mountain Pose):** Improves posture and body awareness.
- **Balasana (Child's Pose):** Perfect for rest and spinal relief.

- **Setu Bandhasana (Bridge Pose):** Strengthens back and relieves fatigue.
- **Viparita Karani (Legs up the Wall):** Reduces swelling in feet and calms the nervous system.
- **Marjariasana (Cat-Cow Pose):** Relieves back tension from household work.

General Wellness Tips

- Use calming herbs like tulsi, brahmi, or ashwagandha under expert guidance for better stress management.
- Reflect daily: 'What did I do for my body, my mind, and my soul today?' This builds self-discipline and positivity.
- Don't eat while distracted—practice mindful eating to improve digestion and mental calm.
- Use copper or clay utensils when possible for storing water—this purifies and energizes the water.
- Spend time in early morning sunlight to balance your circadian rhythm and boost Vitamin D.
- Start your day with oil pulling and tongue cleaning—Ayurvedic practices to detox your body naturally.
- Avoid unnecessary gossip or talking about others. It scatters your mental focus and reduces self-awareness.
- Engage in creative hobbies like painting, knitting, gardening, or cooking to nourish your inner joy.
- Limit mobile phone use—excess screen time drains pranic energy and affects mental clarity.
- Cook with mindfulness—chant or hum while preparing meals.
- Keep indoor plants to enhance pranic energy at home.
- Avoid synthetic clothing while doing yoga or home chores—choose cotton.
- Add herbal teas and spices like turmeric, ginger to your routine.

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📺 YouTube: TheYogaBlueprint

📺 **Stree Shakti Yoga Chikitsya – Women's Wellness & Empowerment**

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Our ****Stree Shakti Yoga Chikitsya**** sessions are specially crafted for women who are ready to reclaim their energy, balance their hormones, and feel empowered in body and mind. Whether you're a homemaker, caregiver, or a busy woman juggling everything — this class is for ****you****.

These are not general fitness classes. These are ****personalised therapeutic yoga sessions**** based on your health history, current issues, and lifestyle needs. After a detailed consultation, each session is curated to support your long-term well-being.

📺 Empower your health.

📺📺 Restore your energy.

📺 Honour your feminine rhythm.

****This is your space to heal, grow, and shine.****