

# 7-Day Yoga Lifestyle Reset



Simple Daily Habits to Heal Your Mind & Body



Reset your life with simple daily yoga habits. Practice **yoga beyond the mat** using mindfulness, breath awareness, and conscious living.



## 7-Day Reset Checklist



Day 1 – **Mindful Eating** (Eat without distractions)



Day 2 – **Breath Awareness** (Inhale 4, Exhale 6)



Day 3 – **Posture Alignment** (Sit straight)



Day 4 – **Pause Before Reacting**



Day 5 – **Gratitude Practice** (3 things)



Day 6 – **Digital Detox** (10 min no screen)



Day 7 – **Stillness** (Observe your breath)



# Yogic Wisdom

उद्धरेदात्मनाऽत्मानं नात्मानमवसादयेत् ।  
आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः ॥

— भगवद् गीता 6.5 —



## WORD-BY-WORD MEANING

उद्धरेत् – uplift

आत्मना – by oneself

आत्मानम् – the self

न – not

अवसादयेत् – degrade

बन्धुः – friend

रिपुः – enemy



## SIMPLE MEANING

You have the power to uplift yourself or bring yourself down. Your mind can be your greatest strength—or your biggest obstacle.

**This is the essence of yoga beyond the mat.**



## REFLECT

Ask yourself:

*Am I becoming my own friend—  
or my own obstacle?*



**Start your journey today.**

Practice for 7 days and experience  
**calm, clarity, and balance.**

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