

AYURYOGAHEAL

YOGA | AYURVEDA | HEALING

THE COMPLETE WELLNESS CHECKLIST

For Every Stage of Life

"Small daily practices create lifelong wellness."

VATA • PITTA • KAPHA

Balance is the key to well-being

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WELLNESS CHANGES WITH EVERY AGE

Every stage of life has unique biological, physical, and emotional needs. Small, mindful choices bring lasting well-being.

CHILDREN

Focus Framework: **Need Grounding & Joy**

YOUTH

Focus Framework: **Need Balance & Focus**

ADULTS

Focus Framework: **Need Stress Recovery**

SENIORS

Focus Framework: **Need Vitality & Calmness**

OUR TIMELESS GUIDES FRAMEWORK

AYURVEDA

Ancient wisdom for natural, personalized internal body healing.

YOGA

Movement, regular deep breath & inner harmony.

MINDFUL ROUTINES

Daily healthy habits that consistently bring balance & peace.

SMALL CONSISTENT HABITS

Little actionable steps leading to lifelong transformation.

"Small daily practices create lifelong wellness."

CHILDREN WELLNESS CHECKLIST

Growing with Joy & Balance

DAILY RHYTHM

- Wake up early with direct sunlight exposure
- Sleep strictly on time for healthy recovery
- Eat freshly cooked meals packed with nutrients
- Reduce commercial packaged snacks intake

MOVEMENT & PLAY

- Outdoor active play every single day
- Simple restorative yoga stretches
- Deep conscious breathing practice
- Enforce significantly less screen time

EMOTIONAL WELLNESS

- Express authentic gratitude before sleep
- Prioritize structured family meal times
- Engage in positive, constructive conversations
- Encourage creative play, art, and music

AYURVEDA TOUCH

- Warm water in the morning
- Incorporate raw seasonal fruits
- Gentle comprehensive oil massage weekly

शरीरमाद्यं खलु धर्मसाधनम्

"The body is the primary instrument of life and fulfillment."

HEALTHY HABITS BUILD EXCEPTIONALLY STRONG ROOTS • A HAPPY MIND ENSURES A BRIGHT FUTURE
• GROWING TOGETHER COMPLETELY NATURALLY

YOUTH WELLNESS CHECKLIST

Energy, Focus & Emotional Balance

MIND & FOCUS

- Constructive morning routine without checking phone
- Daily focused meditation or pranayama session
- Regular journaling of complex thoughts & emotions
- Dedicated digital detox hour every evening

PHYSICAL WELLNESS

- Dedicated yoga or physical exercise daily
- Continuous conscious hydration awareness
- Nutritious, well-balanced whole meals
- Maintain a properly disciplined sleep cycle

EMOTIONAL BALANCE

- Actively reduce comparison mindset loops
- Mindful and intentional social media use
- Practice daily lifestyle gratitude
- Nurture transparent, healthy friendships

AYURVEDA HABITS

- Avoid overeating habits completely
- Consume warm, deeply nourishing meals
- Utilize pure herbal wellness support

योग: कर्मसु कोशलम्

"Yoga brings perfect balance and excellence in action."

FOCUS YOUR MIND ENTIRELY • STRENGTHEN YOUR PHYSICAL BODY • LIVE IN COMPLETE HARMONY

ADULT WELLNESS CHECKLIST

Balance Amid Responsibility

STRESS & ENERGY

- Maintain absolute morning silence for 10 minutes
- Incorporate deliberate breathwork during high stress
- Active structural stretching after long desk sitting
- Set clear, healthy professional work-life boundaries

DAILY WELLNESS

- Eat meals mindfully without digital distractions
- Drastically reduce ultra-processed foods ingestion
- Strict adherence to a consistent sleep routine
- Seasonal eating awareness integration

AYURVEDA + YOGA DAILY

- Drink warm filtered water immediately after waking
- Daily structured Dinacharya practice
- Gentle traditional hatha yoga flow
- Regular Abhyanga self-oil massage

MENTAL WELLNESS

- Enforce one entirely screen-free hour daily
- Frequent visual and physical nature exposure
- Consistent quality family connection time
- Daily honest internal self-reflection practice

समत्वं योग उच्यते

"Equanimity and balance is the core essence of Yoga."

NOURISH BODY, CALM ACTIVE MIND • STAY THOROUGHLY GROUNDED AND CENTERED • LEAD DAY-TO-DAY LIFE WITH FULL AWARENESS

SENIOR WELLNESS CHECKLIST

Graceful Aging with Vitality

DAILY CARE

- Gentle, safe morning body movement session
- Warm, highly digestible, nourishing meals
- Consistent baseline hydration tracking awareness
- Proper rest, winding down, and nap routines

MOBILITY & BREATH

- Low-impact walking daily in pleasant environments
- Targeted joint mobility and range stretches
- Safe restorative Pranayama breathing practices
- Healthy organic early morning sunlight exposure

AYURVEDA SUPPORT

- Warm restorative joint oil massage
- Digestive efficiency wellness support
- Adhere to strict natural seasonal routines
- Incorporate safe herbal nourishment

EMOTIONAL WELLNESS

- Frequent social connection with friends/family
- Daily active gratitude and reflection practice
- Spiritual reading or soothing mantra chanting
- Calm, structured, early evening winding routine

आरोग्यं परमं भाग्यं

"Holistic health is truly the greatest ultimate blessing."

NOURISH BODY COMPLETELY • CHERISH LIFELONG CONNECTIONS • LIVE WITH ENDLESS INTERNAL GRATITUDE

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WELLNESS BEGINS WITH SMALL DAILY CHOICES

From children to seniors, every stage of life thrives beautifully when built on mindful habits, balanced routines, and natural living. Small choices today accumulate into a healthier, happier tomorrow—
together as a family.

AYURVEDA WISDOM

The foundational wisdom of nature that restores complete balance to your unique body, mind, and complex emotional state.

YOGA PATH

The deliberate path of pure conscious awareness that seamlessly connects your breath, physical movement, and inner peace.

"Small daily choices. Lifelong wellness. For you. For your family. For life."

BEGIN YOUR WELLNESS JOURNEY TODAY

Discover personalized guidance, holistic programs, and mindful practices tailored explicitly to your unique energetic nature.

[EXPLORE WELLNESS GUIDANCE](#)