

YOUR WELLNESS ARCHETYPE

The Mindful Explorer

"Awareness is your compass. Yoga is your path."

PREPARED FOR

Dev

Your Persona Profile

You have developed real awareness — you notice your patterns, catch your thoughts, and understand that something needs to shift. You are in that powerful middle space where insight meets action. This is where the most meaningful transformation happens, and you are ready for it.

YOUR STRENGTHS

- ✓ Growing self-awareness and reflection
- ✓ Openness to learning new practices
- ✓ Ability to recognize when you need support

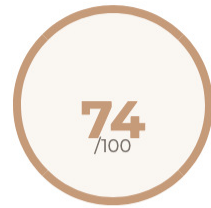
GROWTH OPPORTUNITIES

- Translating awareness into consistent daily practice
- Deepening breath control for mental mastery
- Building physical strength and flexibility

YOUR DAILY MANTRA

"I am not lost. I am finding my way — one conscious breath at a time."

Your Wellness Profile



Wellness Score

JOURNEY STAGE

Advancing

Your Personalised Practice Plan

Curated for **The Mindful Explorer** — each practice addresses your specific needs with clear guidance on why and how.

1

15 MIN

Sun Salutation (Surya Namaskar)

ASANA

WHY A complete mind-body integration practice that builds heat, rhythm, and meditative focus simultaneously.

HOW Flow through 5 rounds linking breath to movement. Inhale to expand, exhale to fold. Let the breath lead, not the body.

2

10 MIN

Ujjayi Pranayama (Ocean Breath)

PRANAYAMA

WHY Creates internal heat, focuses the mind, and teaches breath control — essential for deepening practice.

HOW Breathe through the nose with a slight constriction in the throat. You should hear a soft ocean sound. Maintain throughout asana.

3

20 MIN

Warrior Flow (Virabhadrasana I, II, III)

ASANA

WHY Builds physical power while requiring mental focus — the perfect practice for your awareness level.

HOW Hold each warrior for 5 full breaths. Feel the ground beneath you. Let strength and surrender coexist.

Practice Plan (Continued)

4

15 MIN

Vipassana Breath Meditation

MEDITATION

WHY Trains the mind to observe without reacting — your most powerful tool for inner peace.

HOW Sit comfortably, eyes closed. Simply observe each inhale and exhale without controlling it. When distracted, gently return.

5

5 MIN
EACH
SIDE

Seated Twist (Ardha Matsyendrasana)

ASANA

WHY Wrings out tension from the spine and organs, improving digestion and releasing stuck energy.

HOW Sit with one leg extended, other foot crossed. Twist toward the bent knee with a tall spine. Hold 5 breaths, then switch.

SECTION 04

Your Daily Rhythm



Morning

15 min

Energizing Flow

15-minute sun salutation and breathwork practice



Midday

10 min

Reset Practice

10-minute guided meditation and desk stretches



Evening

20 min

Restorative Wind-down

20-minute yin yoga and deep relaxation

SECTION 05

Key Recommendations

1 Explore guided meditation for mental clarity

2 Add restorative yoga sessions to your week

3 Journal about your emotional patterns

BB Intelligence Wellness Insights

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YOUR NEXT STEP

Transform Your Practice with Expert Guidance

You're at the tipping point where expert guidance makes the difference between dabbling and a transformative practice that changes everything.

+ Live Classes with Certified Experts

+ Personalised 1:1 Sessions

+ Weekly Progress Tracking

+ Curated Practice Library

+ Community Support

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