



ESSENTIAL AYURVEDA

for Every Woman

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 mealtimes, bedtime, wake times, and get outside to watch the sun and moon in the morning/evening.

Ojas is the nectar of life.

It's equivalent to immunity and resilience. It's what allows for graceful aging and protects us from burnout.



How can you cultivate a healthy rhythm in your daily routine?

2. Boundaries

The Art of Saying No...



Saying yes to too many things is depleting.

Contrary to popular thought, you cannot "have it all". Choosing not to set boundaries is a passive choice to say yes to whatever comes along and thereby "no" to things that might be of greater importance.

We have to make choices in life by prioritizing all the things in accordance with our values. Get clear about what matters most in your life.

If you value health, that means you have to prioritize it! Practice saying no to things that are cluttering up your mind, schedule, and physical space.

Make a list of your priorities, putting YOU at the top. What things do you need to say 'NO' to, in order to say YES to the things you value most?

1. Taking care of my physical and emotional health

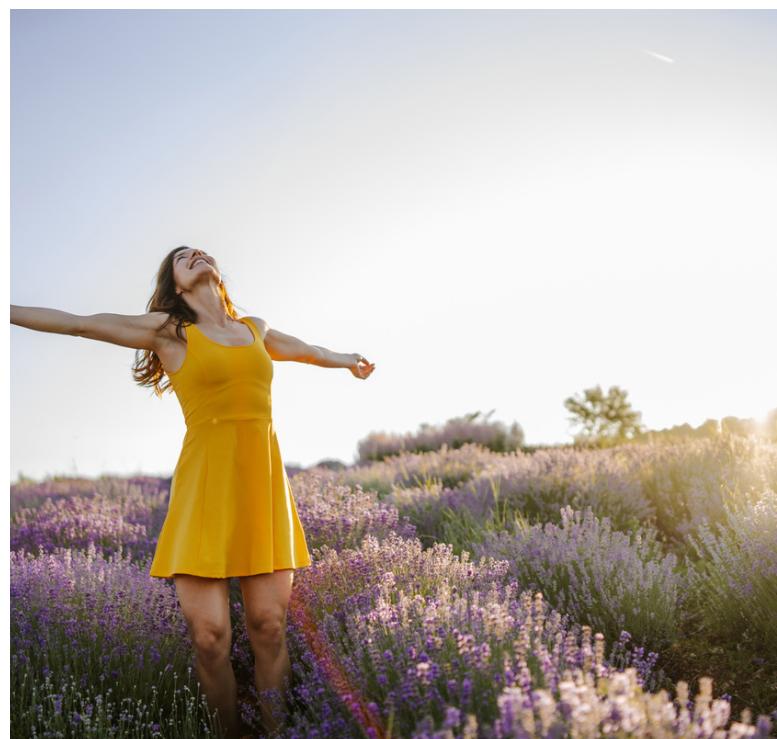
3. Saying YES!

Saying YES to the things that truly nourish 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 every day 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.

Allow yourself to experience pleasure and rest. In order for the nervous system to be in a balanced state, we have to be able to receive, instead of constantly being giving and on the go.



What practices will you say YES to next? List 3 things that you know will be helpful and pick one new thing to try...

4. Expression

Wild Wise Woman...



Dance like nobody is watching! It's not about how you look or what you do. Your body knows EXACTLY what to do!

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!

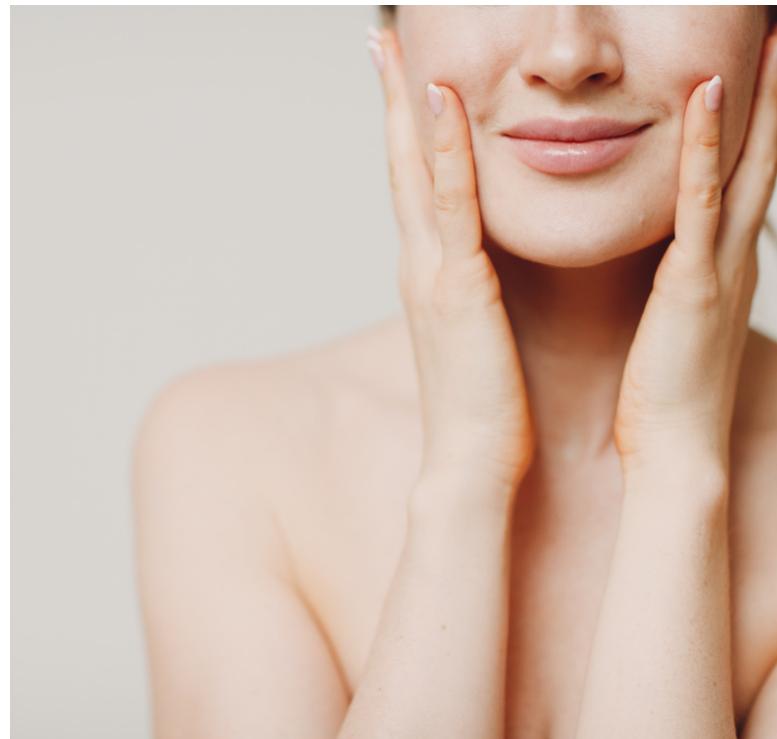
Make a commitment to make time to be your Wild, Wise self. When and where will it happen? (Be specific.)

5. Self Massage

Massage has a long list of physiological benefits, but Self-Massage has even more!

It's a potent way to nourish yourself, practice self-love/receiving, gather information about your body (there may be areas that you don't even know need your attention until you touch them), and it's a super effective treatment for Anxiety.

This is a life-changing habit that brings better nervous system regulation, resilience, immunity, and confidence!



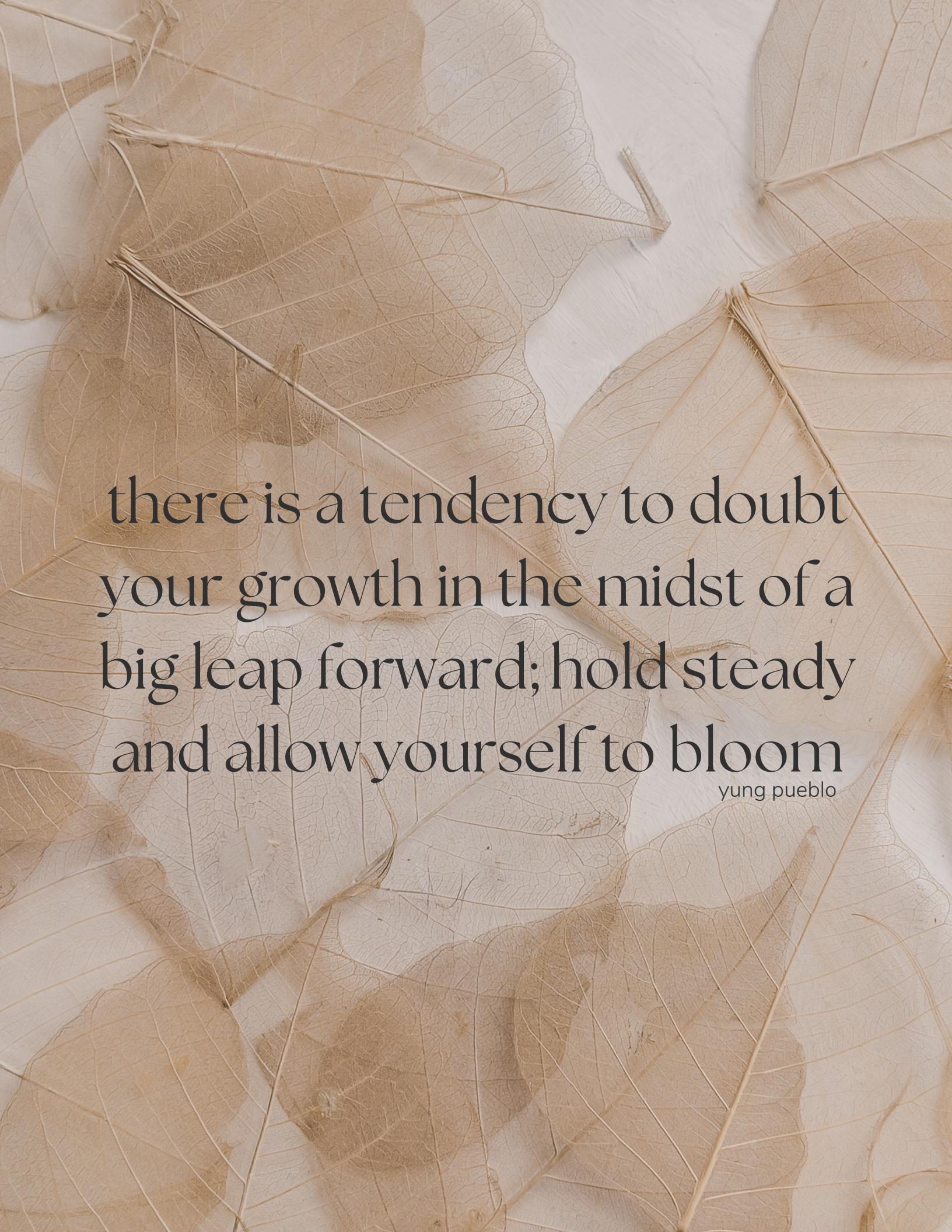
Sneha is the Sanskrit word for LOVE and also for OIL.

What does that tell you?

Tip: use only pure oils (not lotion) like sesame (untoasted), almond, coconut, or olive oil. Heavier oils for colder, dryer seasons and lighter ones for warmer, humid ones.



Pick a day and a time. Then go through your bathroom and kitchen and see what oil you have on hand. Write it down and make it happen!



there is a tendency to doubt
your growth in the midst of a
big leap forward; hold steady
and allow yourself to bloom

yung pueblo

Hello!

My name is Jessica. I am a Holistic Health Practitioner, teacher, Mama, yogi, and dancer with a passion for empowering humans with the education and tools they need to heal and live naturally healthy lives. Thanks to modern technology I get to work with people all over the world through Holistic Health Consultations and online courses.

I look at each person according to their individual constitution and circumstances and use a multi-level approach that is completely **WHOLE**-listic — addressing physical, spiritual, emotional, mental, sexual, environmental, relational, and intergenerational health. I believe that healing is always possible when approached holistically.

I hope you enjoy using this tipsheet and planner!



Jessica Graham

ayurvedamedinemama.com

hello@ayurvedamedinemama.com

 [@SacredSpaceYoga](https://www.instagram.com/SacredSpaceYoga)

Work with me...

1-1 Holistic Health + Healing sessions
in the comfort of your home via Zoom



AYURVEDIC (HOLISTIC HEALTH) CONSULTATION

A complete 30 day plan for creating changes in your daily life and habits that will move you in the direction of your personal health and wellness goals and set the foundation for your path to healing.

URGENT HOLISTIC CARE

Get immediate help with health issues and uncomfortable symptoms.

Appointments within 24-48 hours and holistic solutions ASAP.

HOLISTIC PELVIC CARE

For women of all ages, HPC is designed to evaluate, restore balance, and enhance functionality of the pelvic bowl.

Empowers women with tools for basic women's health, including fertility + healing reproductive issues + trauma.

Schedule a conversation to determine which session is for you:
<https://sacredspacehealingarts.as.me/SacredSpace>

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Client Testimonials



"Both my daughter and I began working with Jessica in January of 2021. It has truly been life-changing for both of us. Everything from the Ayurveda evaluations, recommendations, true insight into ourselves as individuals our constitutions/doshas, and how to eat, rest, exercise, etc...to maintain balance. Plus the bodywork and energy work is just amazing. There is nothing like true self-care practices and a great healer and practitioner to guide you and literally do hands-on & off care of you as well."

Melody Morrow
Client

"I have worked with Jessica for many years now. She has helped my body keep up with my active lifestyle and taught me many ways to have a healthy mind and the deep importance of this. I have attended Jessica's yoga and movement classes. Done cranial sacral work with her and participated in her Ayurvedic cleanse. The value I have and the importance of the work I've done with Jessica is immeasurable because when I started I try had no idea of the connection and balance of everything and the importance of it all working together. This is the way to find true health."

Bobby LaMar
Client

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Weekly Planner

Use this planner to make Self Care dates with yourself and implement the 5 Essential Habits for Every Woman.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY