



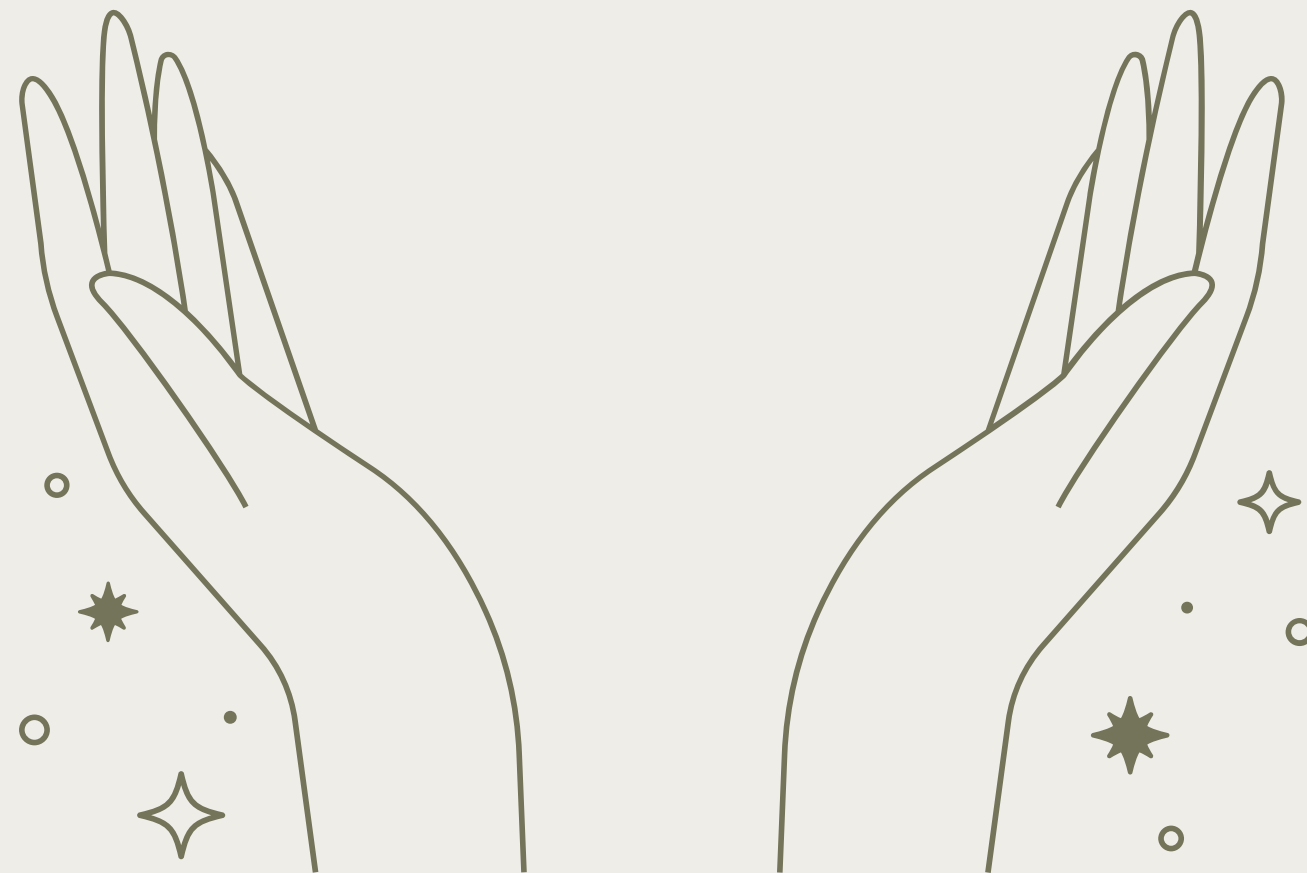
# THE 7-DAY AWAKENING

7 MORNINGS TO CHANGE YOUR LIFE

WITH DHANASHREE

YOU HAVE THE POWER

*to protect your peace.*



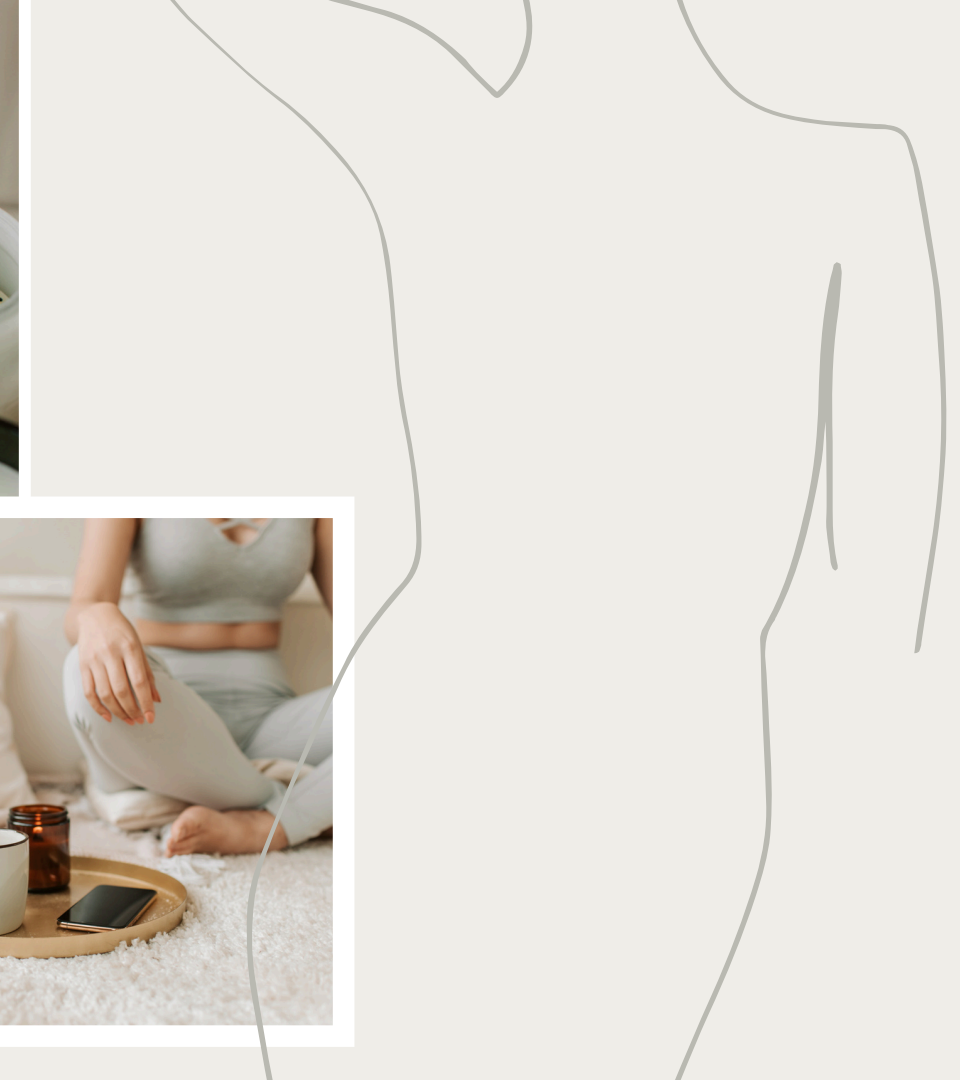
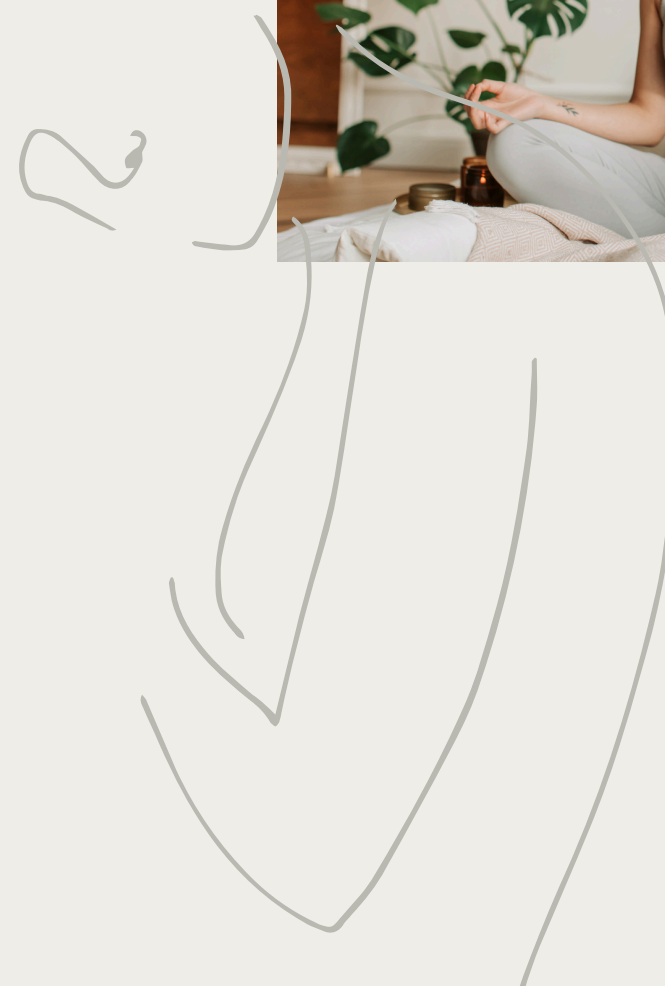
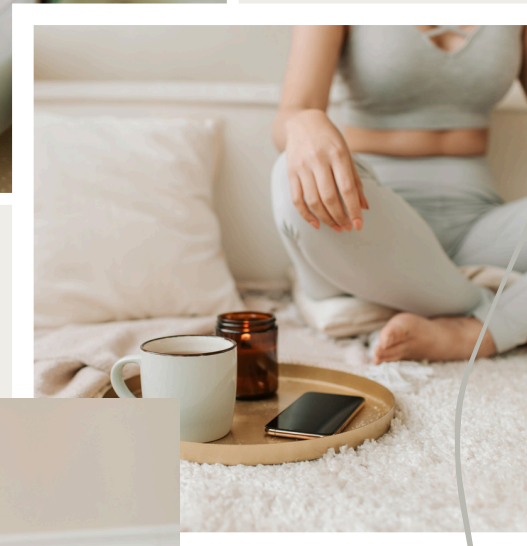
# THE INVITATION

Namaste. Yoga is the journey of the self, through the self, to the self. This 7-day ritual is designed to help you reclaim your morning and, in turn, reclaim your life. Before you check your phone or start your day, give these few minutes to your soul.



# DAY 1: GROUNDING

- The Asana: Balasana (Child's Pose)
- The Practice: Kneel and fold forward, resting your forehead on the earth.
- The Change: We spend our lives "holding on." Today, we practice letting go. As your head touches the mat, let the earth carry your worries.
- Intention: "I am safe. I am grounded."





# DAY 2: CLARITY

- The Practice: Nadi Shodhana (Alternate Nostril Breathing)
- The Change: How you breathe is how you live. This simple breathwork clears the mental fog and balances your energy. It moves you from a state of "rush" to a state of "calm focus."
- Intention: "My mind is clear. My breath is my anchor."

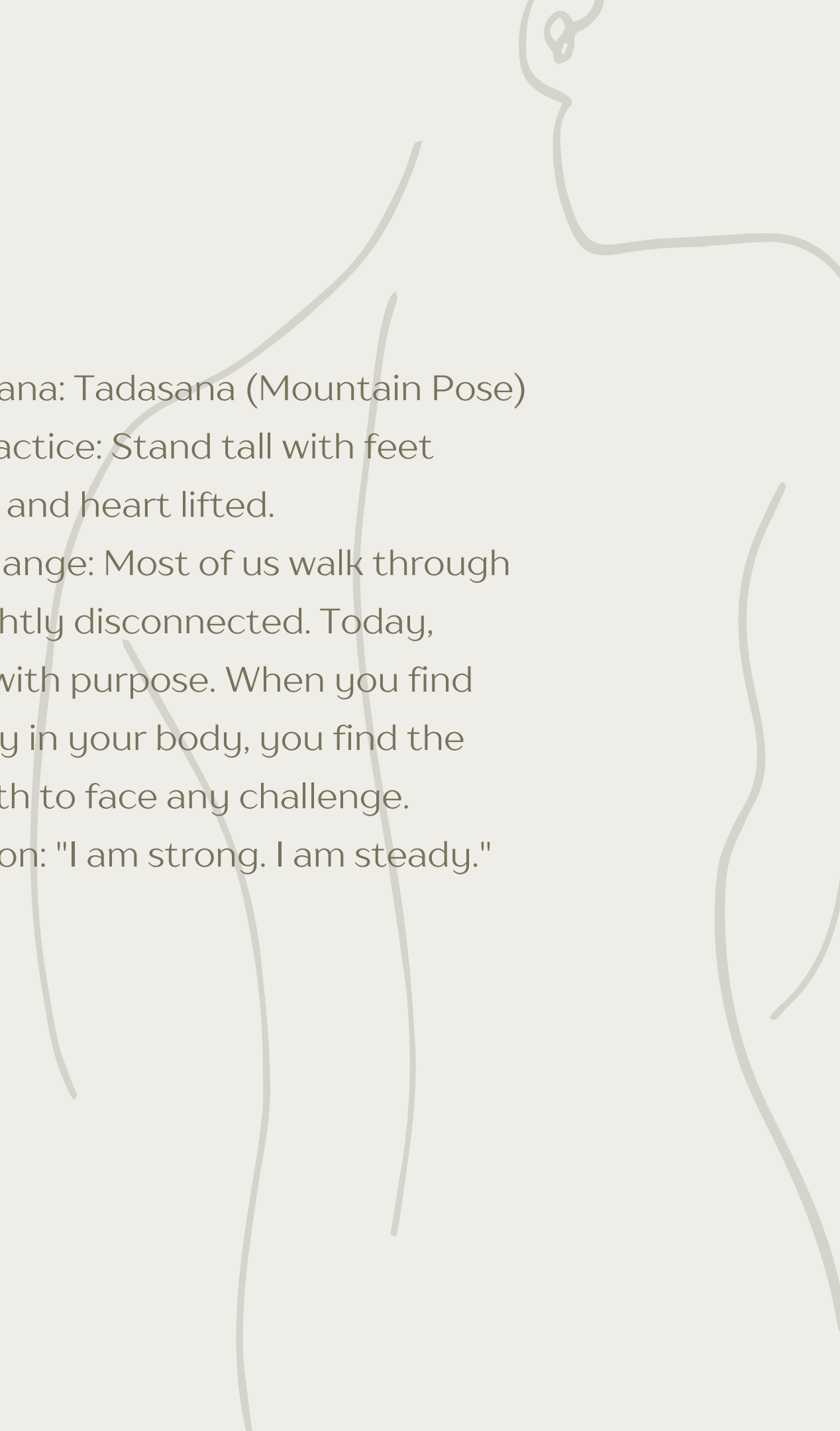
# DAY 3: FLOW

- The Asana: Marjaryasana–Bitilasana (Cat–Cow Flow)
- The Practice: On hands and knees, arch and round your spine with your breath.
- The Change: Stagnation in the body leads to stagnation in life. By waking up the spine, you invite fresh energy (Prana) to flow through your entire day.
- Intention: "I flow with the rhythm of life."



# DAY 4: STABILITY

- The Asana: Tadasana (Mountain Pose)
- The Practice: Stand tall with feet rooted and heart lifted.
- The Change: Most of us walk through life slightly disconnected. Today, stand with purpose. When you find stability in your body, you find the strength to face any challenge.
- Intention: "I am strong. I am steady."



# DAY 5: OPENNESS

- The Asana: Anahatasana (Melting Heart Pose)
- The Practice: Keep your hips high and melt your chest toward the floor.
- The Change: Stress causes us to close our hearts and tighten our shoulders. By opening the chest, you shift from a posture of "protection" to a posture of "possibility."
- Intention: "My heart is open to the good."





# DAY 6: FOCUS

- The Asana: Vrksasana (Tree Pose)
- The Practice: Balance on one leg. Focus your gaze on a single point.
- The Change: Balance is a practice, not a destination. If you wobble, simply smile and return to center. This teaches you to stay centered even when life is shaky.
- Intention: "I am focused. I am centered."

# DAY 7: PEACE

- The Asana: Savasana (Corpse Pose)
- The Practice: Lie flat on your back in total stillness for 5 minutes.
- The Change: We are taught that our value comes from "doing." Today, your value comes from "being." This is the ultimate reset for your nervous system.
- Intention: "I am at peace with all that is."





# CONTINUE YOUR JOURNEY

You have planted the seeds of a new way of living. Let us continue to walk this path of peace together.

JOIN OUR COMMUNITY

[www.yogawithdhanashree.com](http://www.yogawithdhanashree.com)

