



HEALTH YOGA LIFE
Transform Yourself . Transform Your World

Holi-DAZE!

Survival Guide



Survive the holi-DAZE with these wellness tips from the Health Yoga Life sisters and co-founders! Here are some ideas to help you feel great at this most wonderful time of year. Health Yoga Life is an award-winning yoga studio in Boston, offering, HYL Yoga Teacher Training, online HYL Coach Training, and the awesome Mind, Mood, & Muscle *online* yoga and wellness monthly plan! Connect with us because everybody can *have a great day, every day!*

A.M. Must! Keep the Liver Humming!

Did you know the liver is your body's fat processor? Don't let the extra holiday party cocktail or two slow it down.



Upon waking, juice ½ a lemon into 6-8 oz. of room temperature water. Drink it first thing, before you drink anything else. The lemon juice helps the liver function and supports healthy production of liver enzymes. Keeping it healthy is vital for healthy body weight.

Immediate Calm!

Overly stimulated? Feeling restless? Unsettled? Can't sleep? Try this ancient technique that works: left nostril breathing. Simply close your right nostril with your right thumb, and breathe in and out slowly through your left nostril. It's as powerful as any sleep aid.



3 Moves to try Before or After the Party, or After a Long Day of Holiday Shopping!



1

Aura-gizer: Want to be the life of the party, or have all eyes turn to you as you enter the room? Try this! Sit in an easy, cross-legged position or in a chair. Stretch your arms out in front of you, interlacing your hands. Powerfully inhale while lifting your arms up, and then powerfully exhale as you lower them. Go at a rhythmic pace. 100% energized.



2

Legs Up the Wall: Been on your feet looking for that perfect gift? Flip your legs up. Draw your hips as close to the wall as you can and lift your legs up the wall. Cover your eyes with a towel. Done. As in, you will be fully done in and relaxed in no time.



3

Twist It Out: Too much food? Too much booze? Too much sugar? Twist time! Sit down and bend your right knee, crossing it over your bent left leg. Stretch your left arm up as you inhale, and then twist your left elbow over your right thigh. Inhale and exhale deeply a few times. Keep your legs as they are and twist in the opposite direction. Come back to center and crisscross the legs in the opposite direction. Stretch your right arm up as you inhale, and then twist your right elbow over your left thigh. Inhale and exhale deeply a few times. This pose will rinse out the intestines and stomach, and help fire up your digestive track!



HYL Coaching Tip: Don't numb out, stress out, or check out. When someone is pushing your buttons (like your aunt who keeps asking you why you aren't married) or you find yourself repeating a negative thought about yourself ("I really shouldn't eat this holiday cookie because I'm already sporting a dad-bod,") it's time to **Notice. Embrace. Replace.** First, *notice* the thought and feeling you have in the body. Acknowledge it as something that sparks an emotional response within you. Instead of pushing it away, or worse yet, thinking it is true, *embrace* it for what it is — just an untrue belief in the mind, showing up to be healed so you can be more fully empowered. *Replace* the thought with a positive statement, such as, "I am alright, right now!" Try it and see how quickly you can come back to the present moment.

Notice. Embrace. Replace.

The "I Love Champagne" Mocktail! Bring this to the party as a festive alternative or put in your rotation as you sip your favorite libations. Not only will you reduce the intake of empty calories from alcohol, but you'll replenish electrolytes and possibly avoid (or at least reduce) the dreaded headache in the morning.

Combine 3 cups of coconut water, 2 cups of sparkling water, 2/3 cup of fresh lime juice, and 1/2 cup of chopped fresh mint leaves. Chill in the fridge until ready to serve so that all the flavors can blend together. Pour over ice and sip!



Learn more about us and our offerings including yoga studio classes, yoga teacher trainings, HYL coaching, retreats and our 12-month online yoga and wellness companion, Mind, Mood, & Muscle! Check it out at www.healthyogalife.com

Connect, Contact, Inquire, Inspire!
Email us at info@healthyogalife.com

MIND, MOOD & MUSCLE™
Online Yoga and Wellness Plan for Healthy Living