

7 DAY RESET

Reconnect, Restore and Rise



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WELCOME TO YOUR 7-DAY RESET!

READY TO EMPOWER YOUR POTENTIAL?

THIS IS YOUR INVITATION TO GENTLY RESTORE YOUR ENERGY, RECONNECT WITH YOUR BODY, AND BUILD INNER STRENGTH – PHYSICALLY, MENTALLY AND SPIRITUALLY.

EACH DAY OFFERS NOURISHING RECIPES, SIMPLE MOVEMENT PRACTICES, SOUND HEALING SUGGESTIONS, AND REFLECTIONS TO INSPIRE YOU.

TAKE YOUR TIME, REMAIN CURIOUS, AND ENJOY THE JOURNEY.

WITH LOVE
XOXO

DAY 1 - GROUND AND NOURISH

Today's Focus : Reset your rhythm and connect with your breath

Movement:

Child's Pose (rest forehead to mat, arms forward)

Cat-Cow Flow (arch and round spine with breath)

✿try with sama vritti✿

Strength:

10 min mobility warm-up

2 rounds of 15 bodyweight squats

SOUND HEALING: 396 HZ

RELEASING FEAR + GROUNDING



Recipe:

Warm Turmeric Ginger Lentil Soup with Avocado Toast

INGREDIENTS:

1 CUP RED LENTILS

1 TSP TURMERIC

1-INCH PIECE FRESH GINGER (GRATED)

1 CLOVE GARLIC (MINCED)

4 CUPS VEGETABLE BROTH

SALT, PEPPER, LEMON TO TASTE

DIRECTIONS:

SIMMER LENTILS, BROTH, TURMERIC, GINGER, AND GARLIC FOR 20 MINUTES. SEASON TO TASTE. SERVE WITH AVOCADO TOAST (SMASHED AVOCADO, SEA SALT, CHILI FLAKES).

Reflection Question: How can I slow down today
and approach something common, differently ?

Day 2: Flow + Energize

Today's Focus : Move energy through your body, clear mental fog

Mobility:

Hip openers (butterfly, lunges)

Gentle spinal twists

Strength:

2 rounds

10 incline push-ups

15 dumbbell or band rows

30-second plank

SOUND HEALING: 528 HZ – DNA REPAIR, ENERGY BOOST

Snack:

Green Smoothie

INGREDIENTS:

1 BANANA

1 KIWI

HANDFUL SPINACH

1 TBSP CHIA SEEDS

1 TBSP ALMOND BUTTER

1 CUP ALMOND MILK OR WATER

DIRECTIONS: BLEND UNTIL SMOOTH.



Reflection Question: Where can I invite more lightness and joy today?

Day 3: Stillness + Strength

Today's Focus : Mindful presence, rooting into who you are

Yoga

Warrior II (hold and bring awareness to breath)

Tree Pose (play + balance)

Strength:

2 rounds

15 glute bridges

12 reverse lunges per leg

30-second wall sit

SOUND HEALING: 432 HZ

INNER HARMONY + PEACE



Recipe:

Sweet Potato & Black Bean Nourish Bowl

INGREDIENTS:

ROASTED SWEET POTATO CUBES

BLACK BEANS

MIXED GREENS

TAHINI DRIZZLE (TAHINI, LEMON, WATER)

DIRECTIONS: ROAST POTATOES, ASSEMBLE WITH BEANS AND GREENS, DRIZZLE
WITH TAHINI.

"You are fearfully and wonderfully made." (Psalm 139:14)

Reflection question: What inner strength do you want to honor today?

Day 4: Mobilize + Uplift

Today's Focus : Open up tension, increase flow

Mobility:

Shoulder rolls and chest openers

Seated thoracic spine twists

Strength:

20 x2 mountain climbers

15 x2 Russian twists

10 sit-ups or crunches

SOUND HEALING: 639 HZ

EMOTIONAL BALANCE + HEART CONNECTION

Snack:

Dates with

Almond Butter + Sea Salt

INGREDIENTS:

MEDJOOL DATES

ALMOND BUTTER

SEA SALT

DIRECTIONS:

SLICE DATES OPEN, REMOVE PIT, FILL WITH ALMOND BUTTER, SPRINKLE SEA SALT.

BONUS-SWEET TREAT STYLE: MELT CHOCOLATE, DIP DATES, FREEZE AND ENJOY!

Reflection Question: What can I release today to create space for joy?



Day 5: Center + Rebuild

Today's Focus : Reset nervous system, restore balance

Yoga

Legs-Up-The-Wall Pose

Supported Fish Pose (pillow under back)

Strength:

2 rounds

15 bodyweight squats

12 step-ups

10 calf raises

SOUND HEALING: 285 HZ – CELLULAR HEALING + RESTORATION

Recipe:

Protein Oats with Berries & Hemp Seeds

INGREDIENTS:

1/2 CUP ROLLED OATS

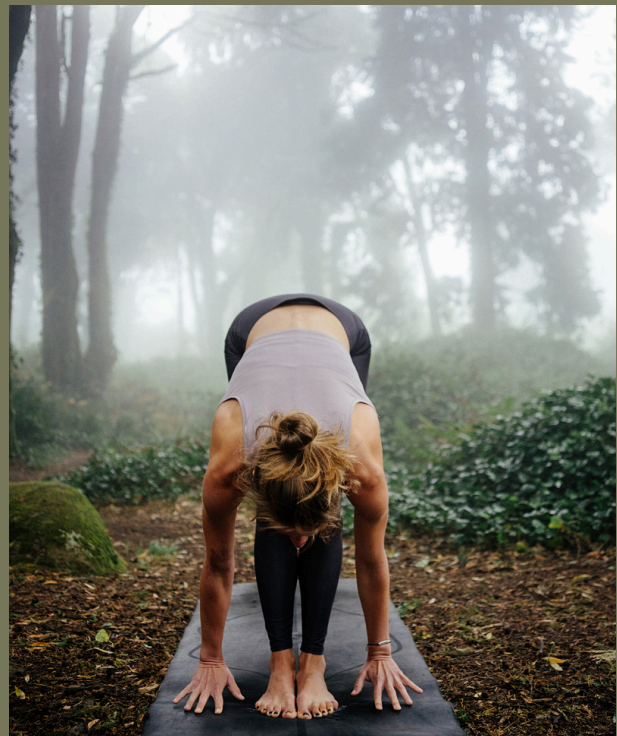
1 SCOOP PROTEIN POWDER

1/2 TSP CINNAMON

HANDFUL BERRIES

1 TBSP HEMP SEEDS

DIRECTIONS: COOK OATS, STIR IN PROTEIN AND CINNAMON, TOP WITH BERRIES AND HEMP SEEDS.



"Come to me, all you who are weary and burdened." (Matthew 11:28)

Reflection Question: Where can I allow more softness and trust?

Day 6: Expand + Flow

Today's Focus : Integrate movement + breath, to feel expansion

Mobility:

Full-body dynamic flow
(sun salutations and joint circles)

Strength:

3 rounds

10 push-ups

20 walking lunges

20-second forearm plank

SOUND HEALING : 741 HZ

CLARITY, INTUITION, DETOXIFICATION



Snack:

**Hummus + Veggie Sticks
with Herbal Tea**

INGREDIENTS:

1/4 CUP HUMMUS

CUCUMBER, BELL PEPPER, CARROTS

HERBAL TEA

(PEPPERMINT TO UPLIFT MOOD

CHAMOMILE TO RELAX AND UNWIND)

Reflection Question: Where in my life am I being invited to expand or explore?
Are my thoughts holding me back?

Day 7: Rest + Reflection

Today's Focus : Deep rest, gratitude, and spiritual renewal

Yoga:

Supported Savasana
(pillow under spine)
Any Yin Style Session

Strength:

Active Rest- Light stretching, barefoot walking, or gentle Pilates

SOUND HEALING: 963 HZ

CONNECTION TO HIGHER SELF AND DIVINE

Recipe:

**Healing Broth +
Roasted Veggie Bowl**

INGREDIENTS:

VEGETABLE BROTH WITH GARLIC, TURMERIC, GINGER
ROASTED SEASONAL VEGGIES (SWEET POTATO, ZUCCHINI, BROCCOLI)

DIRECTIONS: SIMMER BROTH SEPARATELY. ROAST VEGGIES. SERVE VEGGIES OVER BROTH.

Reflection Question: What are three things I'm deeply grateful for today?
and What are 3 things I will continue for my new self?

