



YOUR WELLNESS ARCHETYPE

The Awakening Soul

"Every great journey begins with a single breath."

PREPARED FOR

D

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

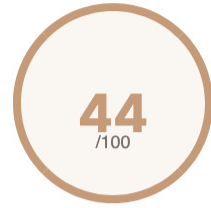
GROWTH OPPORTUNITIES

- 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."

Your Wellness Profile



Wellness Score

JOURNEY STAGE

Developing

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.

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

BB Intelligence Wellness Insights

Your Personal Wellness Report

Prepared for: D | A Journey Back to Yourself

A Note Before We Begin

Dear D,

Before diving into recommendations, I want to acknowledge something beautiful and often overlooked: **the work of a homemaker is one of the most giving, selfless roles a person can hold.** You spend your days nurturing others, managing a home, holding space for those you love — and that is deeply meaningful work.

But here's what this report is really about: **you cannot pour from an empty cup.**

This assessment reveals someone who is capable, caring, and quietly exhausted — not from weakness, but from giving too much without replenishing. The fact that you completed this assessment tells me something important: **a part of you is ready, even if another part isn't sure yet.** That's enough. We'll start right there.

Your Wellness Profile

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

Areas Asking for Attention

AREA	WHAT YOUR ANSWERS REVEAL
Mental Quiet	Your mind is frequently "noisy" and tends to overthink, leaving you stuck in loops
Stress Release	You carry stress for hours or days after situations have passed

BB Intelligence Insights (Continued)

| **Emotional Processing** | Emotions feel overwhelming, and the current coping pattern (distraction) provides relief but not resolution |

| **Body Awareness** | Your body feels tight and stressed, and there is a significant disconnect between mind and body |

| **Self-Time** | You rarely take time for yourself, which is the root thread connecting many of the above |

Your Strengths (Yes, You Have Many)

- Your days feel **busy but manageable** — you have resilience and organizational capacity
- You are **physically okay** — your body has reserves we can work with
- You described yourself as feeling *"okay but something is missing"* — this is profound self-awareness, not a complaint. It means your inner compass is working
- You **notice** bodily discomfort, even if you don't yet act on it — awareness always comes before action

The Core Pattern

> **You are living primarily for and through others, while slowly losing the thread back to yourself. The mental noise, emotional overwhelm, physical tension, and sense of "something missing" are not separate problems — they are one unified message from your inner self, asking to be seen.**

The good news? **Yoga and mindfulness are uniquely designed for exactly this.**

Your Personalized Yoga Sequence

Philosophy for Your Practice

BB Intelligence Insights (Continued)

Given that you feel **unsure about starting a daily practice**, we are not going to recommend 60-minute sessions or complex routines. Instead, this sequence is built on three principles:

- 1 **Short is sustainable** — 10–15 minutes done consistently beats 1 hour done occasionally
- 2 **Gentleness first** — your nervous system needs softening, not pushing
- 3 **Feel, don't perform** — this is not about getting poses right; it's about coming home to your body

Morning Sequence (10–12 Minutes)

Best done before the household wakes up, or right after waking

1. Constructive Rest Pose (Savasana with Knees Bent)

2 minutes

- Lie on your back, knees bent, feet flat on the floor hip-width apart
- Place one hand on your chest, one on your belly
- Simply breathe and notice
- **Why for you:** This begins the practice of returning to your body — something that feels completely disconnected right now. No effort required. Just arrive.

2. Supine Spinal Twist (Supta Matsyendrasana)

1 minute each side

- From constructive rest, drop both knees to the right, extend arms wide
- Turn your head gently to the left
- Breathe into the left side of your ribcage
- Repeat on the other side

BB Intelligence Insights (Continued)

- **Why for you:** You carry stress in your body for days. This pose physically wrings out tension held in the spine and helps your nervous system shift from "alert" to "at ease." It also gently massages digestive organs — stress often lives in the gut.
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3. Cat-Cow (Marjaryasana-Bitilasana)

8–10 slow rounds

- Come to hands and knees, wrists under shoulders, knees under hips
 - Inhale: drop belly, lift chest and tailbone (Cow)
 - Exhale: round spine toward ceiling, tuck chin (Cat)
 - Move **with** your breath, not ahead of it
 - **Why for you:** Your body feels tight and stressed. Cat-Cow is a gentle mobilizer for the entire spine and is one of the most effective tools for reconnecting breath with body movement — the very disconnection you described.
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4. Child's Pose (Balasana)

2–3 minutes

- From hands and knees, sink hips back toward heels
 - Extend arms forward or rest them alongside your body
 - Rest your forehead on the mat (or a folded blanket)
 - **Why for you:** Child's pose is the physical embodiment of surrender. For someone who carries the weight of nurturing others, this is permission to be held by the ground. The gentle compression of the belly and forehead on the earth activates the parasympathetic nervous system — your "rest and digest" mode.
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5. Seated Forward Fold (Paschimottanasana) — Gentle Version

1–2 minutes

BB Intelligence Insights (Continued)

- Sit with legs extended, place a folded blanket under your hips if needed
 - Inhale and lengthen your spine
 - Exhale and fold forward *only as far as feels comfortable* — this is not about touching your toes
 - Rest hands on legs, feet, or a pillow
 - **Why for you:** Forward folds are deeply introspective. They quiet the nervous system and encourage the mind to turn inward — the opposite of the constant external giving your days require.
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6. Easy Seat with Intention (Sukhasana)

1–2 minutes

- Sit cross-legged on a folded blanket (so your hips are higher than your knees)
 - Close your eyes and simply take 5 conscious breaths
 - Before opening your eyes, silently ask: *"What do I need today?"*
 - You don't need to answer it. Just ask.
 - **Why for you:** This small ritual begins to rebuild the habit of checking in with *yourself* — something you do for others all day but rarely for yourself.
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Evening Wind-Down Sequence (8–10 Minutes)

After the day's work is done, before or after dinner

1. Legs Up the Wall (Viparita Karani)

3–5 minutes

- Sit sideways next to a wall, then swing your legs up as you lower your back to the floor
- Your hips can be close to or slightly away from the wall
- Arms rest open by your sides, palms up
- Simply breathe

BB Intelligence Insights (Continued)

- **Why for you:** This is perhaps the single most powerful pose for your profile. It reverses the effects of a day on your feet, calms an overactive nervous system, quiets mental noise, and signals to your brain that the day is ending. Studies show it lowers cortisol and heart rate within minutes. For someone whose mind is frequently noisy, this is like a reset button.
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2. Reclined Bound Angle Pose (Supta Baddha Konasana)

3 minutes

- Lie on your back and bring the soles of your feet together, letting knees fall open
 - Place one hand on your heart, one on your belly
 - If there is tension in the inner thighs, place folded blankets or pillows under each knee
 - **Why for you:** This is a heart-opening pose done in a safe, reclined position. For someone who feels overwhelmed by emotions, opening the heart while supported by the ground is deeply healing — emotions can be felt without being swept away by them.
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3. Yoga Nidra Position (Savasana)

2–3 minutes with guided body scan

- Lie flat, arms slightly away from body, palms up
- Slowly move your awareness through each part of your body from feet to head
- Simply notice — warmth, tingling, heaviness, nothing — without judgment
- **Why for you:** This begins to rebuild the mind-body connection you described as completely absent. You don't need to feel anything dramatic. Just the act of directing attention to



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.

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◆ Personalised 1:1 Sessions

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