

Essential Ayurveda

FOR WOMEN

You are Wild, Sacred, and Wise!

1. RHYTHM: Life without rhythm is taxing on the nervous system. Small allowances here and there are okay, but repeated and regular occurrences will lower Ojas, affect digestion, sleep, emotional/mental health, and eventually lead to dis-ease. Try to keep certain elements of your days/weeks the same, like meals, bedtime, wake times, and get outside to watch the sun and/or moon in the morning and/or evening.
2. Saying NO: Saying yes to too many things is depleting. Contrary to popular thought, you cannot have it all. We have to make choices in life by prioritizing all the things in accordance with our values, and you must value you! Get clear about what matters most in your life. Saying no to things that are cluttering up your mind, schedule, and physical space.
3. Saying YES (to what truly nourishes you): When your deeper needs of connection to Spirit and being embodied are met, everything else flows with greater ease. Set aside a few minutes everyday for a short practice and see how the rest of your day flows! Try: Prayer/meditation, intuitive dance, self massage, feel your feelings and name them, let yourself enjoy all of the flavors/textures/smell of your food, simply receive the love in your breath.
4. Primal Expression: We are wild beings! In our modern world, it's all too easy to forget some of our most primal human needs. Every BODY needs the time and space to move in ways that are intuitive and expressive and unique to themselves. Knowing yourself on a deep level is the key to tapping into intuition, balancing your nervous system, and healing your body and mind. So MOVE in wild, intuitive ways!
5. Self Massage: Oil = Sneha = Love. Massage has a long list of physiological benefits, but a lesser known fact is that self massage is a very effective way to give love to yourself and also to gather information from your body. Oil is also an effective Ayurvedic treatment for anxiety. Put oil + massage together, and you have a life changing habit that brings better nervous system regulation, resilience, immunity, confidence, and is Ojas building!

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here!



[Shakti Flow Playlist](#)