



- flexibility + mobility
- posture + balance
- immunity + cleanse
- mood + focus
- chakras + energy
- pms + menopause

## posture + stand tall

**†divine geometry†**

Your posture is a consequence of genetics, injuries, nutritional history, and behaviors. Adapting your behaviors and nutrition can help you stand tall.

Almost all forms of fitness activities, especially ones that activate the muscles of your torso, will boost your posture by strengthening your muscles into the correct function and position to better align your skeleton.

But honestly, you probably spend so much time in a poor posture position that targeted exercise isn't sufficient to remedy the damages of your lifestyle. So, new habits need to be formed.

A key adaptive behavior is to take notice of your posture throughout the day in your various environments. When you do this, take a moment to lift your ribcage off of your belly, lift your chin, and release your shoulders - take several slow, deep breaths for added wellness benefits.

You can do this practice standing or seated. If a wall is handy, cozy up with your back to the wall to help confirm your alignment and provide a bit of support.

These moments add up over time and build the core strength that will allow you to live more aligned and with more comfort in your improved posture.

*In yogic circles, there is an intriguing notion of "divine geometry." Some take this to mean a regimented kind of postural alignment in key yoga poses that creates optimal health and energy flow.*

*We all have unique bodily structures and wear and tear that is specific to our past behaviors. From my perspective, it seems like an unkind self-care approach to try to contort our unique bodies into a pre-determined alignment.*

*I prefer to think about divine geometry as a process of bodily discovery and self-remedy. With persistence of practice and ongoing observation, we can ease our bodies away from pain and towards a divine geometry that is unique to our own physical anatomies.*

## cleanse + self-gardening

Your body is uniquely capable of cleansing itself of waste materials and toxins as long as you provide the materials it needs on a regular basis. Cleansing occurs through breath, sweat, urination, and digestion.

- ✦ **Mindful breathing**, in which you slow and deepen your breath for a sustained period of time, is a sublime way to help the body cleanse because such breathing offers numerous additional benefits to mental and physical well being.
- ✦ We know that hydration is essential for survival and for the optimal functioning of our organs and systems. **Hydration with water and electrolytes** - like lemon or cucumber water - is also essential for the proper cleansing of your body through sweat and urine. Ample hydration aids the appearance of skin, hair, and nails and helps maintain ideal pH levels to promote healing and prevent bacterial infections.
- ✦ Digestion is another way that the body cleanses itself through the presence of dietary **fiber**. Fiber is non-digestible. It absorbs excess hormones and waste products. And it expands to help maintain elasticity and clear passage through the bowels for the ongoing digestion of your food.

## m i c r o b i o m e

*You are host to an entire universe of living organisms that help your body function.*

*Be careful of detox programs and products that may dramatically disrupt your own unique ecosystem.*

*To help boost your microbiome, try to eat foods that are minimally processed and still have their own unique balance of live organisms that will aid your body's digestion.*

*The goal is for your food to move relatively smoothly through your system for peak digestion, enhanced energy, and intestinal comfort.*

## mind + focus + monkey mind games

**Stone Henge**

**Restorative Inversions**  
Like stone henge are helpful for moderating intense moods or swings so that you can pause, relax, and observe.

**Supported Corpse**

**Corpse pose** is a resting pose, an inversion pose, and a meditation pose - all of which are useful for balancing your moods and boosting focus.

*If you can do nothing else for your self-care in a given day, take 5 minutes to breathe deeply and relax in corpse pose.*

A transformational practice called **yoga nidra** can be practiced in a comfortable reclining position like those on this page.

Yoga nidra offers a series of guided meditations that 1) deliver focused affirmations deep into your psyche and 2) bring you to the edge of sleep for deep rest.

## key takeaways

- ♥ Observe, Distract & Train your Monkey Mind
- ♥ Relax, Breathe, Focus & Meditate
- ♥ Neuroplasticity = Self-Creation

## herbal support

- ✦ Orange Peel has powerful mood boosting and emotional balancing properties.
- ✦ Chamomile offers calming and relaxing effects.
- ✦ Ginkgo is well known for its ability to boost clarity, focus, memory, and concentration.