YOUR WELLNESS ARCHETYPE

# The Awakening Soul

*"Every great journey begins with a single breath."*

PREPARED FOR

**Preeti Soni**

SECTION 01

# Your Persona Profile

You are at the beautiful beginning of your wellness journey. Life may feel overwhelming or disconnected at times, and that's completely okay — awareness itself is the first transformation. You've already taken the most important step by showing up for yourself today.

### YOUR STRENGTHS

- Genuine openness to change
- Courage to begin
- Natural intuition about what you need

### GROWTH OPPORTUNITIES

- Building a consistent daily routine
- Learning to quiet mental chatter
- Reconnecting with your body's signals

### YOUR DAILY MANTRA

*""I am allowed to begin slowly. Each breath is a new beginning.""*

SECTION 02

# Your Wellness Profile

| | |
|---|---|
| Identity & Purpose | Developing |
| Lifestyle & Habits | Beginning |
| Mental Wellbeing | Beginning |
| Emotional Depth | Beginning |
| Body Awareness | Developing |
| Readiness to Grow | Developing |

Wellness Score

JOURNEY STAGE

**Developing**

SECTION 03

# Your Personalised Practice Plan

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

1

10 MIN

## Savasana with Body Scan

RESTORATIVE

WHY Teaches your nervous system what true rest feels like — the foundation of all healing.

HOW Lie flat, close your eyes, and slowly bring awareness from your toes to the crown of your head. No effort, just noticing.

2

5 MIN

## Diaphragmatic Breathing (Belly Breath)

PRANAYAMA

WHY Activates your parasympathetic nervous system, reducing cortisol and creating instant calm.

HOW Place one hand on your chest, one on your belly. Inhale so only the belly hand rises. Exhale slowly. Repeat.

3

5 MIN

## Sukhasana (Easy Seated Pose)

ASANA

WHY Grounds your energy and creates a moment of stillness in an overwhelming day.

HOW Sit cross-legged on a cushion, spine tall, hands on knees. Simply observe your breath for 5 minutes.

SECTION 03

# Practice Plan (Continued)

4

5 MIN

## Balasana (Child's Pose)

ASANA

**WHY** Releases tension stored in the lower back and hips — the body's primary stress-holding areas.

**HOW** Kneel, sit back on your heels, fold forward with arms extended or resting by your sides. Breathe deeply.

5

20 MIN

## Yoga Nidra (Yogic Sleep)

MEDITATION

**WHY** One session equals 4 hours of sleep in terms of nervous system recovery. Perfect for deep exhaustion.

**HOW** Lie down with an audio guide. Follow the body rotation and visualization. Allow yourself to drift into deep relaxation.

SECTION 04

# Your Daily Rhythm

🌄

### Morning

5 min

**Gentle Awakening**

5-minute breath awareness and gentle stretches in bed

☀️

### Midday

3 min

**Mindful Pause**

3-minute breathing break to reset and refocus

🌙

### Evening

10 min

**Relaxation Ritual**

10-minute gentle yoga and meditation before sleep

SECTION 05

# Key Recommendations

1. Start with just 5 minutes of daily breath awareness
2. Create a simple morning routine with gentle stretching
3. Practice mindful moments during daily activities
4. Focus on calming the mind with breath-focused practices
5. Incorporate gentle movement to reconnect with your body
6. Explore emotional awareness through body scanning

SECTION 06

# AI Wellness Insights

# 🌸 Your Personal Wellness Report

PREPARED EXCLUSIVELY FOR **PREETI SONI**

---

> *"You cannot pour from an empty cup. Taking care of yourself is the most selfless thing you can do for those you love."*

---

## 🌿 Overview

Dear Preeti,

First, take a moment to acknowledge yourself — because simply answering these questions honestly takes courage. What you've shared tells the story of a woman who gives endlessly, cares deeply, and holds so much together for everyone around her. You are the quiet strength behind your home, and that is truly beautiful.

But your answers also reveal something important: **you have been giving from an empty well for a long time.** You are rushing through days that feel overwhelming, carrying stress long after it has passed, suppressing your emotions, and somewhere along the way — losing touch with *yourself.*

This report is not just a wellness plan. **It is an invitation to come home — to your breath, your body, and your own beautiful inner world.** You don't need hours of free time. You don't need a gym or expensive equipment. You just need a few minutes each day, a little consistency, and the belief that *you deserve this too.*

You mentioned you are curious and open. That is the most powerful starting point of all. Let's begin. 🌸

---

## 💫 Your Wellness Profile

SECTION 06

# AI Insights (Continued)

Based on your responses, here is an honest and compassionate picture of where you are right now:

## 🔴 AREAS CALLING FOR ATTENTION

| AREA | WHAT YOUR ANSWERS REVEAL |
|---|---|
| **Energy & Burnout** | You end most days completely drained — a sign of chronic energy depletion without adequate restoration |
| **Mental Noise** | Your mind is frequently overactive, stuck in thoughts about the past or future, rarely resting in the present |
| **Emotional Health** | Emotions feel overwhelming, and the tendency to suppress them is creating an internal pressure that builds over time |
| **Stress Response** | Stress is being carried in the body for hours or days — it has become a *physical* burden, not just a mental one |
| **Self-Time** | You almost never take time just for yourself — this is one of the most significant contributors to all of the above |
| **Body Awareness** | Your body feels tight and stressed, and its signals — fatigue, discomfort — are noticed but rarely responded to |
| **Breath Awareness** | You are currently disconnected from your breath, which is the fastest and most accessible tool for calm you carry *always* |

## 🟢 YOUR STRENGTHS & GREEN SHOOTS

- ✨ You are **curious and open** — this is everything. Change begins here.
- ✨ You **notice** your body's signals, even if you haven't yet learned to respond

SECTION 06

# AI Insights (Continued)

- ✨ You **try to cope** when challenges arise — there is resilience in you already
- ✨ The fact that you **took this assessment** means a part of you is ready to be seen and cared for

### 🎯 YOUR WELLNESS FOCUS AREAS (PRIORITY ORDER)

1. **Rest & Restoration** — Learning to genuinely recover
2. **Nervous System Regulation** — Moving from chronic stress to calm
3. **Breath Awareness** — Your most immediate tool for peace
4. **Emotional Release & Processing** — Gently letting go of what you carry
5. **Mind-Body Reconnection** — Coming back into your body
6. **Presence & Mindfulness** — Finding stillness in the ordinary

---

## 🧘 Your Personalized Yoga Sequence

### PHILOSOPHY FOR YOUR PRACTICE

Preeti, your yoga practice should feel like **coming home, not like another task on your to-do list.** We are not building a performance. We are building a sanctuary — a few minutes every day that belong entirely to *you.*

Your sequence is designed around three principles:

- 🛌 **Softness over effort** — your nervous system needs gentleness, not intensity
- 🌱 **Consistency over duration** — 15 minutes daily is far more powerful than 1 hour occasionally
- 🕯️ **Feeling over doing** — the goal is to *sense* your body, not perfect a pose

---

### 🌄 MORNING PRACTICE (15–20 MINUTES)

*Best done before the household wakes up, or even in bed to begin*

---

SECTION 06

# AI Insights (Continued)

#### 1. 🛌 Supta Baddha Konasana — Reclining Bound Angle Pose

**Duration:** 3–5 minutes

**How to do it:**

Lie on your back. Bring the soles of your feet together and let your knees fall gently to the sides. Place one hand on your heart and one on your belly. Close your eyes. Simply breathe.

**Why it's for you:**

This is one of the most deeply restorative poses in yoga. It opens the hips (where we hold enormous amounts of emotional tension), calms the nervous system, and requires absolutely zero effort. It is the physical equivalent of being held.

**Feel for:** The weight of your body surrendering to the floor. The warmth under your hands. The rise and fall of your breath.

**Modification:** Place pillows or folded blankets under each knee if there is any strain in the hips or inner thighs.

---

#### 2. 🌀 Apanasana — Knees to Chest (Wind-Relieving Pose)

**Duration:** 1–2 minutes

**How to do it:**

From lying down, hug both knees into your chest. Rock gently side to side. You can also do one knee at a time, extending the other leg long.

**Why it's for you:**

This gentle compression massages the lower back, releases accumulated tension from the lumbar spine, and stimulates the parasympathetic (rest and digest) nervous system. Many homemakers carry enormous tension in their lower back from constant activity.

SECTION 06

# AI Insights (Continued)

**Feel for:** The lower back softening. A sense of being small and safe, like a child curled up at rest.

---

#### 3. 🌿 Marjaryasana-Bitilasana — Cat-Cow Flow

**Duration:** 2–3 minutes (8–10 slow rounds)

**How to do it:**

Come onto all fours. Wrists under shoulders, knees under hips. On an *inhale*, lift your head and tailbone, let the belly drop (Cow). On an *exhale*, round your spine to the sky, chin to chest (Cat). Flow slowly, following your breath — not a count, not a pace — just your breath leading the movement.

**Why it's for you:**

This is where breath and body begin to speak to each other. Your profile shows a significant disconnect between mind and body — Cat-Cow is a gentle, powerful bridge. It also awakens the spine, releases tension in the neck and shoulders (where stress lives), and brings you into the present moment through movement.

**Feel for:** Let each inhale create space. Let each exhale release something — tension, a thought, a worry. Imagine breathing *through* your spine.

---

#### 4. 🦁 Adho Mukha Svanasana — Downward Facing Dog

**Duration:** 5 slow breaths, repeat twice

**How to do it:**

From all fours, tuck your toes and lift your hips high and back. Bend your knees generously — this is not about straight legs, it's about a long spine. Let your head hang freely between your arms. Take 5 slow, deep breaths.

**Why it's for you:**

SECTION 06

# AI Insights (Continued)

Downward Dog is a mild inversion, meaning your heart is above your head. This has an almost immediate calming effect on the nervous system. It stretches the entire back body — hamstrings, calves, spine, shoulders — which is where chronic stress accumulates physically. The hanging head also provides gentle traction to the neck and releases mental tension.

**Feel for:** With each exhale, let your chest melt a little closer toward your thighs. Feel the length from your wrists to your tailbone. Notice the breath slowing naturally.

---

#### 5. 🌞 Surya Namaskar (Gentle Version) — Sun Salutation

**Duration:** 3–4 rounds, moving slowly

**How to do it:**

Begin standing in Tadasana (Mountain Pose). Move through a gentle flow: arms up, fold forward, step back to plank (or go to knees), lower down, Cobra or Baby Cobra, Downward Dog, step forward, rise. Move with your breath — each movement linked to an inhale or exhale.

**Why it's for you:**

Surya Namaskar is a complete practice in itself

YOUR NEXT STEP

# Transform Your Practice with Expert Guidance

A live expert will hold space for your unique journey, correct your form safely, and keep you motivated through the challenging first weeks.

- ✦ Live Classes with Certified Experts
- ✦ Personalised 1:1 Sessions
- ✦ Weekly Progress Tracking
- ✦ Curated Practice Library
- ✦ Community Support

**Book Your Free Discovery Session**

breathnbeing.com · No commitment required



© 2026