

AYURVEDA DAY OF REST

Your Anytime Mindfulness Cleanse



āyurveda
WITH LYNNE

Throughout the year, your body naturally accumulates toxins and attempts to detox.

Ayurveda recommends regularly setting aside time to help your body eliminate these accrued toxins.

In this One-Day of Rest, focus will be on allowing your digestion to simplify, soften, and release by eating simple foods mindfully and eliminating screen-time.



REST + DIGEST

1. Block off an amount of time that works for you and your schedule — a few hours, an afternoon, or an entire day for mindful nourishment.
2. Notify the right people that you will be taking space.
3. This is time away from all work and all screens (computer, phone, TV). Turn off all devices and put them away.
4. Instead use this time to nourish your needs. What are you craving? What have you been looking forward to doing? Explore your rituals.
5. Without distraction — prepare and eat your meals.
6. Use Mindful Eating techniques like eating near a window or outside in nature.
7. Focus on things that you love and may not have had time for lately.
8. Do things that make you genuinely happy.
9. Fill your time with activities like: reading a book, taking a bath, guided meditation, journaling, gardening, making art, spending time in nature.

REFLECTIONS

1. What made you most happy during your time off?
2. What sensations arose in your body, your mind, and your senses?
3. What desires arose?
4. Did slowing down give you a closer connection to your food?
5. How is your digestion?
6. How is your state of mind?
7. Do you feel nourished?

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