

Life Navigation

because life gets lifey...



As You Prepare for your Warrior Challenge!

“Sit a spell, inhale the sage, beat your drum, & settle into your s-pace.”

Hello Warrior – *Relax & prepare yourself for a journey.* We will work together on basic meditation, breathing, and yoga poses to better prepare you for navigating life. We will explore any areas you are experiencing discomfort, fear, or distress. This is about getting comfortable in the discomfort long enough to cause positive shifts in your own life. They say it takes approximately 22 days to create a long lasting habit. The Warrior Challenge is setup in 30 day increments to create healthy habits over time and help you develop the tools to start to create your own healthy habits. This is about trusting the “knowing’ that exists in You.

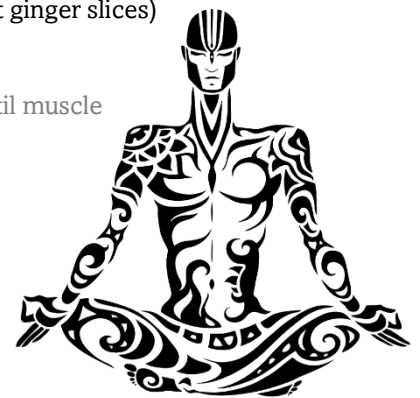
“It is in the learning to hold steadfast through discomfort we find our greatest lessons.”

Morning Meds –

Add this to your daily routine and I promise, after 30 days you will feel a significant change in your thinking and wellbeing. Choose from the list only what serves you. Refer to your personal prescription for more details.

Upon Waking Every Morning

1. Make your bed
2. Brush your teeth mindfully (2 minutes when you wake up)
3. Shower ending with 30 seconds or more of cold water over whole body
4. Hot Lemon water w/ ginger (squeeze lemon wedge in water & add 4 fresh cut ginger slices)
 - ✓ Add smidgen Cheyanne, turmeric, & cinnamon powder
5. 10 minutes sitting quietly without any digital devices outside in sunlight
6. 10 minutes Yoga warmup (minimum 2 poses) held perfectly as described until muscle fatigue
7. 5 minutes stretch (child pose, cat/cow, pigeon pose, happy baby)
8. Breathwork – breathe in, hold, breathe out
 - a. Pay attention to breath (color in/out, sensation, path)
9. 5 minutes in gratitude
10. Set intention for day (1 or 2 intentions is enough)
11. 5 to 10 minutes of mindful meditation (Body upright, release all tension in face & body, keep back straight, visualize. Remember, coming back from thought to breath is the work)
- 12.



Singing Bowls Music: YouTube - <https://spoti.fi/3NJ4s5x>

Morning Meds

www.holganic.com