

Post-retreat / vacation Yoga & Mindfulness Menu

FOR A LIFE OF PRESENCE, BALANCE, AND JOY

Leaving a yoga retreat or a vacation often feels like stepping out of a sacred space and back into the chaos of life. But the retreat was not an escape—it was a reminder of what is always within you. This menu and toolbox worksheet are designed to help you bring your practice into daily life, even when time is short, energy is low, or distractions are high.

I included extra tip and where this practice inspired from, for you to explore more :)


Morning Practices

START THE DAY WITH PRESENCE

Pick 1 or 2 to wake up gently, set the tone, and feel grounded.



1. Morning Body Wake-Up (Stretch & Yawn)

 **Takes: 30 seconds**

Affirmation: I am well rested and my mind is clear. I awaken to this new day with grace, openness, and clarity.


 **When:** Right after waking up.

 **How:**


- Before getting out of bed, stretch your arms overhead and point your toes.
- Yawn intentionally, even if you don't feel like it. Notice how your body responds.
- Roll your shoulders, wiggle your fingers and toes—gently bring movement into your body.
- Take 3 deep breaths, exhaling with a soft sigh.

Inspired from: waking up from final Savasana

2. Feet on the Ground (Instant Grounding Practice)

 **Takes: 10-20 seconds**

Affirmation: I am deeply rooted in the present moment. I stand strong, grounded, and supported.

 **When:** First thing after getting out of bed or any time throughout the day


 **How:**

- Stand or sit and feel your feet on the ground.
- Shift weight side to side, noticing the textures and connection to the earth.
- Inhale deeply, imagining energy rising up from the floor into your body.
- Exhale, softening into your stance.


Extra tip: if possible, go to the near my garden or park and walk barefoot on the ground, earthing.

Inspired from: First (root) chakra healing and balancing

3. Mindful Sipping (Tea/Coffee/Water Ritual)

 **Takes: 15-30 seconds**

Affirmation: With each sip, I nourish my body, mind, and spirit. I embrace this moment of stillness.


 **When:** First sip of your morning drink.

 **How:**


- Hold your cup with both hands. Feel the temperature.
- Take a **slow, intentional sip**. Notice the taste and texture.
- Pause before swallowing, truly experiencing the moment.

Inspired from: mindful eating

4. Mirror work and life value affirmation

 **Takes: 15-30 seconds**

Affirmation: Your choice

 **When:** right before you walk out the door

 **How:**

- Choose your own mantra / affirmation that you can repeat everyday (take time to sit in silence, realign with your life's purpose and what you truly want to bring to this world and what impact you are so inspired to bring. Write a 1-sentence affirmation / mantra / reminder that you truly resonate with)
- Look into the mirror and into your eyes and repeat that sentence to yourself
- Take a big breath and feel empowered to bring that value to the world, don't forget, you are a hero and you are amazing!

Inspired from: Book "Designing Your Life: How to Build a Well-Lived, Joyful Life" by Bill Burnett, Dave Evans



During the Day

STAY PRESENT IN THE FLOW OF LIFE

Use these to reset, relieve stress, and maintain centered.



1. Tension Release Scan (Shaking Method)

 **Takes: 1 minute**

Affirmation: I release all that no longer serves me. I welcome vitality and peace.


 **When:** If you feel sluggish, tight, or anxious.

 **How:**

- Stand and shake out your arms, hands, shoulders, and legs for 10-20 seconds.
- Close your eyes. Feel the energy shift.
- Take a deep breath and continue your day.

Inspired from: somatic healing

2. Breath & Shoulder Drop (Instant Tension Release)

 **Takes: 30 seconds**

Affirmation: I release the weight of the world. I embrace ease and lightness.


 **When:** While sitting at your desk, in traffic, or in between tasks.

 **How:**

- Inhale deeply, lifting your shoulders toward your ears.
- Exhale with a long sigh, dropping your shoulders completely.
- Repeat 3 times, noticing how your body softens.

Inspired from: collaborative breath we take together in the yoga asana practices

3. Hand Over Heart & Belly (Emotional Regulation)

 **Takes: 30-60 seconds**

Affirmation: I am safe in this moment. I trust the process of life. I am loved.

 **When:** Feeling overwhelmed, stressed, or disconnected.

 **How:**

- Place one hand on your heart, one on your belly.
- Breathe deeply, expanding your belly expanding your heart space

Inspired from: stress release method & Book "You can heal your life" by Louise Hay

4. Slow Motion Walking (Walking Meditation in Daily Life)

 **Takes: As long as you walk**

Affirmation: Each step brings me closer to my true self. I walk in presence and peace.

 **When:** Walking to a meeting, on the street, or in nature.

 **How:**

- Slow down your walking just a little.
- Notice your feet touching the ground.
- Feel the shift of weight, the rhythm, and the air on your skin.
- Inhale: Step. Exhale: Step.


Inspired from: Mindful walking first thing we did everytime coming to the mat

Evening Practices

UNWIND & PREPARE FOR REST

Pick 1 or 2 to release tension, relax the nervous system, and transition into sleep.

1. Evening Spinal Release (Undo the Day's Tension)

 **Takes: 1-2 minutes**

Affirmation: I release the energy of the day. I invite peace and rest.

 **When:** Before bed.

 **How:**

- Stand or sit comfortably.
 - On an inhale, arch the spine slightly forward, lifting the chest.
 - On an exhale, round the spine, tucking the chin.
 - Move slowly with the breath for 1-2 minutes.
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2. Humming Breath (Vagus Nerve Relaxation)

 **Takes: 2 minutes**

Affirmation: With each hum, I settle deeper into relaxation and calm.

 **When:** Feeling restless before sleep.

 **How:**


- Inhale deeply through the nose.
- Exhale with a soft humming “mmmmm” sound.
- Feel the vibration in your lips, throat, and chest.
- Repeat 5-10 times.



3. Legs Up the Wall (Deep Nervous System Reset)

 **Takes: 5 minutes**

Affirmation: I surrender to the stillness. I trust in the healing power of rest.

 **When:** Before bed, after a long day.

 **How:**

- Lie on your back and rest your legs against a wall.
- Let your arms rest by your sides.
- Breathe deeply, allowing tension to melt away.
- Stay for 5 minutes or as long as comfortable.
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Inspired from: Asana - Viparita Karani

Extra tip: Do some gentle spinal twist to squeeze the emotions or anything from the day does not serve us anymore, be intentional.

4. Close the account meditation

 **Takes: 5 minutes**

 **When:** Last thing before you fall asleep



✓ How:

- Lie on your back comfortably and close your eyes. Let your arms rest by your sides.
- Go through the small and big events that happened throughout the day. If possible, use a third person perspective without any judgements.
- Allow thoughts and emotions to come and leave, just like the cloud comes and goes in your consciousness.
- Finally let go of everything and melt down to rest
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Inspired from: My own practice that helps me to fall asleep and train my awareness. Similar practice have been mentioned in the book “ The Spontaneous Fulfillment of Desire: Harnessing the Infinite Power of Coincidence” by Deepak Chopra

Extra tip: If going through the events excites you more than calms you, take 5 min and take a pen and a paper / your journal, write down the events, then throw it to the bin or burn it with fire.

YOU ARE YOUR OWN TEACHER, HEALER AND HERO

Our time flowing together was not an isolated experience—it was a glimpse into the wisdom you already carry. Keep showing up, even in small ways. Keep breathing, keep moving, keep coming home to yourself.



JOIN THE COMMUNITY
& KEEP IN TOUCH



BE_HELD_BYANGELA

Create Your Own Toolbox

Most importantly is you build your own go-to toolbox with the practices that resonate with you. Commit and peacefully recommit.

Practices that resonated with me:

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More mindful practices that supports me and I can bring to my daily life:

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