



YOUR WELLNESS ARCHETYPE

# The Stressed Achiever

*"You accomplish much. Now it's time to restore."*

PREPARED FOR

**Sohan Soni**

## Your Persona Profile

You move through life at a demanding pace — achieving, delivering, and pushing forward. But your body and mind are quietly signalling that they need restoration. The pressure you carry is real, and yoga can become your most powerful performance tool, not just a retreat from it.

### YOUR STRENGTHS

- ✓ Strong willpower and discipline
- ✓ High awareness of problems
- ✓ Motivation to change when you see results

### GROWTH OPPORTUNITIES

- ➔ Releasing the need to control and achieve during practice
- ➔ Slowing down the breath in stressful moments
- ➔ Creating boundaries between work and rest

### YOUR DAILY MANTRA

*""My worth is not measured by my output. I restore so I can rise.""*

# Your Wellness Profile



Wellness Score

JOURNEY STAGE

Developing

## Your Personalised Practice Plan

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

1

10 MIN

### Legs Up the Wall (Viparita Karani) RESTORATIVE

**WHY** Reverses blood flow from overworked legs, calms the nervous system, and signals the brain to downshift.

**HOW** Lie near a wall, swing legs up so they rest vertically. Arms by your sides. Stay for 10 minutes. Nothing else.

2

5 MIN

### 4-7-8 Pranayama PRANAYAMA

**WHY** Clinically proven to reduce cortisol within 5 minutes — your fastest stress antidote.

**HOW** Inhale for 4 counts, hold for 7, exhale for 8. Repeat 4 cycles. Do this before any high-stakes situation.

3

30 MIN

### Yin Yoga (Hip & Spine Sequence) ASANA

**WHY** Releases deep connective tissue tension where achievers hold their stress — hips, jaw, shoulders.

**HOW** Hold each pose for 3-5 minutes. Use props freely. Your only job is to breathe and soften.

## Practice Plan (Continued)

4

20 MIN

### Yoga Nidra for Stress Recovery

MEDITATION

**WHY** Gives your overworked mind the reset it cannot achieve through ordinary sleep.

**HOW** Use a guided recording. Set an intention. Lie still. The practice works even when your mind wanders.

5

5 MIN

### Standing Forward Fold (Uttanasana)

ASANA

**WHY** Inverts the body, increases blood flow to the brain, and physically releases the classic "stress posture" of hunching.

**HOW** Stand, fold forward with soft knees. Let your head hang. Hold your opposite elbows and sway gently. Stay as long as comfortable.

6

10 MIN

### Body Scan Meditation

MEDITATION

**WHY** Rebuilds the mind-body connection that high-stress living breaks down.

**HOW** Lying down, mentally scan from feet to head. At each body part, notice sensation without judgment. Release.

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

4

Focus on calming the mind with breath-focused practices

5

Incorporate gentle movement to reconnect with your body

# BB Intelligence Wellness Insights

## Personalized Wellness Report for Sohan Soni

### A Note Before We Begin

Sohan, before diving into the details, take a moment to acknowledge something important — you showed up for yourself today. In the middle of a busy professional life, with a mind that often feels noisy and a body that carries tension it hasn't fully been able to release, you paused and said, *"I want something more."* That single act of awareness is the seed of everything that follows in this report.

This report has been crafted specifically for you — your rhythms, your challenges, your readiness. Let's explore what your assessment reveals and chart a path forward together.

### Overview

AREA	CURRENT STATE	PRIORITY LEVEL
Mental Wellbeing	Frequently noisy mind, anxiety-prone	High
Emotional Health	Overwhelmed, seeking inner peace	High
Physical Body	Tight, stressed, low body awareness	Medium
Mind-Body Connection	Slightly aware, emerging	Medium
Lifestyle Balance	Busy but manageable, self-time is limited	Medium
Readiness to Grow	Motivated and willing	Strong Foundation

**Your Core Focus Areas:** Mental quietening · Emotional regulation · Physical release · Building a sustainable daily practice

### Your Wellness Profile

### Who You Are Right Now

## BB Intelligence Insights (Continued)

Sohan, your assessment paints a vivid and honest picture. You are a working professional who keeps things moving — your day feels *"busy but manageable,"* which tells us you are capable, organized, and resilient. But beneath the functionality, there are clear signs that your inner world is asking for more attention.

Here is what stands out most from your responses:

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### The Mental Landscape

You shared that your mind feels **"noisy or constantly active" frequently** — this is one of the most telling signals in your entire assessment. For many working professionals, the mind becomes like a browser with 30 open tabs: work emails, deadlines, conversations replayed, decisions pending. It never quite *\*switches off.\**

You end your days **mentally tired but physically okay**, which confirms that the primary drain in your life right now is **cognitive and emotional, not physical**. Your body still has reserves — but your mind is running a marathon every single day.

When challenges arise, you feel **anxious but try to cope** — showing that you are not someone who gives up, but that anxiety is a companion you carry more often than you'd like.

## BB Intelligence Insights (Continued)

The good news? You described yourself as **"often present"** in daily life and noted that while disconnecting from stress *"takes time,"* you do recover. This tells us your nervous system has good baseline resilience — it just needs tools to recover faster and more completely.

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### The Emotional Landscape

This is the area that deserves the most gentle attention, Sohan. You noted that you **feel overwhelmed by your emotions**, and that inner peace — the kind that doesn't depend on external circumstances — is something you **rarely** experience.

Most meaningfully, you chose the statement: **"I feel okay but something is missing."**

That "something missing" is real, and it has a name. It is the felt sense of being at home inside yourself — not just managing life, but actually *\*living\** it from a grounded, peaceful center. When you mention that you **talk to someone** when you feel low, that shows emotional intelligence and a healthy instinct to connect. But relying only on external conversation means that when no one is available, the overwhelm can feel complete. We will work on building your *\*internal\** emotional anchor too.

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### The Physical Landscape

## BB Intelligence Insights (Continued)

Your body feels **"tight and stressed"** — a classic sign of accumulated tension that hasn't had an outlet. You notice discomfort but **don't always act on it**, which is understandable when you're busy. But the body keeps a precise record of everything the mind ignores. That tightness — often in the shoulders, neck, jaw, and chest for someone in your profile — is stored stress looking for a door.

Your **mind-body connection is emerging** but not yet strong. This is actually an exciting place to be, because the moment you start to consciously inhabit your body, the payoff is enormous and immediate.

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### The Readiness Factor

Here's what gives this report real momentum: **you are motivated**. Not just curious — motivated. That distinction matters. You are not reading this as a passive observer. You are ready to begin, and that readiness is your single greatest asset right now.



### Personalized Yoga Sequence

Given your profile — mental fatigue, emotional overwhelm, physical tension, and emerging body awareness — your ideal yoga practice right now is **Yin and Restorative-leaning**, with some grounding Hatha elements to rebuild the mind-body connection. Avoid intense, fast-paced styles for now (such as Power Yoga or Vinyasa Flow) as they may increase cortisol rather than reduce it.

**Practice Duration:** Start with **25–30 minutes**, 4–5 times per week

## BB Intelligence Insights (Continued)

**Best Time:** Early morning (before the mental noise begins) or evening (to decompress)

**Equipment:** Yoga mat, one pillow or bolster, one folded blanket

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### Morning Practice (25–30 minutes) — "Grounding & Awakening"

\*Purpose: Settle the mind before the day begins; create a moment of ownership over your morning\*

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#### 1. Balasana — Child's Pose

**Duration:** 2–3 minutes

**How to do it:** Kneel on your mat, bring your big toes together, and sit back on your heels. Fold forward, extending your arms in front of you or resting them alongside your body. Let your forehead rest on the mat.

**Why this is for you, Sohan:** Your mind is frequently noisy and your body tight. Child's Pose is one of the most powerful poses for activating the parasympathetic nervous system — your body's "rest and digest" mode. The gentle compression of the belly and the grounding of the forehead signal safety to your nervous system. Start here every single day. Let it be your reset button.

**What to focus on:** With each exhale, consciously release tension from your shoulders. Feel the ground beneath you. You don't have to solve anything in this moment.

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#### 2. Marjaryasana-Bitilasana — Cat-Cow Pose

**Duration:** 2 minutes (10–12 slow rounds)

## BB Intelligence Insights (Continued)

**How to do it:** Come onto all fours, wrists under shoulders, knees under hips. On an inhale, drop the belly, lift the chest and tailbone (Cow). On an exhale, round the spine toward the ceiling, tuck the chin and tailbone (Cat). Move slowly and with complete breath awareness.

**Why this is for you, Sohan:** This gentle spinal wave is the perfect remedy for a body that feels tight and stressed. It lubricates the spine, releases tension in the back and neck, and — crucially — it begins to **build the mind-body connection** you are currently developing. Synchronizing movement with breath is the most direct path to embodied awareness.

**What to focus on:** Make the movement entirely breath-led. The breath moves the body. Not the other way around.

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### 3. Adho Mukha Svanasana — Downward-Facing Dog

**Duration:** 1 minute (can take breaks in Child's Pose)

**How to do it:** From all fours, tuck your toes and lift your hips up and back, forming an inverted V-shape. Keep a soft bend in your knees if your hamstrings are tight. Press through all ten fingers and let the head hang naturally.

## BB Intelligence Insights (Continued)

**Why this is for you, Sohan:** Downward Dog is a mild inversion, which means the head drops below the heart. This shift in blood flow is known to calm the nervous system and reduce feelings of anxiety. It also gently stretches the hamstrings, calves, and spine — areas that accumulate tension in someone who sits for long periods at work.

**What to focus on:** Don't force straight legs. Breathe into the back of your body — feel your ribs expand with each inhale.

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### 4. Virabhadrasana II — Warrior II

**Duration:** 45 seconds each side

**How to do it:** Stand with feet wide apart. Turn your right foot out 90 degrees, left foot slightly in. Bend the right knee to 90 degrees (or as far as comfortable). Extend arms out to both sides at shoulder height, gaze over your right hand. Repeat on the left.

**Why this is for you, Sohan:** You identify as someone who feels anxious when facing challenges. Warrior II builds a felt sense of strength, groundedness, and capability — not intellectually, but in your body. Standing in this pose for even 45 seconds begins to shift your internal narrative from *"I'm overwhelmed"* to *"I am steady."* This is not just symbolism — the posture literally changes your hormonal and nervous system state.

**What to focus on:** Soften the jaw, relax the shoulders. You can be strong without being tense.

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## BB Intelligence Insights (Continued)

### 5. Paschimottanasana — Seated Forward Fold

**Duration:** 2–3 minutes (use a pillow under knees if needed)

**How to do it:** Sit on the mat with legs extended in front. On an inhale, lengthen the spine. On an exhale, fold forward over your legs, reaching for your shins, ankles, or feet — wherever your body allows without strain. Rest your forehead on your legs or a bolster.

**Why this is for you, Sohan:** This pose is deeply calming for the nervous system and one of the most effective poses for **mental exhaustion**. The forward fold symbolically — and physiologically — creates a sense of withdrawal from external demands. It stretches the entire back body where tension is typically stored, and the act of surrendering forward is a physical metaphor for releasing the mental load.

**What to focus on:** Do not force the depth. Let each exhale take you slightly further. This is not about touching your toes — it is about letting go.

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### 6. Supta Baddha Konasana — Reclining Bound Angle Pose

**Duration:** 3–4 minutes

**How to do it:** Lie on your back. Bring the soles of your feet together and let your knees fall open to the sides like a book. Place your arms alongside your body, palms facing up. You may place a pillow under each knee for support.

## BB Intelligence Insights (Continued)

**Why this is for you, Sohan:** This is a deeply restorative hip opener. The hips are one of the primary storage sites for emotional tension in the body — something directly relevant to your experience of feeling emotionally overwhelmed. Palms facing upward signals receptivity and openness. This pose is a gentle invitation for the emotional body to soften.

**What to focus on:** Close your eyes. Notice any emotion that surfaces without judging it. You don't have to process it — just let it be present.

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### 7. Savasana — Corpse Pose

**Duration:** 5 minutes (non-negotiable)

**How to do it:** Lie flat on your back, legs slightly apart, arms away from the body with palms facing up. Close your eyes. Be completely still.

**Why this is for you, Sohan:** This is the most important pose in your practice, and ironically the one most people skip. For someone who rarely experiences inner peace, Savasana is where that peace is practiced. It is not sleep — it is conscious rest. It is your nervous system integrating everything that just happened. Never skip it.

**What to focus on:** If thoughts arise, mentally note "thinking" and return to the sensation of your body against the floor. The floor holds you. You don't have to hold yourself.

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### Evening Wind-Down Practice (15 minutes) — "Releasing the Day"

## BB Intelligence Insights (Continued)

\*Purpose: Transition from work-mode to rest-mode; empty the mental and physical cup before sleep\*

POSE	SANSKRIT	DURATION	PURPOSE
Legs Up the Wall	Viparita Karani	4–5 min	Drains fatigue from legs, calms nervous system
Supine Twist	Supta Matsyendrasana	90 sec each side	Releases spinal tension, aids digestion
Happy Baby	Ananda Balasana	2 min	Playful release of lower back and hips
Extended Child's Pose	Balasana	3 min	Closes the day, quietens the mind

### Breathing Practices (Pranayama)

Sohan, because your mind is frequently noisy and you experience anxiety when under pressure, breath-work is arguably **the most powerful tool** in your entire wellness toolkit. The breath is the only autonomic function we can consciously control — which makes it a direct remote control for the nervous system.

### Practice 1: Nadi Shodhana — Alternate Nostril Breathing

**Best time:** Morning before yoga, or any moment of anxiety during the day

**Duration:** 5–7 minutes

**How to do it:**

- 1 Sit comfortably with your spine tall
- 2 Rest your left hand on your left knee, palm up
- 3 Bring your right hand to your face — index and middle fingers resting between the eyebrows, thumb over the right nostril, ring finger over the left

## BB Intelligence Insights (Continued)

- 1 Close the right nostril with your thumb. Inhale slowly through the left nostril for 4 counts
- 2 Close both nostrils. Hold for 2 counts
- 3 Release the right nostril. Exhale slowly through the right for 4 counts
- 4 Inhale through the right for 4 counts
- 5 Close both. Hold for 2 counts
- 6 Exhale through the left for 4 counts
- 7 This completes one round. Do 7–10 rounds

**Why this is for you, Sohan:** Nadi Shodhana directly balances the left and right hemispheres of the brain — the logical/analytical side and the creative/emotional side. For someone whose mind is frequently noisy and who experiences cognitive overload from professional responsibilities, this practice creates measurable calm within minutes. Research has shown it reduces cortisol (the stress hormone), lowers heart rate, and improves mental clarity. Consider it a reset button you carry in your own hands.



### Practice 2: 4-7-8 Breathing — Extended Exhale Breath

**Best time:** When feeling anxious · Before a stressful meeting · Before sleep

**Duration:** 4–5 minutes (4–8 rounds)

#### How to do it:

- 1 Sit or lie down comfortably
- 2 Exhale completely through your mouth
- 3 Close your mouth and inhale quietly through your nose for **4 counts**
- 4 Hold your breath for **7 counts**
- 5 Exhale completely through your mouth for **8 counts** (you may make a gentle whooshing sound)
- 6 This is one breath. Repeat 4–8 times

## BB Intelligence Insights (Continued)

**Why this is for you, Sohan:** The extended exhale is the key mechanism here. A longer exhale than inhale activates the vagus nerve, which is the primary nerve of the parasympathetic (calming) nervous system. For someone who finds it difficult to disconnect from stress and notices anxiety when facing challenges, this breath technique is a physiological shortcut out of the stress response. It works in real time — in the office bathroom before a difficult meeting, at your desk after a taxing call, or in bed when the mind won't quiet down.

### Practice 3: Bhramari — Humming Bee Breath

**Best time:** Evening · When emotionally overwhelmed · Before meditation

**Duration:** 5 minutes

#### How to do it:

- 1 Sit comfortably, eyes closed
- 2 Gently plug your ears with your thumbs (or simply rest your fingers over your ears)
- 3 Place your index fingers lightly on your forehead, middle fingers on your closed eyes, ring fingers on your nostrils (lightly), pinky fingers at the corners of your mouth
- 4 Take a gentle inhale through the nose
- 5 On the exhale, make a steady **humming sound** — like a bee — from your throat, for as long as your exhale allows
- 6 Repeat 7–10 times

## BB Intelligence Insights (Continued)

**Why this is for you, Sohan:** You mentioned feeling overwhelmed by your emotions and rarely experiencing inner peace. Bhramari is one of the fastest-acting tools for emotional regulation known in yogic tradition — and now backed by neuroscience. The humming vibration stimulates the vagus nerve directly and activates the prefrontal cortex (the rational, calming brain region), while quieting the amygdala (the emotional alarm system). Many people feel an immediate shift in their emotional state after just a few rounds. It also creates a beautiful inner sound that naturally draws the wandering mind inward.



### Daily Routine Recommendations

Sohan, sustainable wellness is not built on grand gestures — it's built on **small, consistent rituals** that signal to your body and mind that you are being taken care of. Given that your days are



YOUR NEXT STEP

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