



I thought I would live you with tips that for me are the cornerstone of Yogic and Ayurvedic lifestyle. If I met these things most days then my life runs a little easier, a little more smoothly. Its not always possible but remember - progress not perfection is the key!

Goddess Yoga 10 tips for a happy mind, body and soul.

1. Drink warm water and lemon on rising.
2. Give yourself 10-15 mins quiet time in the mornings - whether you meditate, journal, pray or just sip your tea in silence, this is the one thing that can help you stay connected to your sense of self, the divine, your purpose
3. Aim to practice 5-10 mins of yoga daily - even if it's just one pose!
4. Eat 3 meals a day at regular times and try not to snack
5. Get outside everyday either walk for 20 mins or get your bare feet on the earth.
6. Make time for relaxation.
7. Practise gratitude daily - either speak it out loud when you wake or write it down - but most importantly feel it!
8. Spend time with people who light you up and leave you feeling inspired! Avoid those who drain you or make you feel bad about yourself.
9. Massage your feet or better still entire body with seasonal/doshic appropriate oils regularly.
10. Don't take yourself too seriously - most of us live a privileged life and our problems aren't always as big as they may first seem. Remember we live in fortunate times where we always have a choice, choose wisely, live wisely and enjoy this amazing gift we call life!