

Companion Guide to **Cortisol Reset** Diet Cookbook

*Quick & Gentle 5-Minute Practices
Yoga, Breathwork, and Meditations for
Beginners to Reduce Stress, Balance
Hormones, and Restore Energy*



Iris Kennedy

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Introduction

Hello, reader,

If you're holding this diary, it means that something inside you is asking for more peace, more gentleness, and more room to breathe.

I made this guide because I know what it's like to have quiet worries, hidden stress, and the burden of doing everything by yourself. I've been there — in the overwhelm, in the racing thoughts, in the tired heart. This journal came from that place and from the belief that healing doesn't have to be big; it just needs to be steady, gentle, and honest.

There are gentle prompts, breathing exercises, and grounding routines in these pages. They aren't here to "fix" you — they are here to meet you as you are, with compassion, presence, and space to grow.

May this moment be your time to stop. To have feelings. To get back to your body.

And always remember this: You are not broken; you are growing.

With care and love,

Iris Kennedy



INSTRUCTION

This collection will become your faithful guide on the path to self-improvement, building self-confidence, and developing physical abilities. You will learn to take charge, befriend yourself, and be a light for others.

We have selected simple practices for you that are not only highly effective and proven, but also require minimal time and physical effort.

Every day, you are invited to perform one asana and one short meditation or breathing exercise. The selection of these practices aims to gently immerse you and foster steady progress towards accepting your true self, achieving peace, and gaining confidence in your abilities.

One single asana is not a set and cannot be considered a full workout, but it is not the goal of this application either. I suggest getting to know your body, its parameters and properties, gaining experience and confidence in yourself. It is advisable to perform each asana as accurately and consciously as possible. Entering the pose, try to feel your joints and muscles, become aware of your position in space, relax, and enjoy the beauty and strength of your body.

The meditations offered to you draw from ancient Buddhist practices, some pranayama techniques, and reliable tools of modern mindfulness.

When we consider our achievements, significant life events frequently come to mind. But everyone should work to incorporate celebrations of all kinds—big and small—into their daily lives. You should be proud of all that you've accomplished because it has contributed to your success.

Note!



1. Asanas that require caution due to the strain on certain parts of the body are marked with “!” sign, and it is recommended to thoroughly warm up and stretch these joints before performing them.



Signifies asanas that are particularly beneficial for reducing stress, grounding, calming, and restoring balance.



Signifies asanas that are not only generally safe but also integral to the practice.

2. As you master the asanas, you will be able to combine several of them, transitioning from one pose to another. Listen to your body and add complementary poses as you progress.

3. Be careful and sensible with stretches; don't strive to perform the asana perfectly on the first try. Over time, your physical abilities will expand and improve. You will be amazed at how quickly the body learns and develops. Cherish it!

For meditation, you don't need any special equipment, specific clothing, or even music and incense. All you really need is a quiet, clean room or a spot in nature where you won't be distracted by unnecessary attention and the hustle and bustle of routine. Without judgment, evaluations, or any other conclusions, enter this state of concentration on your surroundings, breathing, and your body.

Inform your loved ones that you will be unavailable for half an hour and dare to turn off calls and notifications. Another little secret is the consistency of practice, preferably at the same time of day.

DAY 1



Correcting posture

Place your feet shoulder-width apart, with your toes parallel to each other.

Bring your tailbone slightly down under your body. At the same time, the hip joints open forward.

Pull in your stomach.

Raise your shoulders to your ears, roll them back, and pull them down, extending your neck and crown vertically upward.

Exhale, relaxing all the muscles while maintaining the established posture. Remember it. It will always come in handy. Maintain a straight back, strengthen your legs, and hold a confident gaze forward.

Throughout the day, try to remember to maintain excellent posture and practice it in any situation.



Body scanning

Take a comfortable seated position with your back straight, palms on your knees. Breathe calmly and evenly. Today, you will connect with your body. Close your eyes and focus on your sensations. Feel the surfaces of your body touching the floor. What is the quality of the contact? What is happening, and how? Feel your muscles and skin, tendons and blood vessels. How are they doing? Don't rush; keep your attention steady and uninterrupted. Direct your attention to the areas of the body's surface that touch the clothing, the touch of the hair. Then turn your attention to the areas that contact the air; try to become aware of the boundary between your skin and the surrounding space.



DAY 2



Easy pose

Sit on the floor and draw your legs in, one at a time. You can make the position more comfortable by placing a block or a folded blanket beneath your buttocks, cushions behind your back, and under your knees. Let your thighs and feet relax.

Sit upright, resting on your sitting bones. Keep your back straight, especially the lower back. Lift and open your chest. Put your palms down on your knees. Relax your shoulders and facial muscles.

Keep your head straight and your chin parallel to the floor, as if you were trying to stretch the crown of your head up to the sky. Take deep, steady breaths.

Stay in the pose for around five minutes, focusing on your posture from within. During this time, you can practice the following meditation.



Space inside

It is recommended to sit with a straight back on a chair or on the floor. However, you can try lying on your back on a yoga mat, placing a pillow under your head and another one under your knees.

Take a deep breath and close your eyes.

With your inner vision, dive into your body — it is a vast, bright, warm space. Think about how this space embraces and welcomes you.

You don't cling to anything; instead, you expand inwardly, submerge yourself, and settle into your realm.

Within this spaciousness, all built-up stress melts away.

Just be in the feeling of this universe.

You are allowed to take up this space; it's your home.



DAY 3

Mountain

Straighten your back, lengthen your neck and lift through the crown of your head, relax your shoulders, and lower your arms, slightly moving them away from your body to the sides, with your palms facing forward. Imagine roots growing from under your feet, going deep into the ground. Visualize how they grow and branch out in the soil, anchoring you in your place.

Hold onto and maintain this feeling.

Stay in the pose for about 5 minutes, deepening your connection to the ground, observing the process, and feeling your position in relation to the external space and within yourself.

At this time, you can perform the following meditation.



Breathing through the soles of the feet

In a sitting or standing position, focus on your feet.

Imagine that with each breath, you inhale energy from the earth through your feet, and it rises up your legs, filling every part of your body with its vital strength and nourishing energy all the way to the top of your head.

And with the exhale, you release tension, worries, and doubts back into the ground.

With each exhale, your feet become heavier, steadier, and more grounded, holding you firmly to the earth. You have a solid foundation, a reliable connection with the essence of life; you are safe.



DAY 4



Child

In a kneeling position, with your big toes together and knees hip-width apart, lower your buttocks onto your heels. Rest your abdomen on your thighs, extend your torso and arms forward, and place your forehead on the floor. Stay here for 4-5 breaths.



Olfaction (sense of smell)

Choose the incense with the most pleasant natural scent for you: lotus, lavender, lily, or rose.

Light an incense stick, candle, or essential oil a meter away from you, sit comfortably, and close your eyes. Take deep breaths and relax your muscles. You will likely be overwhelmed by images, thoughts, and memories — allow these visions to pass by, as if they were fleeting landscapes outside a train window; observe and release them.

As you breathe in the scent, picture it moving through your nose, throat, and lungs. Then, as you release the breath, visualize its opposite path — watch the tension leave your body with each exhale. Envision the delicate scent permeating every pore of your skin, let it fill you with joy, and bring a sense of profound calm.

The body becomes soft, transparent, fluid, and completely dissolves in this scent.



DAY 5



Cat/Cow

Get on your knees, lower your hands to the floor, place your palms directly under your shoulders, and place your knees under your hip joints. Alternate between arching and rounding your back. With an inhale, open the thoracic region by bringing the shoulder blades together, pulling the shoulders back, and lifting the head. With an exhale, round your back, push the floor with your shoulders, tighten your pelvic floor muscles, look at your stomach, and pull it in simultaneously with the exhalation. Avoid sudden movements; everything should be very smooth and controlled. Try to combine movement with breathing — take a deep breath with the arch, and with the exhale, round your back, emptying your lungs. Move in the rhythm of your breath.

Perform five to seven movements synchronized with your breath.



Vision (breathing through the eyes)

It is better to practice this outdoors, facing a beautiful view. If you are at home, tidy the space around you. Place a harmonious object in front of you or light a candle.

Take a comfortable seated position with your back straight, palms on your knees. Calm your breath. Relax the facial muscles. Let the eyes be open.

Today, breathe through your eyes. Put aside all worries and thoughts for the next 5–10 minutes. Look ahead and absorb with your eyes what you see. Let your focus expand; allow yourself to see. Try to notice even what is at the edges of your visual field — perhaps even sensing space behind you without turning your head. But what about 180 degrees? Let light and images flow freely into you through your eyes. The ability to see is the greatest gift of nature; use it with joy, pleasure, and delight. Drink with your eyes, eat with them, and breathe with your eyes!

DAY 6

Happy Baby

Lying on your back, press your back and lower back against the floor.

As you inhale, use your hands to grasp the outer edges of your feet.

Pull your knees toward your abdomen as you release your breath.

Gently pull your knees down, slightly wider than your torso, towards your armpits. Keep a right angle in your knees; flex your feet.

Create gentle resistance with your arms and legs.

Lengthen your neck.

Breathe evenly and deeply.

Stay in the pose for a few breaths.

Then you can roll yourself on your back to the right and left. Enjoy!



Listening (breathing through the ears)

Take a comfortable seated position with your back straight, palms on your knees. The breathing is calm and even. Relax the facial muscles. Close your eyes; you won't need them for this practice. Today, we will engage our sense of hearing. Let go of all thoughts. It's not easy, but try not to think. Thoughts will, of course, arise, but don't develop them, don't ponder, don't plan, and don't judge. Let them arise and immediately release these restless birds. Immerse yourself in the world of sounds. Just listen, don't comment. You can give names to the sounds but don't get attached to them. Listen carefully. The ticking of a clock, someone's footsteps, music playing somewhere, a car passing by, children playing in the yard, birds singing, leaves rustling... Close and far, from different sides. The world is full of sounds. The world is vast and diverse. Gather these sounds in the center of your head and let them simply exist. Breathe through your ears — sounds are the mantras of the mind.



DAY 7 🌶️

Yogi Squat

From a standing position, place your feet about half the length of your leg apart. Lower your pelvis down, keeping your back straight, shoulders open, and the crown of your head extended upwards. Feet and knees should be aligned. Bring your palms together in front of your chest in Namaste. With your elbows, push your thighs out to the sides. Direct the pelvis down and forward.

Stay in this position for 5–7 breaths.



Practice five touches to the present moment

You can perform this practice both while sitting and while moving. The main thing is to focus and feel.

What do you feel physically? (for example, warmth in your palms, support under your feet)

What do you hear? (noise, silence, birds singing?)

What do you feel emotionally? (joy, fatigue, anxiety — just acknowledge it)

What are you inhaling? (smell, air, rhythm)

What can you be thankful for right now?

Open your eyes, take a gentle breath, and return to this day more centered and calm.



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ACCOMPLISHMENTS

Think about your achievements: we often dream of the big moments in life. But we should try to include celebrations of all kinds in our daily life—both big and small. All of your achievements impact your success and deserve to be acknowledged.

Dishes that made me happy

Things I`m good at

What I like about myself

I`ve helped others by

My biggest accomplishment

The best asanas

Complements I have recieved

Challenges I have overcome

I`m a good friend because

Things that make me unique

DAY 8

Staff

Sit on a small elevation, extend your legs forward, keeping them together. Tighten the thigh and knee muscles, stretch your heels further away, and point your toes upward. The tips of your fingers press into the floor behind your back, and lift your torso upwards.

Don't arch your lower back; pull your shoulders back and slightly down, opening your chest.

Look straight ahead, without tensing the facial muscles.



Meal

When you sit down to have breakfast, don't rush, don't read, and don't talk. Realize this precious opportunity. Deep in your heart, remember those people who put in their efforts to bring this food to you, and thank them. Remember the sun, wind, and water that contributed to bringing these products to life. This is a great gift for you. In every bite of food, the entire universe is contained; don't forget this when you chew. Eat slowly; don't rush. While eating, don't think about your problems and tasks, don't plan, don't get angry, and don't be afraid. Just chew and feel the taste, texture, and spices; fully immerse yourself in the process of eating.



DAY 9

Reclined Eagle Spinal Twist

Lie on your back and raise your legs up. Slightly bend your knees, place your right thigh over your left, wrap your right leg around your left, and hook your foot behind your left ankle.

Stretch your arms to the sides. With the next exhale, lower the crossed legs to the left side, keeping the shoulder blades and shoulders firmly pressed to the floor. The head turns in the opposite direction from the legs.

Stay in this position for 5–7 calm breaths.

Return to the starting position, switch the crossing of your legs, and repeat the twist.



Touch

Sit in a comfortable position, take any small object in your hands (a water-smoothed stone, a pencil, a piece of soap, a key). Breathe calmly and evenly, your gaze directed about one and a half meters ahead. Don't look at your object. Examine its shape, volume, weight, and density with your hands. Explore the object millimeter by millimeter: roll it on your hand, weigh it in your palms, let it slip between your fingers, spin it, and toss it. Feel how the material warms up and absorbs the moisture of your skin. Continue until a very clear internal visual representation of your object emerges. And continue until you feel it has become a part of you. Your consciousness is entirely in your hands.



DAY 10

Cobra

In a prone position, place your palms under your shoulders. Feet together or hip-width apart.

With an inhale, straighten your elbows and push your chest forward and upward.

Breathe deeply, expanding your ribs on the inhale.

Direct your shoulder blades towards the spine, chest open. Shoulders wide, don't tense your neck. The head is reaching upwards, and the gaze is straight ahead.

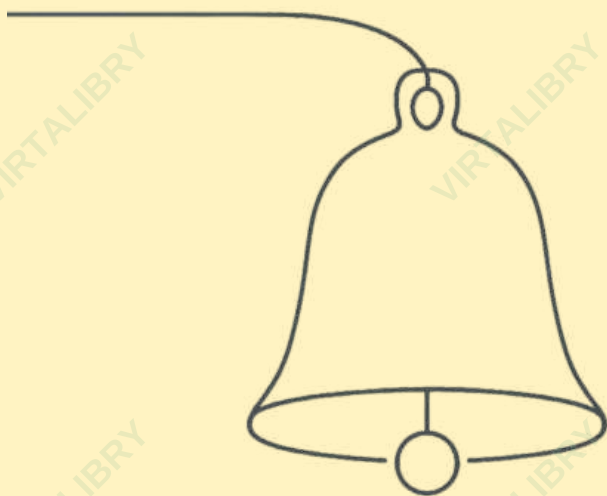
Stay in the pose for a comfortable amount of time, and then gently lower yourself to the floor. Pushing off the floor with your hands, move your pelvis back onto your heels, lower your head, place your arms along your body with palms up, and relax your spine, shoulders, and all muscles.

Stay in this position for a few breaths.



Mindful walking

Take off your shoes. Lift your leg, inhale, and exhale as you place your foot in front of you, heel first. Ensure that you have both feet firmly planted on the ground. You have already taken one step. You felt it, you have already come to the realization, and you have already awakened. Each step brings us back to this moment, here and now. In each of your steps, there is attention, concentration, and mindfulness. Keep going! Step slowly, carefully observing the process of touching the floor, being aware of your weight, coordination, and balance. Savor every breath, the strength of your legs, and this opportunity to build confidence in the beauty of your nature.



DAY 11

Standing Forward Bend

In a standing position, lean your torso toward the extended legs.

Stretch your chest and abdomen towards your thighs, keeping your palms resting on the mat. You can slightly bend your knees, further extending your spine and lowering your abdomen onto your thighs.

The weight of the body should be in the toes; the pelvis is directly above the heels.

You can straighten your arms and reach your palms towards the floor, or you can grab your elbows with your palms and stretch your spine even more. Your neck remains relaxed.

With each exhale, try to straighten your knees gradually and lean a little closer to your feet.

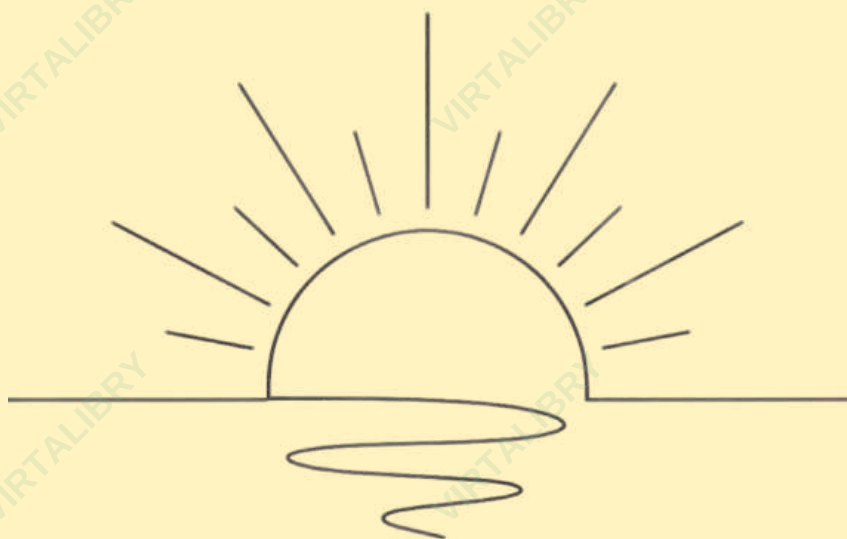
Work on stretching your spine in this way for five breaths, then slowly raise each vertebra one by one until fully straightened.



Breathing while standing

Align your body correctly, as described on the first day of classes. Calm your breathing. Relax the facial muscles. The tip of the tongue lightly touches the upper palate, and the jaw is relaxed. Breathe slowly and deeply. Check the condition of the entire body. Observe the diaphragm's rise and fall with each inhale and exhale, as well as the abdomen's drawing in and pushing out during this process. What is the sensation in your feet, knees, and shoulders? Are they symmetrical? Feel the gentle energy of Qi (life energy) rising from your pelvis along your spine to the crown of your head.

Stand still and observe the circulation of energy within you for about 5 minutes. With practice, you'll be able to do this for longer. It's not boring. It's you.



DAY 12

Standing Back Bend

In a standing position, with an inhale, raise your arms up parallel to each other. Arch back, extending the thoracic region up and back in an arc. Push your pelvis slightly forward for balance. Shoulders to the sides and down, bringing the shoulder blades together and helping to open up the thoracic region. Don't tense your neck; you can tilt your head back or hold it up, strengthening your neck muscles. Breathe into your chest. Hold the pose for 3–4 breaths.



Roots

Standing straight, feet shoulder-width apart, pull your groin in, opening your pelvic bones forward, pulling your lower back, and extending your spine vertically upward, neck and crown reaching for the sky. Rotate your shoulders up and back, and then lower them down. Exhale and relax all the muscles in your body without losing their alignment. Feel your stability in this pose.

Notice how your feet press firmly into the floor, standing strong and grounded.

Imagine that strong roots are growing from them, going deep into the earth, branching out in all directions, connecting you with the foundation of life — to Mother Earth, nourishing and nurturing you like a beloved child.

The Earth lovingly accepts all your tension, fears, and fatigue, giving you its care, strength, and resilience. You are rooted. You are safe.

With each exhale, give back to the Earth everything you no longer need.

With each breath, draw from the Earth through your legs its strength, its wealth, absorb and be filled with its gifts.



DAY 13



Locust

Lie on your stomach and lower your head. Join and stretch your legs, straighten your knees, and place your arms along your body. Keep your elbows spread and your fingers interlaced behind your head so that they line up with your shoulders. As you exhale, lift your head, arms, chest and legs off the floor. Do not press your hands on your head. Pull them up as high as possible without straining your lower back. You can also simply spread your arms to the sides or bring them back to your back. Relax your eye muscles and the skin of your forehead, look up and slightly towards the center. Hold this position for 2-3 calm, even breaths, then slowly and smoothly lower yourself to the floor and exhale. Change the interlacing of your fingers and perform the asana again.



Mountain

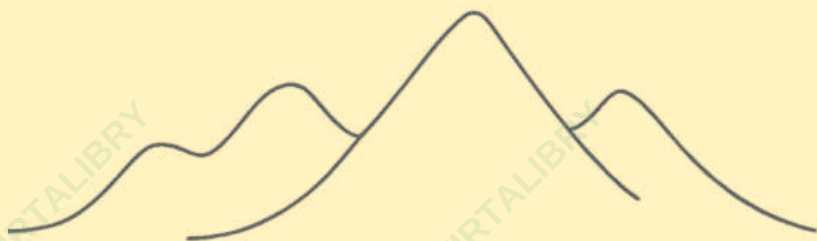
Stand straight, feet shoulder-width apart. Tuck your pelvis under you, open your pelvic bones forward, engage your lower back, and stretch your spine vertically upwards, with your neck and crown reaching for the sky. Rotate your shoulders up and back, and then lower them down. Exhale, relaxing all the muscles in your body without changing the established position. Feel your stability in this pose. Imagine that you are a strong and solid mountain. Your foundation is strong, solid, and unshakeable.

Let the winds blow, let the rains run down the slopes, and you remain invulnerable.

Take a breath, guiding the earth energy through yourself upwards — feel this inner power.

Exhale, gathering your personal energy into a single stream and sending it back into the earth, strengthening and binding the foundation into one.

The world around you lives and constantly changes, but your center is calm and reliable. You stand firm, like a mountain. Everything passes, but you remain.



DAY 14



Dog Face Down

Lay flat on the floor with your face down and your feet spaced about 30 cm (12 inches) apart. Place your palms under your chest.

With an exhale, lift your torso, straightening your arms and pushing with your legs. The back is straight, the neck and head continue the straight line of the spine, and the shoulders are wide. Stay in this pose for about 1 minute, breathing deeply. Then, with an exhale, stretch your torso forward, bending your arms at the elbows, and gently lower yourself to the floor. Relax.

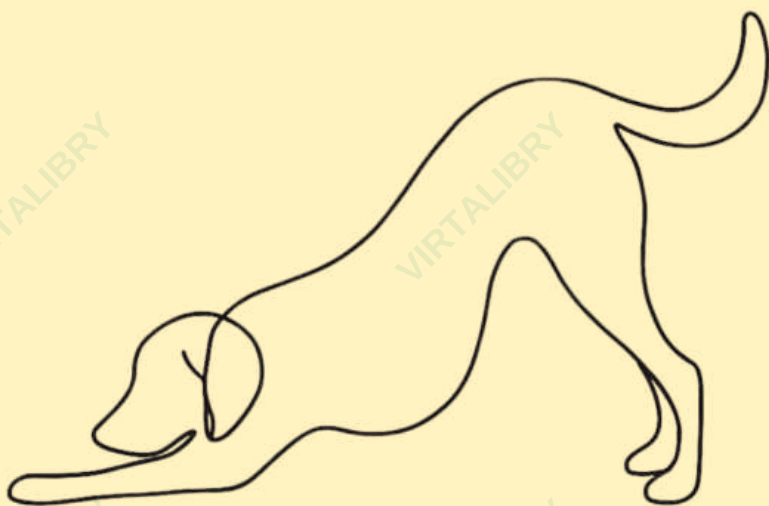
Repeat this exercise several times.



Breathing 4×4

Sit up straight, straighten your back, close your eyes, and take a few slow and deep breaths. Just observe the movement of your body with each inhale and exhale. If your mind gets distracted, just notice it and gently bring your attention back to your breath. Now shift your attention to the rhythm. Count each inhale to 4, hold the breath for a count of 2, exhale counting to 4, and hold your empty lungs for a count of 2.

Complete a few cycles of this breathing technique.



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ACCOMPLISHMENTS

Think about your achievements: we often dream of the big moments in life. But we should try to include celebrations of all kinds in our daily life—both big and small. All of your achievements impact your success and deserve to be acknowledged.

Dishes that made me happy

Things I`m good at

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I`ve helped others by

My biggest accomplishment

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Challenges I have overcome

I`m a good friend because

Things that make me unique

DAY 15

Extended Triangle

From a standing position, spread your legs wide — about a leg's length apart.

Turn the right foot 90 degrees outward and the left foot 30–45 degrees inward.

Spread your arms to the sides, shift your pelvis to the left, transferring your weight to your left leg, and stretch your torso to the right with your right arm until the end. Then lower your palm to your ankle or to the floor.

At the same time, your left hand will extend upwards, forming a vertical line with your right hand. Direct your gaze to one of the hands.

Stay here for 3–4 breaths.

Repeat the asana on the other side.



Breathing 3×3×3, 4×4×4, 5×5×5, 6×6×6

Sit up straight, lengthen your spine, close your eyes, and take a few slow and deep breaths in and out. Just observe the movement of your body during inhalation and exhalation. If your mind gets distracted, just notice it and gently bring your attention back to your breath. Now bring your breath under your control. Inhale while counting to three, and exhale while counting to three as well. Repeat three such breathing cycles.

By practicing regularly, you will be able to breathe more slowly and increase the number of breathing cycles. For instance, perform 4 cycles of 4 inhales and 4 exhales. Next, perform 5 repetitions of 5 breaths each, followed by 6 breaths each.



DAY 16

Hero II

Take a big step forward with your right foot, shift your body weight forward so that your knee is directly over your heel. Rotate your pelvis to the left, slightly open your left foot, and allow your hip joints to open as well. Straighten up, spread your arms to the sides, look at your right hand, then at your left. Pause here. Feel your strong legs, sturdy back, and shoulder blades drawn together firmly behind your back. You are capable of anything.

Step back with your right foot. Bring your palms together at your heart in a gesture of gratitude.

Now step forward with your left foot and return to the Hero II position on the opposite side.



A warm stream of water

Sit in a comfortable position with a straight back. Close your eyes and feel the cool air enveloping the surface of your skin.

Imagine that a soft, warm stream of water enters your body through the crown of your head.

It flows down the head, neck, shoulders...

The stream washes away your fatigue, worries, and burdens.

It slowly washes his chest, stomach, and legs.

With it, everything unnecessary and unhelpful flows down and dissolves into the depths of the earth. Let go of everything that no longer serves you.

You are free, pure, and light.



DAY 17

Extended Side Angle

Enter the asana learned last week (Virabhadrasana II), then lower the front arm and place the palm near the foot of the front leg. The fingers of the supporting hand should face forward, in the same direction as the front foot.

Position your straightened back leg so that it and your torso form a straight line.

The front thigh is parallel to the floor, and the knee is directly above the heel.

Turn your torso outward, opening through the pelvis. The gaze is directed upwards.

In the simplified version, you don't have to put your hand on the floor; you can rest your elbow on your knee.

Stay in the asana for 3–5 breaths. Then straighten the front leg, extend your arms to the sides — inhale, turn, and with an exhale, enter the pose in the opposite direction.



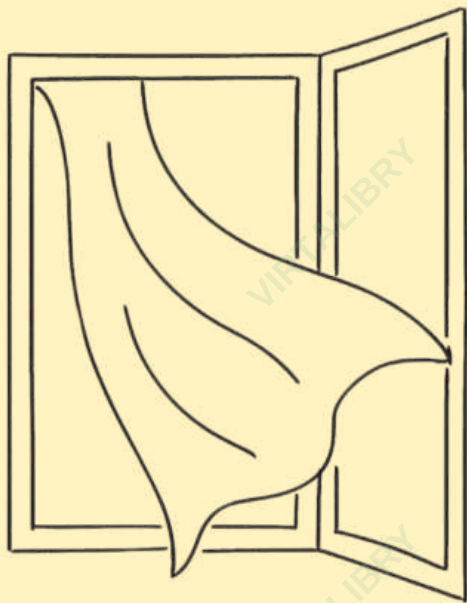
Thoughts are like clouds

Sit up straight, straighten your back, close your eyes, and take a few slow and deep breaths. Close your eyes.

Imagine that there is a blue sky above you. Any thought that appears is just a little cloud. You don't cling to it, you don't fight it. Just watch as the cloud appears — and drifts away.

Breathing is even and calm.

You are not thoughts. You are the spacious sky in which they pass.



DAY 18



Hero I

Take a big step forward with your right foot, keeping your knee directly above your heel, your left foot on its toes, and pull your heel back. Raise your hands, pull in your belly, keep your back straight, and gaze forward. Stay here for a few breaths. This is Hero Pose I. Feel like a hero!

Step back with your right foot, check your posture, and now step boldly forward with your left foot. Repeat the asana.

Return your left leg and exhale.



Purification

Take a comfortable seated position with your back straight, palms on your knees. Breathe calmly and evenly. Today, you will undergo the process of cleansing from negativity. Don't worry, you'll do it all by yourself, and you'll even enjoy it. Imagine a huge cloud above your head, but it's not black — it's light and golden. From it, a gentle rain — a downpour of magical nectar — pours down. Its vibrant streams fall on you and continue their movement inside your body. They penetrate all your tissues, flowing within you and cleansing you of diseases and impurities, washing them away. They also easily eliminate all negative emotions, thoughts, and feelings, attachments, and limitations, both those you are aware of and those completely unknown to you. This nectar's living flow doesn't care about categorizing negativity. It expels from you everything that does not bring benefit or causes harm. Just surrender to it and imagine this process. Don't remember what you need to get rid of and where to clean. Just let this delightful flow pass through you.

All negativity and unnecessary burdens flow out of you, taken deep into the earth where they are absorbed and neutralized.

Allow yourself this cleansing shower for 5–10 minutes. Then let yourself dissolve in this nectar.



DAY 19



Half-bridge

In a supine position, place your feet closer to your buttocks at hip-width apart. Arms along your sides. Direct the pubic bone towards yourself, vertebra by vertebra, lift the pelvis and torso upwards until they form a straight line. Place your hands under your back and interlock your fingers, stepping your shoulders toward each other.

Lift your pelvis as high as possible, pushing off with your feet. Activate the glute and thigh muscles, and breathe deeply, expanding your ribs.

With the next exhale, carefully lower your back onto the floor, lowering the vertebrae one by one from the top to the bottom.



4-7-8 breathing technique

Sit or lie down in a comfortable position with a straight back. You can close your eyes (optional). Focus on the movement of your abdomen while breathing, not your chest. At the same time, the tip of the tongue should press against the roof of the mouth above the front teeth.

Perform several cycles of breathing according to this scheme:

Inhale (4 seconds): Breathe through your nose, inhaling slowly while counting to four in your mind. The tip of the tongue should rest against the roof of the mouth above the front teeth.

Hold (7 seconds): Hold your breath for seven seconds.

Exhale (8 seconds): Exhale slowly through your mouth, counting to eight.



DAY 20



Fire Log

Sitting on the mat, place your left shin on the floor directly in front of you, then place your right shin on top of the left. You will notice that a noticeable trapezoidal space forms between the legs.

If the hip joints are not flexible enough, place the right foot on the left calf muscle, and place a folded blanket under the knee.

Start slowly, leaning forward, extending your spine, and pressing your sit bones into the support.

At the slightest discomfort in the knee joints, exit the pose immediately.

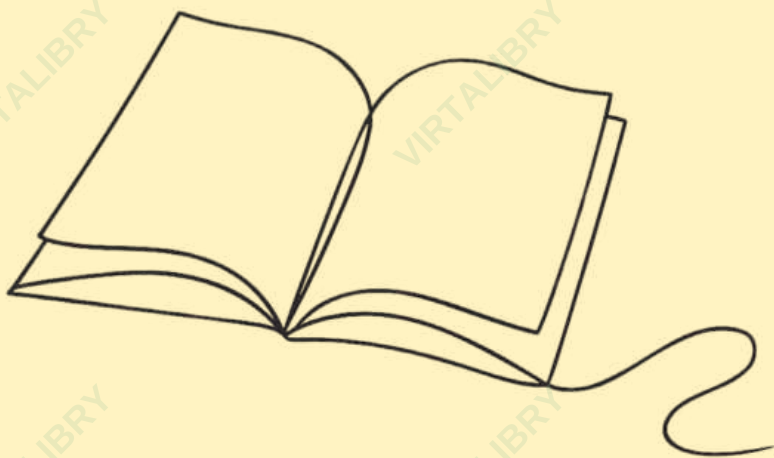


A warm house inside

Sit in a comfortable position with a straight back. Close your eyes and immerse yourself inside your body — this is your warm home. It is filled with the light of candles and the soft scent of wood. Here, you have everything you need: comfort, warmth, and care. Rest and fill yourself with its peace. Here, love and unconditional acceptance reside.

Stay in this house as long as you want.

Remember this feeling. It is always available for you.



DAY 21



Head-to-Knee Forward Bend

Sit on the floor with your legs extended forward, bend your right knee, and pull your foot towards the inner side of your left thigh. Keep your hands close to your pelvis.

With an inhale, stretch your crown upward, and with an exhale, bend forward, lowering your torso while maintaining a straight spine. Do not allow excessive rounding of the back. Lower your abdomen onto your left thigh, and reach your chest and head toward your knee. Grab the foot of the extended leg with your palms.

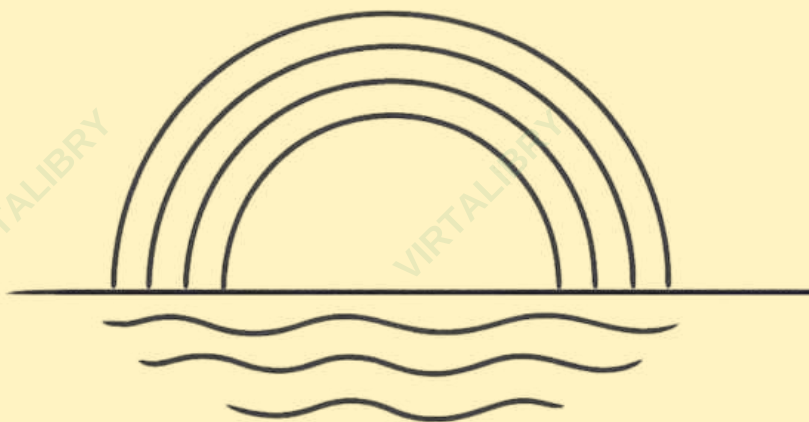
Take 3–4 deep breaths here.

With an inhale, rise slowly, keeping your back rounded, to the starting position (Staff Pose (Dandasana) — added pose name consistency), and perform the bend toward the other leg.



Breath of light

Sitting with a straight back, place your hands on your knees. The sun above you sends its rays, illuminating everything around. Let this light inside you! Take a full, deep breath, mentally envisioning golden light. The sunlight penetrates the crown of your head, flows down your spine, spreads throughout your body, and fills it. Exhale this gift, experience it in every fiber of your body, and unite with it.



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ACCOMPLISHMENTS

Think about your achievements: we often dream of the big moments in life. But we should try to include celebrations of all kinds in our daily life—both big and small. All of your achievements impact your success and deserve to be acknowledged.

Dishes that made me happy

Things I`m good at

What I like about myself

I`ve helped others by

My biggest accomplishment

The best asanas

Complements I have recieved

Challenges I have overcome

I`m a good friend because

Things that make me unique

DAY 22



Seated Forward Bend

While sitting on the floor with your legs extended in front of you, inhale, raise your arms, and stretch your spine upwards. On the exhale, lower your upper body toward your feet. You can bend your knees to prevent your back from rounding. Try to rest your abdomen on your thighs, and pull your chest toward your knees. With each exhale, lower your body further down and gradually extend your knees. Stay here for 5–7 breaths.



Light inside

Sit in a comfortable position with a straight back. Close your eyes and turn inward. Take a slow breath in and a slow breath out. Imagine a warm golden light igniting in the center of your chest. With each breath, its light expands. Gradually, it fills your heart, shoulders, arms... With each exhale, tension leaves your body. The light flows down — into your belly, legs, and feet. You are filled with soft, warm light. Allow yourself to simply be in the light and peace. Stay in this feeling for a few more minutes.



DAY 23

Half Boat

Lie on your back. Lift your legs up to a 90-degree angle.

With the next exhale, lift your head and shoulders off the mat, keeping the center of your sacrum on the floor and your legs extended in the air. If this is too difficult, you can bend your knees.

Extend your arms forward and turn your palms towards each other; gaze straight ahead. Follow all control points, pull in your stomach, and stretch your arms forward toward your legs. Hold here for 2-3 breaths.



Flashlight

Take a comfortable seated position with your back straight, palms on your knees. Your breathing should be calm and steady. Close your eyes and roll them slightly up, as if looking at the point between your eyebrows from the inside. Now imagine that this point is a flashlight embedded in your forehead, and its beam of light is directed inward. Light it up! Just like when you enter a dark room with no electricity, you direct your beam into the black space and gradually begin to explore it; now do the same, illuminate the contents of your head with your flashlight (you might be surprised by your discoveries here), then move on, examine your throat, lungs, shoulders, arms — everything, but only from the inside. What are they like? Interesting? Of course! Move on: examine the insides of the body and your abdomen, its muscles, tissues, and bones. And now, examine the insides of the legs in the same way. Now put the flashlight back in place. On the way, you can leave the lights on in the places you've already passed. Now this space has opened up to you a bit from a different side, hasn't it? But this is you; you were always there. Are you happy to meet yourself?

Gratitude

DAY 24



Tree

In a standing position, bend your right leg at the knee and place the sole of your right foot on the inner side of your left thigh as close to the groin as possible. The supporting leg is strong, like the trunk of a tree, with roots going deep into the ground.

The entire body is engaged, akin to a string, while the facial muscles remain relaxed.

Watch how you manage to maintain balance, and don't get upset if the situation is not very stable right now.

Take five deep breaths in and out.

Put your foot back on the floor and perform the pose on the other leg.



The radiation state

Sitting with a straight back, place your hands on your knees. Breathe evenly and calmly. Today, you will experience the sensation of radiating your presence. Scan your body, close your eyes, and turn your inner gaze to your head. Imagine a clear white light filling your entire head. The light grows with each breath, now radiating from your head and surrounding you. For it, there are no boundaries; allow your consciousness to embrace the entire space. Surround all living beings with this light. Radiate your acceptance and love toward them.



DAY 25



Pigeon

From the “Downward-Facing Dog” position, pull your right knee forward and place your shin in front of you near your palms. The left leg remains extended behind, with the knee and the top of the foot facing the floor.

Press your hands into the floor near your pelvis, engage your abdomen and lower ribs, align your shoulders, and stretch up through the crown of your head.

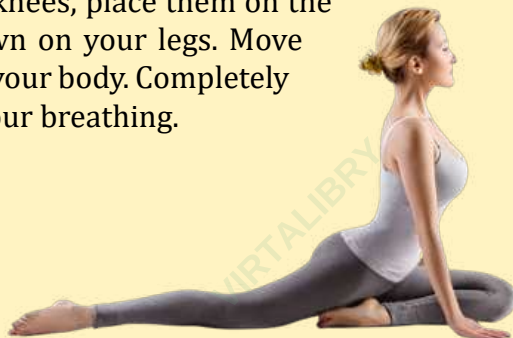
After checking your position, exhale and lean forward with your torso, placing your abdomen on your right thigh and your forehead on the floor.

Relax your leg muscles; feel what is happening in them right now. Stay here for five slow breaths.

Then, using your hands and back leg for support, lift your torso into the same “Downward-Facing Dog” position, and compare the sensations between the right and left sides of your body.

On an exhale, take a big step forward with your left knee — repeat all the adjustments and lower yourself forward. After returning to the starting position and another comparison of sensations, mentally bring your two sides together.

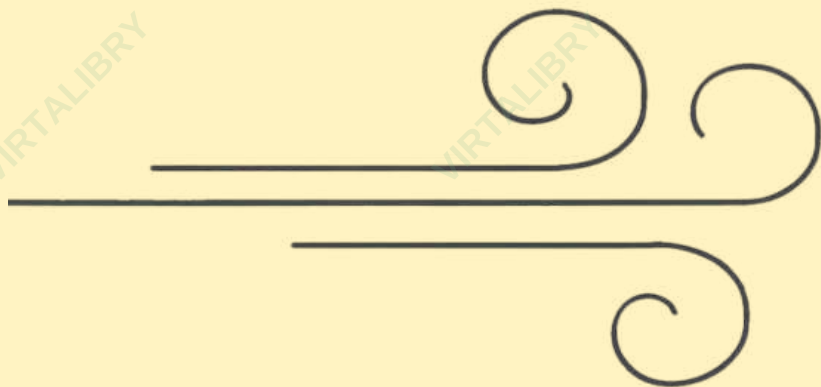
Then bend both knees, place them on the floor, and lie down on your legs. Move your arms along your body. Completely relax and calm your breathing.



Ease Lightness

Sit in a comfortable position with a straight back. Close your eyes and feel the cool air enveloping the surface of your skin. The gentle breeze disperses all the heaviness around you. Pleasant and gentle, it penetrates you, and you gradually dissolve into it, becoming just as transparent, weightless, free, and fresh.

Allow yourself this: just be.



DAY 26

Revolved Head-to-Knee

Sitting on the floor, stretch your legs forward. Bend your right leg at the knee, pulling the heel toward your groin.

Lower your right knee to the side onto the floor, with your right foot resting against the inner side of your left thigh.

The angle between the straight leg and the bent leg is approximately 90 degrees.

Raise your hands above your head, and stretch from side to side.

Turn your torso towards the bent right leg; in this position, it creates a gentle spinal twist. Place your left hand on your right knee or thigh, gripping with your palm.

Stretch your right arm up and reach over your head. Try not to lean your shoulder forward, but reach your arm straight above your head, keeping both sit bones pressed to the floor.

Gently and softly reach for your left foot (the straightened leg) with your right hand. Feel how your entire left side stretches.

Maintain a slight tilt, ensuring correct execution of the posture for maximum effect.

Please adjust the position to suit your flexibility today, stopping when you experience a mild stretch.

Stay in the asana for 3–5 cycles of breath.

Come out of the pose slowly, without rushing.

Straighten your legs, take the Dandasana pose, raise your arms up, and stretch.

Repeat Parivrtta Janu Sirsasana on the opposite side.



Inner joy

Take any meditation pose, breathe evenly and calmly. Today, you will discover inner joy. So, focus your attention on your throat, inside it. Imagine that the joyful wisdom of the universe is sending you its bright red ray. Its life-giving light penetrates the center of your throat, warming it. Sparkling with the tiniest red sparks, it spreads through the internal energy channels, flowing throughout the body. It is so playful, sparkling, and charming. Quickly, it takes over your body, stirring, teasing, and tickling you. This vibration is not self-suggestion; this is your life energy. It plays, dances, and jokes with you. Laugh along with it!



DAY 27



Plow

Lie on your back, with your hands by your sides.

Bend your knees and pull your thighs towards your stomach.

Straighten your legs and slowly move them over your head while raising your pelvis. Lower your feet to the floor or place them on your palms.

Direct your chest towards your chin. The spine is a long arc; the back muscles are relaxed.

Stay in the asana for several breaths.

Next, keeping your hands by your sides, slowly lower your back and legs onto the mat.



Unity

Sitting with a straight back, place your hands on your knees. Breathe evenly and calmly. Today, you will feel a state of unity with wisdom. Scan your body, close your eyes, and turn your inner gaze to the center of your chest. Imagine a powerful blue light filling your entire chest. This is the wisdom of the universe. It flows through you like a stream, filling your lungs with each breath, strengthening your heart. The blue light spreads through all your organs and tissues. Universal wisdom is not something separate from you. It is one with you. It is you; it is also present in all other thinking beings. Our consciousness is inseparable from the surrounding world; it is a part of it. Each person has a piece of the common wisdom, and together we are a single organism. Stay in this unity.



DAY 28

Side Plank

Get into the plank pose (hands on the floor, body and legs extended in a straight line).

Shift your weight to your right hand, stack your feet, raise your left hand, and direct your gaze at it.

Engage the core, arms, and legs; do not let your torso sag down. Your entire body, from your feet to the crown of your head, should be in a straight line.

To distribute the weight evenly and avoid falling forward or backward, you can perform the asana against a wall.

Hold the position for 3–5 breaths.

Return to the plank and switch sides.



The gratitude

Sit in a comfortable position with a straight back. Take a few conscious cycles of breath and close your eyes. Imagine that you are sitting on a bright meadow bathed in soft golden light; a gentle breeze caresses your skin. Each breath fills you with the energy of a new day, with vital force. With the exhale, relax your shoulders and chest, and let go of thoughts about the upcoming day. Now shift your attention to the center of your chest — the area of the heart.

Mentally express gratitude to the universe, God, or the forces you believe in — for life, for the beginning of this day, for the home you are in, for work, and for the loved ones and friends who are close by. Express your thankfulness for the precious opportunity to dedicate this time to gratitude.

Continue the practice for 5 minutes, keeping the feeling of gratitude in your heart.

To conclude the meditation, you can place your palms together in front of your chest, solidifying your feeling, and bow to the ground as a sign of respect and recognition of the benevolent forces of the world and your spiritual essence as part of the whole.



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ACCOMPLISHMENTS

Think about your achievements: we often dream of the big moments in life. But we should try to include celebrations of all kinds in our daily life—both big and small. All of your achievements impact your success and deserve to be acknowledged.

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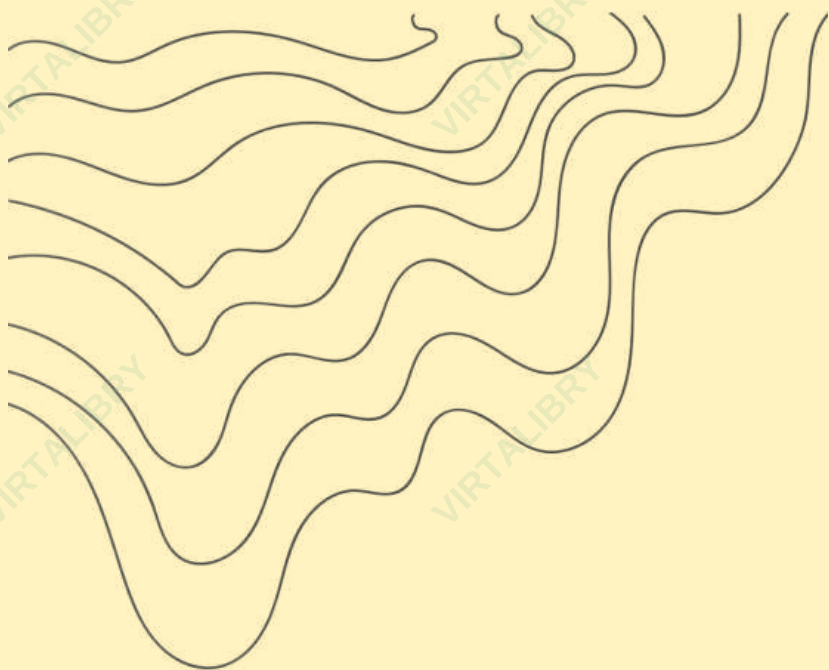
Things that make me unique

CONCLUSION

Mindfulness and stress cannot exist at the same time. When we take care of the essential support system within ourselves, we grow stronger, more adaptable, happier, and freer. We also acquire confidence and discover new skills and opportunities in the world around us. You can escape despair and indifference and find your true self when you learn to regulate your thoughts, feelings, body, and mind. You will have new opportunities to grow in a way that is good for you and move toward happiness. Each of us carries within us the light that guides us through any challenge. All we have to do is open the door, see it, and begin the amazing, exciting journey of life. Then, problems will become adventures, lessons will become discoveries, and fears will become opportunities to act.

What could be more rewarding than learning about yourself,





your personality, and making friends with this charming stranger? This companionship and understanding will bring you fantastic discoveries and fascinating adventures, and you will be able to let go of unnecessary worries and feelings. This journey is not a trick by a fakir; it is a long but sure way to achieve independence, freshness, vigor, and happiness. As you go, you'll learn to hear and understand your own hidden language, figure out what makes you feel the way you do, and regulate the effects. The colors will get brighter, and the shapes will become clearer. As you move forward one step at a time, you will discover new skills and maybe even talents. Mindfulness will give you joy, wisdom, self-confidence, and the goodwill of those around you.

So, let's be brave. Everything is in your hands now!

THANKS FOR THE JOURNEY!

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Thank you for choosing mindful eating with us.
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