



YOUR WELLNESS ARCHETYPE

The Mindful Explorer

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

PREPARED FOR

Sohan Soni

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

Developing

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
- 4 Incorporate gentle movement to reconnect with your body
- 5 Explore emotional awareness through body scanning

BB Intelligence Wellness Insights

Personalized Wellness Report for Sohan Soni

Prepared with care for your unique journey

Overview

Dear Sohan,

Welcome to the beginning of something meaningful. This report has been created specifically for you — not as a prescription, but as a gentle compass to help you find your way inward.

What your assessment reveals is a portrait of a young woman in a genuinely interesting phase of life: thoughtful, aware enough to **know** something is missing, yet still learning how to fully inhabit herself. You carry a quiet inner strength — you observe challenges clearly, you maintain structure in your days, and somewhere inside you, a real readiness to grow is already awake.

This report honors exactly where you are. Not where you **should** be. Not where someone else is.

Exactly here.

Your Wellness Profile

Let's look honestly and kindly at what your answers tell us about you, Sohan.

Who You Are Right Now

You described yourself as "**a student exploring direction**" — and this is actually a beautiful, courageous place to be. It means you haven't closed yourself off into a fixed identity. You're still asking questions. That openness is one of the most important ingredients for genuine transformation.

Your Days Are Structured — But Something Feels Hollow

BB Intelligence Insights (Continued)

Your days feel **structured and balanced** on the outside, yet you end them **physically tired but mentally okay**. This is a telling combination. It suggests your body is carrying more load than it's being given credit for — while your mind has learned to keep moving forward regardless.

The risk here is that over time, you may start to feel like a well-functioning machine that has quietly lost touch with its *driver*. Structure is wonderful, Sohan, but structure without meaning can quietly drain us.

A Busy Mind in a Body You're Still Meeting

You shared that your mind feels **noisy or constantly active frequently** — yet paradoxically, you also describe yourself as **deeply aware and mindful** in daily life. This is not a contradiction. It means you have genuine moments of presence, but they're surrounded by mental chatter that pulls you away. Think of it like a clear pond that keeps getting disturbed by stones being thrown in.

You also shared that you are **rarely aware of your breath** and only **slightly connected** between mind and body. This is one of the most important insights in your entire profile. The breath is the bridge between your busy mind and your quiet body — and right now, that bridge is largely unused.

Emotions: Present, Powerful, and Unexpressed

This section of your profile deserves the most tenderness.

BB Intelligence Insights (Continued)

You shared that you **feel overwhelmed by your emotions**, and when you feel low, you tend to **suppress or ignore it**. You also said that something feels missing, even when you're okay.

Sohan, this pattern — feeling overwhelmed, then pushing feelings away — is extremely common, especially among young women who are goal-oriented and living structured lives. But suppressed emotions don't disappear. They accumulate in the body as tightness, fatigue, restlessness, or that quiet ache of *something missing* that you described so honestly.

The good news? You **recover from stress** with time, you **observe challenges clearly**, and you **sometimes** experience inner peace. These are real inner resources. We're going to help you access them more consistently.

Your Readiness

You said you feel **motivated** to begin a daily practice. This matters more than any technique or sequence in this report. Motivation, paired with the right guidance, is all you need to begin.



Personalized Yoga Sequence for Sohan

Your Focus Areas: Releasing physical tiredness, calming mental noise, reconnecting mind and body, gently processing emotions.

Recommended Duration: 30–40 minutes daily

Best Time: Morning (to set your inner tone) or evening (to release the day's weight)

Level: Beginner-friendly with room to grow

BB Intelligence Insights (Continued)

> **Before you begin:** Each session, take 60 seconds to simply sit and *check in*. Place one hand on your heart and one on your belly. Feel your body breathing without changing anything. This small act starts rebuilding your mind-body connection immediately.

Opening — Grounding & Arrival (5 minutes)

1. Balasana — Child's Pose

Duration: 2–3 minutes

Begin here, every time. Lower your forehead to the mat, arms extended forward or resting by your sides. Let the floor hold you completely.

Why for you, Sohan: You carry physical tiredness and emotional suppression. Balasana is an instinctive posture of surrender — it tells your nervous system it is safe to let go. It also gently compresses the belly, bringing subtle awareness to the breath.

Intention to hold: "I am allowed to arrive exactly as I am."

2. Marjaryasana–Bitilasana — Cat–Cow Pose

Duration: 8–10 slow rounds

On all fours, alternate between rounding the spine upward on exhale (Cat) and dropping the belly, lifting the heart on inhale (Cow). Move with your breath — let the breath *lead* the movement.

Why for you, Sohan: This is one of the most effective poses for beginning to synchronize breath and body movement — exactly what your profile shows you need. It also warms the spine gently and releases tension stored in the back from a structured, active day.

BB Intelligence Insights (Continued)

Main Sequence — Awakening & Release (20–25 minutes)

3. Adho Mukha Svanasana — Downward-Facing Dog

Hold: 5–8 breaths, repeat twice

From all fours, tuck toes, lift hips high, press palms into the mat. Let the head hang freely between the arms. Pedal the heels gently if needed.

Why for you, Sohan: A full-body reset. It simultaneously stretches the back body (where physical fatigue often settles), calms the nervous system, and creates an inversion of perspective — literally and figuratively.

4. Virabhadrasana II — Warrior II

Hold: 5–8 breaths each side

Step one foot forward into a wide stance. Bend the front knee over the ankle. Arms extend wide, parallel to the floor. Gaze over your front fingertips. Stand strong.

Why for you, Sohan: You are a student exploring direction. Warrior II is the pose of *purposeful presence* — grounded, open, facing forward without forcing. It builds physical strength in the legs and hips while cultivating a quiet, stable confidence. Hold this and feel what it means to simply *be* capable.

5. Utthita Trikonasana — Extended Triangle Pose

Hold: 5 breaths each side

From a wide stance, reach one arm long over the front leg and lower your hand to the shin or floor. The other arm extends skyward. Keep the chest open.

BB Intelligence Insights (Continued)

Why for you, Sohan: Triangle pose opens the side body — where emotions often get stored as tightness. It also requires focus and balance, bringing your mind into the present moment in a natural, effortless way. Notice what you feel in your ribcage as it opens.

6. Setu Bandhasana — Bridge Pose

Hold: 5–8 breaths, repeat twice

Lie on your back, knees bent, feet flat on the floor hip-width apart. Press your feet into the earth and slowly lift your hips. Optionally clasp hands beneath you.

Why for you, Sohan: Bridge pose opens the chest and heart — the physical center that corresponds to emotional vulnerability and suppression. As someone who tends to push feelings down, regularly practicing chest-opening poses helps create both physical and emotional space. It also energizes the body gently without overstimulating your already active mind.

7. Supta Matsyendrasana — Supine Spinal Twist

Hold: 1–2 minutes each side

Lie on your back, draw one knee to your chest and guide it across your body. Arms open wide. Let gravity do the work.

BB Intelligence Insights (Continued)

Why for you, Sohan: Twists are deeply detoxifying — not just physically, but emotionally. After a day of holding things together (including feelings you may have suppressed), this pose invites your body to wring out what it no longer needs. You end the day physically tired — this pose is especially powerful as part of an evening practice.

Closing — Integration (8–10 minutes)

8. Viparita Karani — Legs-Up-The-Wall Pose

Duration: 5 minutes

Lie on your back and extend your legs up the wall. Rest your arms by your sides, palms facing up. Close your eyes.

Why for you, Sohan: This is one of the most restorative poses in all of yoga. It drains fatigue from the legs, calms the nervous system, and transitions the brain from activity to rest. Given that you end your days physically tired, this pose is a gift you can give yourself every evening. It also creates space for emotions to surface gently and safely — without demand.

9. Savasana — Corpse Pose

Duration: 5 minutes — non-negotiable

Lie completely still. Let every muscle release. Do nothing.

BB Intelligence Insights (Continued)

Why for you, Sohan: Savasana is where the practice integrates. Because your mind is frequently noisy, you may find this difficult at first — and that is completely normal. Your only job is to lie still and allow. If thoughts come (they will), simply notice them without engaging, like clouds passing across a sky you're watching from a distance.

Breathing Practices (Pranayama)

Because you are **rarely aware of your breath** and only **slightly connected** between mind and body, breath awareness is the single highest-impact practice you can begin right now, Sohan. Start simple. Build gradually.

Practice 1: Diaphragmatic Breathing — Natural Breath Awareness

Best for: Building the mind-body-breath connection

Duration: 5 minutes, once or twice daily

When: Morning on waking, or before sleep

How to practice:

Lie down or sit comfortably. Place one hand on your chest and one on your belly. Breathe naturally. Simply **observe** — which hand rises more? Is your breath shallow or deep? Fast or slow? Don't change anything at first. Just watch.

After 2 minutes, gently encourage the breath to deepen into the belly — let the lower hand rise more than the upper. Exhale fully. Repeat.

BB Intelligence Insights (Continued)

Why for you, Sohan: This is foundational. Before any other technique, you need to build a relationship with your own breath. This practice alone, done consistently, will begin to quiet your noisy mind and reestablish the mind-body connection your profile shows is currently underdeveloped.



Practice 2: Nadi Shodhana — Alternate Nostril Breathing

Best for: Calming mental noise, balancing the nervous system

Duration: 5–10 minutes

When: Morning, or during moments of overwhelm

How to practice:

Sit comfortably. Rest your left hand on your knee. Bring your right hand to your face — use your thumb to close the right nostril and your ring finger to close the left.

- Close the right nostril with your thumb. Inhale slowly through the left.
- Close both nostrils. Pause briefly.
- Release the right nostril. Exhale slowly through the right.
- Inhale through the right.
- Close both. Pause.
- Exhale through the left.

This is one round. Begin with 5 rounds and gradually increase to 10.

BB Intelligence Insights (Continued)

Why for you, Sohan: You described your mind as **frequently noisy** — this is one of the most scientifically validated techniques for reducing mental chatter and bringing the nervous system into balance. It directly addresses the disconnect between your mindful moments and the constant background noise you experience. Many practitioners notice a profound quieting effect within the first week of consistent practice.

Practice 3: Bhramari — Bee Breath (Humming Breath)

Best for: Emotional overwhelm, releasing suppressed feelings, instant calm

Duration: 5–7 rounds

When: When you feel emotionally overwhelmed or before sleep

How to practice:

Sit comfortably. Close your eyes. Gently plug your ears with your thumbs and rest your fingers lightly over your eyes (or simply close your eyes without covering them). Take a full inhale. On the exhale, keep your lips gently closed and make a soft, sustained humming sound — like a bee.

Feel the vibration in your skull, your chest, your throat.

BB Intelligence Insights (Continued)

Why for you, Sohan: This is your emotional release technique. Because you tend to **suppress or ignore** low feelings, you need a practice that works gently with the body rather than forcing emotional confrontation. Bhramari activates the vagus nerve, soothes the nervous system, and creates space for unexpressed emotion to surface safely — through vibration rather than words. Many people find their eyes water gently during this practice. That is welcome. That is release.



Daily Routine Recommendations

Sohan, your life already has structure — that's a genuine strength. What follows are thoughtful additions and adjustments to **enrich** your existing structure rather than overhaul it.

Morning (First 20 Minutes After Waking)

| TIME | PRACTICE | DURATION |
|-------------|---|----------|
| Upon waking | Diaphragmatic breath awareness (before checking your phone) | 5 min |
| After | Journaling prompt: <i>*"What do I feel in my body right now? What emotion is present?"*</i> | 5 min |
| After | Nadi Shodhana pranayama | 5–10 min |

> **The most important instruction here:** Before you reach for your phone in the morning, spend 5 minutes with your breath. This single habit will, over time, dramatically reduce your morning mental noise and help you start the day connected to yourself rather than to external input.

During Your Day

BB Intelligence Insights (Continued)

Body check-ins (1 minute, 3 times per day)

Set a gentle alarm for mid-morning, after lunch, and mid-afternoon. When it sounds, pause everything. Ask yourself:

- *Where is my breath right now?*
- *Where is there tension in my body?*
- *What emotion is underneath the surface?*

You don't need to act on the answers. Simply asking the question is enough to begin rebuilding body awareness.

The "Something Missing" Practice

When that familiar feeling of *something is missing* arises — and it will — resist the urge to distract yourself from it. Instead, sit with it for just 60 seconds. Place your hand on your heart. Ask: *"What are you trying to tell me?"* You don't need an answer. The act of listening is itself transformative.

Evening Wind-Down (30–40 Minutes Before Sleep)

| TIME | PRACTICE | DURATION |
|----------------------|---|------------|
| 30–40 min before bed | Yoga sequence (especially Viparita Karani + Savasana) | 20–30 min |
| After | Bhramari breath | 5–7 rounds |
| Before sleep | Journaling prompt: *"What did I feel today that I didn't give space to?"* | 5 min |

Journaling — Your Emotional Processing Tool

Since you tend to **suppress or ignore** low emotions, Sohan, structured journaling gives feelings a safe, private container to exist in without overwhelming you. You don't need to write pages. Three sentences is enough.

BB Intelligence Insights (Continued)

Suggested prompts (rotate these):

- *"The emotion I most avoided today was..."*
 - *"My body felt _____ today, and I think it's because..."*
 - *"Something I haven't said out loud is..."*
 - *"When I imagine feeling truly at peace, I see..."*
-

Lifestyle Micro-Practices

These small shifts, practiced consistently, will amplify everything else:

- **Single-tasking once a day:** Choose one daily activity (eating, walking, washing dishes) and do it with complete, undivided attention. No phone, no podcast, no planning. Just that.
 - **Nature contact:** Even 10 minutes outdoors in natural light helps regulate cortisol, reduce mental noise, and restore a sense of ease.
 - **Digital boundaries:** Your mind is **frequently noisy**. Screen time — especially social media — feeds that noise. Consider a 30-minute phone-free window after waking and before sleeping.
 - **Physical rest as a value, not a reward:** You end your days physically tired. Rest is not laziness, Sohan — it is maintenance. Honor your body's tiredness as legitimate information.
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Next Steps

Sohan, here is your gentle, realistic roadmap for



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.

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