

A person is shown in silhouette, performing a yoga pose (Urdhanva Dhanurasana) on a mat floating on water. The background is a warm, golden sunset over a body of water with trees in the distance. The overall mood is peaceful and serene.

8 DAY SOUL-BODY-MIND REST

A guide to Holistic Healing

by

Maria Fritschel



8 DAYS TO HOLISTIC HEALING, HEALTH AND WELL-BEING

physical - mental - emotional - social -
spiritual

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Yoga Teacher
Coach



WELCOME

Hi, and welcome! I'm Maria Frötschel—a physical therapist, yoga teacher, and passionate advocate for holistic well-being. I created this guide to help you connect with your body, mind, emotions, and spirit, empowering you to live with more Peace, joy, and vitality.

This guide is a collection of powerful tools and practices that have personally transformed my life. My intention is to offer you an approachable way to explore holistic healing, so you can feel grounded, energized, and aligned in your daily life.

Together, we'll explore simple yet impactful practices to create a foundation of health and harmony. Remember, this journey is about progress, not perfection—every small step brings you closer to the vibrant, fulfilling life you deserve. Let's begin!

THIS GUIDE IS FOR YOU IF:

Your seeking Balance & Connection

You're feeling overwhelmed or stuck and looking for practical ways to reconnect with your body, calm your mind and find emotional, social and spiritual peace.

You're ready to prioritize your well-being

You want to explore holistic practices - like breathwork, mindful movement & reflection - to support your mental, physical and emotional health.

You're open to transformation

You're eager to let go of limiting beliefs, embrace self-awareness and align your daily actions with your visions and values.

INTRODUCTION

WHY 8 DAYS?

When I began creating this guide, I envisioned a 7-day journey to help you reconnect with yourself and build a foundation for holistic well-being. I reflected deeply on what has truly supported me on my own journey of self-awareness—understanding my emotions, thoughts, actions, and beliefs... and how my body responded to them.

But as I outlined the themes and tools, I realized something vital: certain practices needed to be introduced right from the start—not just as one-off lessons, but as threads woven through the entire week.

So, I added an extra day at the beginning to focus on these core practices and change the 7 to 8 days so you are able to use and exercise those tools each day and form a strong routine with them. They're simple but transformative—helping you create a daily basic practice to cultivate balance, mindfulness, and clarity. By putting them into action consistently throughout the week, you'll experience their profound impact and see how they set the stage for deeper work later on.

This guide isn't about rushing through a checklist in a week. It's about giving you the space, tools, and inspiration to truly reflect and grow, with a structure that balances exploration and grounding. I hope these 8 days offer you not just insights, but a foundation for a more aligned and joyful life.

HOW TO USE THIS GUIDE

This guide is designed to gently guide you through 8 days of holistic healing, touching on physical, mental, emotional, social, and spiritual well-being. To get the most out of it, follow these steps:

1. Set Aside Time Daily

Dedicate at least 20–30 minutes each day to work through the activities. Consistency is key, so carve out a peaceful time when you won't be interrupted. P.S. put away your phone, leave it on mute or let it be in another room to make sure you won't be distracted.

2. Engage Fully

Each day includes a combination of breathwork, movement, journaling prompts, and reflection. Approach each exercise with an open mind, even if it feels unfamiliar.

3. Reflect and Journal

Take time with the journaling prompts to deepen your self-awareness. Be honest and compassionate with yourself as you explore your thoughts and emotions.

4. Use It at Your Own Pace

While the guide is structured for 8 days, it's okay to move more slowly or revisit certain days. This is your journey—honor your needs.

5. Connect the Practices

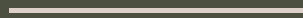
Many exercises build upon each other. By returning to core techniques daily, you'll notice greater ease and balance by the end of the guide.

This guide is a foundation. Use it to explore, grow, and create space for joy and well-being in your life!



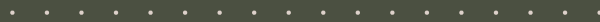
DAY

01



KEY PRACTICES

Day 1 is all about equipping you with foundational tools—mindful movement, breathwork, stillness. These practices will serve as your anchors, helping you deepen your connection to yourself each day. I wanted to share those practices with you first because those are like bricks in the fundament of your journey. They serve and nourish you whenever you need calmness, clarity, another view on something or feel stuck mentally, emotionally or spiritually. Practiced regularly they will bring you to a sustainable, peaceful and joyful baseline.



What is holistic Health & Healing & Why is it important?

Holistic health and healing focus on the interconnectedness of the mind, body, emotions, social life and spirit, treating each as essential to overall well-being. Instead of addressing symptoms or superficial aspects in isolation, holistic approaches aim to identify and heal the root causes of imbalance, fostering harmony across all aspects of life.

This perspective recognizes that physical health can influence mental clarity, emotional stability can affect spiritual connection, and vice versa. For example, chronic stress not only impacts mental health but can also weaken immunity and disrupt physical systems.



By embracing a holistic mindset, you can approach health challenges with a comprehensive, compassionate lens, addressing the underlying factors rather than merely treating the surface.

Holistic healing incorporates practices like mindful movement, breathwork, and meditation alongside balanced nutrition, emotional intelligence, and spiritual growth. These tools help build resilience, enhance self-awareness, and empower individuals to take an active role in their own healing journey.

The importance lies in its ability to create lasting transformation. It shifts the focus from reactive care to proactive wellness, promoting prevention and sustainable lifestyle changes. It nurtures not just the absence of illness but a state of thriving in all areas of life—physically, mentally, emotionally, socially and spiritually.

In today's fast-paced world, where stress and disconnection often prevail, a holistic point of view serves as a powerful reminder to slow down, reflect, and realign with what truly matters. It empowers individuals to live more joyful, purposeful lives by addressing the wholeness of a person. By embracing this approach, you can cultivate a deeper sense of well-being, purpose, and connection.

CONNECTING WITH YOU STEP BY STEP

The Core Practices are...

...mindful movement

... conscious Breathing

... sitting in stillness

... wholesome foods

Movement...

... is what our body is built for. Muscles, joints, bones, and the nervous system are tools with the main function of movement—physically, emotionally, and mentally. These three are beautifully connected, and, of course, a sense of purpose, connection, relationships, and environment are intertwined with this wonderful avatar we use to explore the world.



Here are some of the benefits to motivate you to move your body daily:

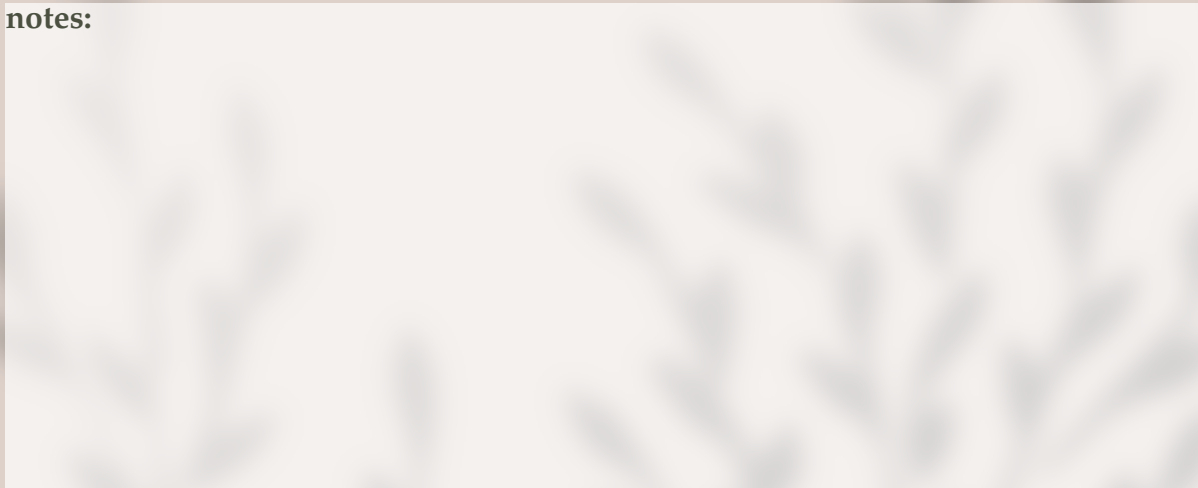
- Boosts physical health: Improves cardiovascular health, strengthens muscles, and enhances elasticity and flexibility.
- Supports mental well-being: Releases endorphins, reduces stress, and clears mental clutter.
- Enhances emotional resilience: Helps process emotions, release tension, and connect with inner peace.
- Improves energy and it's flow: Activates energy pathways, supporting vitality and focus.
- Encourages mindfulness: Deepens the mind-body connection, promoting presence and awareness.
- Builds self-confidence: Cultivates a sense of accomplishment and body positivity.
- Supports longevity: Reduces risk of chronic illness and maintains mobility as you age.

Moving your Body can be a powerful and easy tool to deal with Overthinking, Low-Energy, Calming both your Thoughts and Feelings, helping you release emotions, connects you with your Body, ...

Start small, stay consistent, and embrace the joy of moving for the health of your body, mind, and spirit.

Do Yoga, a Workout, go for a walk, on a hike, dance in the kitchen, run, or whatever you are into. The only suggestion I'd like to give is to have a wholesome approach to your physics and not only using just a few parts. Bring in variety and playfulness to aim for a holistic movement approach.

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BREATHING IS THE FIRST THING WE DO WHEN WE ARE BORN AND THE LAST THING WE DO BEFORE WE DIE, YET MOST OF US PAY LITTLE ATTENTION TO IT THROUGHOUT OUR LIVES.



Breathing consciously

There is tons of research showing how breathing techniques and breath work or pranayama is influencing the body positively. What you can do through your Breath is truly amazing: you can look at the diaphragm - the main muscle moving our lungs - as the only organ that we are able to control directly with our free will. Isn't it crazy?! No wonder that there are tons of breath exercises and trainings out there since centuries, for example Pranayama, Somatic Breathwork, Tai Chi, Chi Gong, ... (most of them combining it with movement of the Body)

A Few benefits of conscious Breathing.

- Regulates the nervous system: Helps shift between relaxation and focus modes by activating the parasympathetic system.
- Reduces stress and anxiety: Calms the mind and body by lowering cortisol levels.
- Enhances energy levels: Increases oxygen intake and circulation, revitalizing the body and mind.
- Improves mental clarity: Encourages focus and concentration by anchoring the mind in the present moment.
- Supports emotional balance: Creates space to process and release built-up emotions.
- Boosts immunity: Supports detoxification and enhances immune system function through proper oxygenation.
- Enhances sleep quality: Prepares the body and mind for restful sleep by slowing the breath.
- Strengthens physical endurance: Improves lung capacity and stamina for physical activities.

With each conscious breath, you hold the power to transform your state of being. Start with simple this simple exercise and witness the magic of your breath:

- breath in while counting to 4
- Hold the breath while counting from 4 to 6
- Breath out while counting from 6 to 12
- Repeat for 3-6 times and watch the wonders

This will calm your mind and body instantly to calm and clear. Do it regularly, whenever you feel stressed, rushed, emotionally down or find yourself overthinking.

Sitting in Stillness...

...is the art of observing your thoughts and emotions without attaching to them. This foundational meditation practice creates space to simply be. Find a quiet place, free from distractions, and allow yourself to experience what arises within—without judgment. Visualize your thoughts and feelings as waves or passing clouds, flowing naturally without your interference.

Some Benefits of Sitting in Stillness:

- Reduces overthinking: Helps break cycles of worry by letting go of recurring thoughts.
- Improves emotional awareness: Encourages presence with emotions without suppression or overreaction.
- Boosts focus and mental clarity: Clears the mental chatter, creating room for clarity and creativity.
- Promotes self-awareness: Builds deeper understanding of your internal world.
- Increases resilience: Develops the ability to remain calm and centered in life's challenges.
- Enhances overall peace: Teaches you to find calm and grounding within yourself, even amidst a busy life.

In a world full of noise and distractions, sitting in stillness is your gateway to reconnect with yourself and find balance from within.



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GROUNDING - BREATHING
ROOT CHAKRA

Grounding is about creating a sense of stability and connection to the present moment, which is vital in a fast-paced and often overwhelming world. Today, we'll focus on tools like breathwork and reflections that activate the root chakra—your energetic center for safety, security, and balance. By the end of the day, you'll feel anchored, calm, and prepared to take on challenges with confidence.

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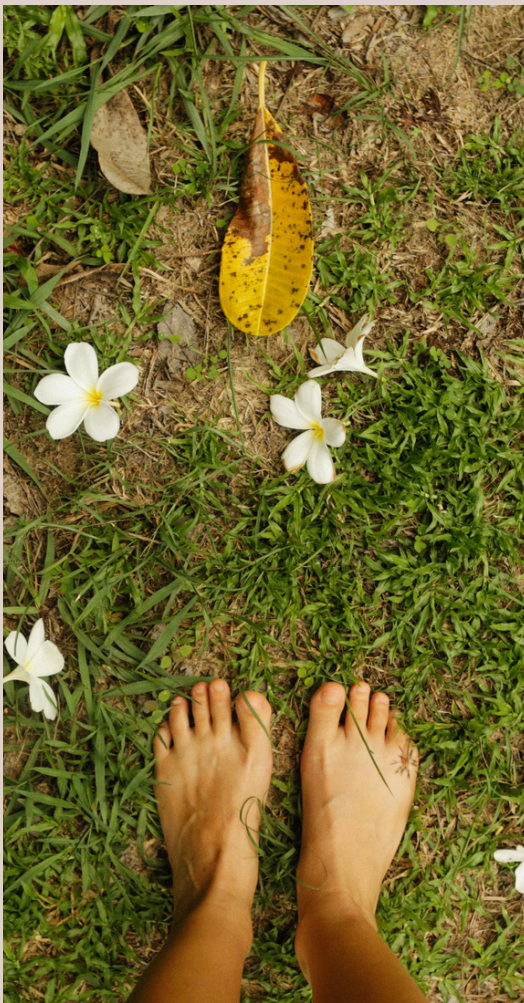
- in which situations do I feel like losing hold under my feet?
- What emotions and thoughts can I identify correlate to that?
- When was the last time I felt completely safe and secure? What contributed to that feeling?
- What areas of my life currently feel unstable, and how can I address them?

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Grounding Practice

- walking barefoot on gras, soil or sand to connect with nature
- De-clutter: what are 3 things you don't need but still hold on to? Maybe it's time to let them go
- Visualize growing roots from your feet or the end of your spine into the earth - you can do that whenever you feel overwhelmed or emotional as well as during meditation



Breathing

Engage in deep belly breathing to calm your nervous system.

Why: Deep breathing stimulates the vagus nerve, signaling safety to the brain. This practice helps reduce anxiety and enhances clarity - go back to Day 1 to see more.

(The following can be combined with the conscious Breathing Technique from Day 1)

- lay down or sit down or do that in whatever position you feel comfortable
- Place one hand on your chest and the other on your stomach
- First breath 2-3 times with out doing anything but observing how your breath os going - fast, slow, deep, suficial, what is moving with your breath, how does your body feel?
- Followed by 2-3 breaths into your stomach - try to let the hand placed on your chest be still and static as good as possible
- After that switch it: breath into your chest and try not to move your stomach, 2-3 times
- When you finish let your breath flow and just observe for a moment how it feels

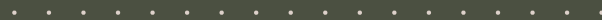
Today's Actions:

Journal
Grounding
Practice
Breathing



RELEASING - RESILIENCE SACRAL CHAKRA

Emotional resilience is the ability to adapt and maintain stability through life's challenges, helping you navigate emotional ups and downs with greater ease. When combined with a strong sense of coherence—the understanding and belief that life is manageable, meaningful, and makes sense—you create a foundation for mental and emotional well-being. Today, we focus on releasing emotional tension and building tools for resilience through mindful practices, forgiveness, creativity and gratitude. By letting go of what no longer serves you, you make space for creativity, clarity, and emotional flow.



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- What emotions am I experiencing most often, and what do they tell me about my current state?
- What are three emotions I'd like to feel more frequently, and how can I nurture them?
- What triggers negative emotions for me, and how can I better respond?
- What does forgiveness mean to me, and what or whom might I need to forgive?
- How can I create more opportunities for creativity and flow in my life?

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Emotional Resilience: Recognizing Triggers and Practicing Non-Reactivity

Emotional resilience is your ability to bounce back from challenges while maintaining balance.

Recognizing and managing emotional triggers reduces reactivity and nurtures inner peace.

How can you achieve emotional Resilience?

Use the **"Pause and Reflect"** technique: when triggered, pause for a breath cycle before reacting.

- Practice labeling emotions without judgment: say "I feel frustration" instead of "I am frustrated"



In a world full of noise and distractions, sitting in stillness is your gateway to reconnect with yourself and find balance from within.

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The Power of Forgiveness

Forgiveness is the act of letting go of resentment toward yourself or others.

Why: It frees up emotional energy and cultivates a sense of coherence and peace.

How:

- Reflect on past grievances and consider writing a forgiveness letter to a person, a situation or to yourself (you don't need to send it).
- Meditate on releasing resentment with each exhale.
- Try Ho'oponopono



Ho'oponopono

It is an ancient Hawaiian practice of reconciliation and forgiveness. The term means "to make right" or "to correct an error."

At its core, Ho'oponopono involves repeating four simple phrases as a form of self-healing and forgiveness:

1. I'm sorry: Acknowledge and take responsibility for any pain or harm caused (even if unintentional).
2. Please forgive me: Seek forgiveness, whether from yourself, others, or the universe.
3. Thank you: Express gratitude for the opportunity to learn and grow from the situation.
4. I love you: Send love to yourself, others, or the situation to release negativity and create harmony.

Ho'oponopono is a gentle yet powerful tool for fostering self-compassion, improving relationships, and cultivating inner peace. By regularly practicing it, you can clear emotional blockages and enhance your overall well-being.

Creativity and Flow

Creativity and the ability to express yourself is important for finding Joy, meaning and resilience.

Why: Freeing emotional blockages enhances your capacity for creative problem-solving, the feeling of being capable when managing and regulating your emotions and joyful living. Whereas when we find ourselves in fight-flight-freeze (which is a stress response) we are focused on our own survival but cannot be creative and open towards problem solving. It blocks us from our capability of entering our creativity and find other ways of dealing with life.

How:

What is one thing you enjoy doing? Engage in that creative activity more frequently and feel free to try new things out: drawing, dancing, writing.



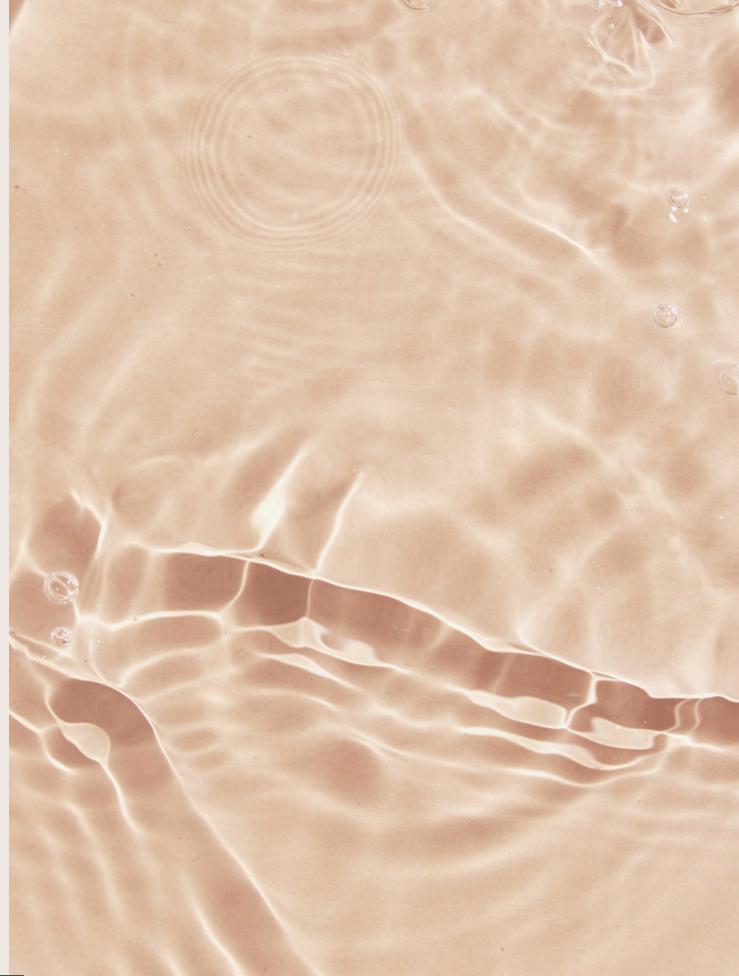
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CULTIVATING A SENSE OF COHERENCE

A sense of coherence is about perceiving life as meaningful, manageable, and comprehensible.

Why: Strengthening this perspective helps you navigate challenges, reduce stress, and build emotional resilience. It provides a foundation for well-being and empowers you to release emotional burdens with confidence.



How:

Reflect on life's challenges and identify how they've helped you grow or find meaning. Practice gratitude for manageable aspects of your day, no matter how small.

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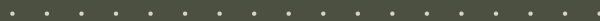
Today's Actions:

Journal
Pause & Reflect
Forgiveness
(Ho'oponopono)
Do something
creative



NOURISHING - BELIEVES SOLAR PLEXUS CHAKRA

Your mindset and belief system play a powerful role in shaping your reality, building your wellbeing and creating a healthy and joyful life. Day 4 focuses on nourishing both your body and mind, exploring energizing practices, and addressing limiting beliefs that may block your personal power. The Solar Plexus Chakra governs confidence, self-worth, and the inner fire that drives you to achieve your goals. Together, we'll fuel your body, challenge your thoughts, and ignite your personal empowerment



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- What limiting beliefs about myself do I carry, and how can I reframe them?
- What nourishing habits (physical or mental) make me feel my best?
- When do I feel the most confident and powerful?
- What past experiences have shaped my self-worth?
- How can I support myself to live with more energy and confidence?

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Nourishing Habits

These are Habits that fuel your physical, mental, and emotional health.

Proper nourishment fosters clarity, energy, and resilience.

How:

- Prioritize whole, nutrient-dense foods that energize your body.
- Hydrate frequently and incorporate mindful eating practices.
- Introduce daily affirmations to nourish your mindset, use those as examples or add your own
 - I am strong, confident and powerful
 - I can do anything I put my focus into
 - I feel ready to take my life into my own hands and follow my goals
- Do something just for yourself everyday and practice not feeling bad about it
- Give yourself one hug daily
- Give yourself a high five every time you cross a mirror

Shadow Work

It's a practice of exploring and embracing your inner shadow—parts of yourself you may suppress or ignore.

Why you should try it: Uncovering limiting beliefs and emotional blocks fosters healing and builds self-worth.

How:

- Reflect on situations where you doubt yourself.
- Ask: Where does this belief come from? How is it serving me? How can I reframe it?
- Practice self-compassion and forgiveness for past judgments.

Follow the guide on the next pages to engage deeper in your shadow work session

notes:

A Guide for Shadow Work

Exploring Core Beliefs for Self-Love, Confidence, and Self-Worth

1. Preparation

- Set a Safe Space: Choose a quiet, comfortable place where you won't be interrupted.
- Tools: A journal, pen, and optional soothing elements like soft music or a candle.
- Intent: Set an intention to approach yourself with curiosity and compassion.

2. Discovering Core Beliefs

- Ask yourself these questions and journal your answers:
 - Self-Love:
 - What do I believe about my worthiness of love? I am worthy of Love? Why am I not worthy of Love?
 - Where did these beliefs come from (childhood, relationships, societal standards)? What happened?
 - How do I treat myself when I make mistakes?
 - Confidence:
 - What do I believe about my ability to succeed? Am I confident? Why am I not?
 - How do I handle failure or setbacks?
 - When was a time I doubted myself but succeeded? Why?
 - Self-Worth:
 - Why am I valuable? Why am I not? What makes me feel valuable as a person?
 - What external factors influence my sense of worth?
 - How did my caregivers or environment shape my beliefs about self-worth?
- Some of those questions are intentionally provocative to bring out a hidden part of you. You are worthy, lovable and confident - these questions and the answers that may come up are not here to validate it or not, they are used to become aware of the parts of yourself that don't believe in it 100%.

Name it to tame it is the key for more understanding and compassion towards yourself

A Guide for Shadow Work

Exploring Core Beliefs for Self-Love, Confidence, and Self-Worth

3. Identifying Origins of Beliefs

- Reflect on formative experiences:
- Were there moments in childhood or early adulthood that made you question your worth?
- What messages about love, success, and value did you internalize from family, peers, or media?
- Highlight patterns:
- Notice recurring themes in your beliefs and how they connect to past experiences.

4. Reframing Negative Beliefs

- Identify: Write down one limiting belief about your self-love, confidence, or self-worth.
- Challenge: Question its truth: Is this belief absolutely true?
- Reframe: Replace it with a more empowering belief. Example:
- Limiting belief: "I'm not good enough."
- Reframed belief: "I am worthy and growing every day."

5. Affirmations for Healing to practice compassion

- "I am deserving of unconditional love."
- "I trust my abilities and embrace my growth."
- "My worth is inherent and unshakable."

6. Closing

End the session with gratitude for your courage to explore and affirm your journey to self-awareness and empowerment. You can revisit these prompts over time to deepen your understanding and nurture your growth.

Today's Actions:

Journal

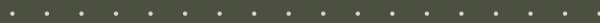
Nourish yourself

Shadow Work



BALANCING - LETTING GO HEART CHAKRA

On Day 5, we focus on finding balance in our emotional and relational lives. This involves practicing acceptance, letting go of what we cannot control, and cultivating self-love and compassion. By shifting to a “Let them” mindset, we learn to release over-identification with external situations, strengthen boundaries, and develop healthier relationships. This day aims to align your inner balance with a life full of genuine connections, love, and peace.



Emotional Resilience

Learn to practice empathy without taking things personally.

This will strengthen relationships and builds emotional stability.

How:

- **Reframe situations & challenges** by asking “Is this really about me?”
- Use mantras like, “I release what is not mine to carry.”
- When faced with adversity, ask yourself, What can I learn from this? Write down opportunities for growth.

By doing that you are shifting perspective which fosters optimism and adaptability.

Practice mindull awarness

Take 5-10 minutes daily to observe your emotions without judgment. Focus on your breath and acknowledge feelings as they arise - you can do this in meditation or whenever emotions got triggers during your day

This mindfulness builds awareness and reduces emotional reactivity, helping you stay calm under pressure.



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Strengthen your support system

Build connections with supportive friends, family, or mentors. Share your experiences and seek feedback. Think twice about sharing things when you know the person you share it with will act offended, makes things all about them or plays like a victim - remember: you are searching for positive feedback and support.

Why? A strong network provides emotional strength and helps you navigate challenges effectively.



Self-love & healthy boundaries

Prioritize yourself and maintain emotional balance.

Self-love fosters confidence, while boundaries preserve your energy and protect your well-being.

How:

- Reflect on acts of kindness you can extend to yourself as well as where you need boundaries and how to set them kindly but firmly.
- Take small, meaningful actions in alignment with those.

You'll find steps on how to cultivate self-love and set healthy boundaries for self-love on the next pages.

notes:

Practical Tips for Self-Love

- **Daily Affirmations:** Speak kind, positive affirmations to yourself to build self-worth.
- **Self-Care Practices:** Dedicate time to activities that nourish your mind, body, and soul, like yoga, journaling, or a relaxing bath, spending time doing your hobby, inviting yourself to a day in a spa, the cinema or a nice restaurant/meal.
- **Set Goals:** Focus on achievable goals to build confidence and celebrate small wins. Practice Integrity and Respect for yourself by taking daily actions towards those goals.
- **Practice Forgiveness:** Let go of self-criticism and past mistakes.
- **Spend Time Alone:** Get comfortable with solitude to deepen your connection with yourself.

Ways to Express Healthy Boundaries

- **Communicate Clearly:** Use “I” statements to express your needs without blaming others.
- **Learn to Say No:** Decline requests that drain your energy or don’t align with your priorities.
- **Set Time Limits:** Protect your schedule and energy by allocating boundaries for work, social time, and rest.
- **Recognize Emotional Limits:** Avoid overextending yourself in emotionally draining situations.
- **Reinforce Boundaries:** Kindly remind others of your limits if they are crossed

SELF-LOVE & BOUNDARIES GAME CHANGER

Connect with Your Body

When you're unsure about your feelings or overwhelmed, your body holds the answers—it communicates through four main simple signals: Yes, No, Stay, Go. These are the main underlying responses our body gives us when it comes dealing with other people, situations and life. Tuning into these cues can provide clarity in uncertain moments. Pause, breathe, and ask yourself where you are on these four responses.

This practice has been a game-changer for me. It's a simple way to honor your feelings without overthinking or self-sacrifice. Over time, it helps you act with alignment and build deeper self-awareness.



Accepting What You Cannot Control

It's a practical exercise to separate controllable and uncontrollable factors in your life.

It's powerful to reduce stress and also create space for mindful decision-making.

How:

Acknowledge the Feeling

- Identify and accept the emotion without judgment.

Separate Facts from Interpretation

- Ask yourself: What actually happened? and What story am I telling myself about it?

Focus on What You Can Control

- Make a list of what you can influence and take small, meaningful actions. Let go of the rest—it's not within your power.

Shift Perspective

- Practice gratitude or reflect on the lesson this situation offers. Changing your viewpoint can transform the emotional charge.

Use a Letting-Go Ritual

- Try visualizing the issue floating away or write it on a piece of paper and tear it up. Meditate on releasing it with each exhale.

Heart based Meditation

Do this meditation practice to foster love and compassion.

It helps open the heart, enhance emotional resilience, and connect authentically with yourself and others.

- Sit quietly and place your hand on your heart.
- Breathe deeply, visualizing love flowing in and out of your heart.
- Repeat affirmations like, "I am love. I give and receive love freely."

Today's Actions:

Reframing Exercise

5-10min of mindfull
awarness

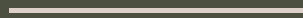
Practice Self-Love
and set Boundaries

2 Lists Exercise

Practice Acceptance

Meditate

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ENERGIZING - MOVEMENT THROAT CHAKRA

Today is all about reconnecting with your authentic self and energizing your mind, soul and body through mindful movement, breathwork, and intentional communication. By exploring the messages your body sends, practicing authentic self-expression, and activating your throat chakra, you'll build the energy and confidence to express your truth with clarity and kindness.



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- What messages is my body sending me today? How can I honor these signals?
- How do I currently express my needs? What could I improve?
- What does living authentically mean to me?
- When was the last time I felt truly alive and joyful? What contributed to that feeling?
- What steps can I take to express myself with more clarity and confidence?

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MINDFULL MOVEMENT & CONNECTING WITH YOUR BODY

Use yoga, a workout or any movement to deepen awareness of your body's signals.

Listening to your body helps you address its needs and prevent burnout.



- Write down 3 points or more about physical sensations (e.g., fatigue, tension) and interpret their emotional or mental causes. - do you feel stressed out in a certain aspect of your life that is shown in tension in the neck and shoulders? Do you feel tension or pressure inside your chest or stomach that come from unexpressed feelings?
- Adjust your day as good as possible based on your body's needs: rest, hydrate, or move gently.
- Move your Body daily, whether it's yoga, running, walking, dancing, ... and try to stay present with you body - how does It feel in those movements? Is there tension or stiffness? Does one side feel lighter than the other? ...
- When emotions feel overwhelming or your energy is low, try a quick shaking exercise to reset your body and mind. Stand up, let go of tension, and start shaking your hands, arms, legs, and whole body. Focus on releasing stagnant energy with each movement. It's a simple yet powerful way to boost energy, refresh your mind, and process emotions like frustration or sadness. Do this in the morning, during breaks, or whenever you need an emotional reset—it's liberating and grounding.

How to Self-Express and Live Your Truth

Reflect on Your Values

- Identify what truly matters to you.
- What values are most important?
- What kind of a person do you want to be?
- What values are not important to you and what behaviors do you not like?
- Write down your core values and principles to align your actions with them.

Recognize Your Needs

- Regularly check in with yourself.
- Ask: What do I need right now emotionally, mentally, and physically? Then give it to yourself.

Communicate Authentically

- Practice speaking clearly and kindly about your thoughts and feelings. Stop saying things you don't mean.
- Use "I" statements to own your perspective.

Embrace Vulnerability

- Share your true self with trusted people.
- Accept imperfections as part of your humanity.

Set Healthy Boundaries

- Clearly communicate limits without guilt.
- Remember, saying "no" to others can mean saying "yes" to yourself.

Celebrate Your Unique Voice

- Pursue creative outlets or hobbies that feel authentic to you.
- Allow yourself to be unapologetically you.

Check In Regularly

- Reflect on your choices and actions: Are they aligned with your truth?
- Adjust and realign when needed.

Today's Actions:

Journal

Body Scan

Move your Body
consciously

Express yourself



REFLECTING - ALIGNMENT THIRD EYE CHAKRA

As we near the completion of this journey, today is an opportunity to step back and see the bigger picture of your holistic health journey. Reflection is a powerful tool to deepen self-awareness, strengthen your intuition, and bring clarity to your path forward. This day is about understanding how the practices from the past week interconnect and learning to trust your inner wisdom as you align your actions with your values.

Instead of focusing solely on repeating meditation and journaling, today introduces practical ways to integrate what you've learned and connect your intuition to actionable insights for your life.



JOURNAL



- When was the last time I ignored my inner voice and what did I learn?
- Which situations bring me most in touch with my intuition, and how can I consciously encourage these moments?
- In which areas of my life do I feel completely in tune? Where do I feel disharmony and what could I change?
- How can I organize my day to live more in harmony with my values and my truth?

Notes:

A large, empty white rectangular box intended for writing notes.

Reflective Visualization

This is a guided visualization exercise to reflect on how far you've come during this journey.

Visualization engages your imagination and emotions, reinforcing positive changes and insights.

1. Sit in a quiet, comfortable space. Close your eyes and take a few deep breaths.
2. Visualize yourself at the beginning of this journey—recall the feelings and intentions you had.
3. Mentally walk through each day's themes (grounding, releasing, nourishing, balancing, etc.) and notice what stands out to you.
4. End by envisioning yourself thriving, feeling balanced and aligned, with a strong connection to your intuition.



Deep Listening & Intuition

This simple practice of listening to your intuition and translating it into actionable steps.

Your Intuition is more than a feeling—it's a guide to help you make choices that align with your values and goals.

How:

- Write down a current situation where you feel uncertain or need guidance.
- Ask yourself: "What is my intuition telling me about this situation?"
- Instead of overthinking, sit with the question in silence and notice what comes up (feelings, words, or images).
- Translate your intuitive insight into one small, practical step you can take today.
- Deepen the 4 main signals by asking yourself where you're intuition is guiding you towards:
yes - no - stay - go



My Situations:

What is my Intuition telling me?

observe...what comes up?

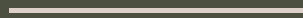
Today's Actions:

Journal

Refelctive
Visulazition

Deep Listening
Practice

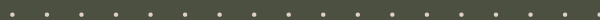
Meditation



THRIEVING - CONNECTION THIRD EYE CHAKRA

As we near the completion of this journey, today is an opportunity to step back and see the bigger picture of your holistic health journey. Reflection is a powerful tool to deepen self-awareness, strengthen your intuition, and bring clarity to your path forward. This day is about understanding how the practices from the past week interconnect and learning to trust your inner wisdom as you align your actions with your values.

Instead of focusing solely on repeating meditation and journaling, today introduces practical ways to integrate what you've learned and connect your intuition to actionable insights for your life.



Defining Purpose beyond the goals

Start reflecting on what truly drives you beyond external goals.

Your purpose is not just about achievements; it's about alignment.

Purpose gives you meaning, direction, and fulfillment, which enhances holistic health.

How:

- Reflect: Take a moment to think about your life and how you show up each day. What motivates you to get out of bed in the morning?
- Ask Yourself:
 - What values do they guide my actions?
 - What gives me a sense of deep satisfaction, beyond success or recognition? What brought me the most joy when I was a child?
 - What legacy do I want to create or leave behind?
- Actionable Step:
 - Write down your answers. These are the building blocks of your deeper purpose, not just surface-level achievements.

notes:



Defining your core values

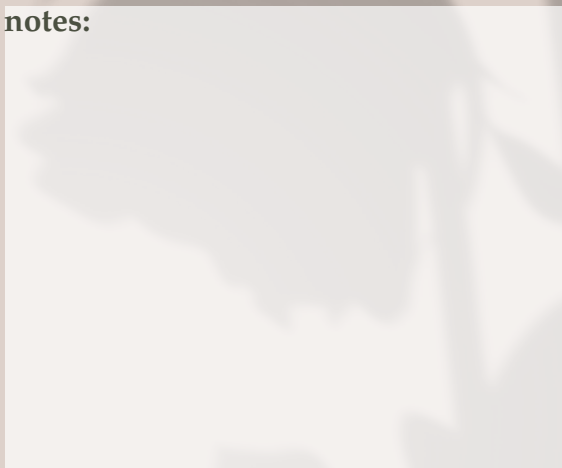
Your core values are the principles that guide your actions, decisions, and interactions. They are the foundation for your purpose and help you live in alignment with who you truly are.

By defining your core values, you can make empowered decisions and set boundaries that align with your deeper self. Knowing your values allows you to live authentically and take meaningful actions toward your purpose.

How:

- Think about moments in your life when you felt the most fulfilled, proud, or truly yourself.
 - What were you doing, and why did those moments stand out?

notes:



How to identify Core Values:

Ask yourself the following questions

- What qualities do I admire most in others?
- When do I feel the most at peace with myself?
- What causes or issues make me feel passionate and ready to take action?
- What principles do I always return to, no matter the situation?

Create Your List:

From these reflections, write down 5–10 values that resonate most with you. These might include words like love, integrity, authenticity, growth, service, balance, etc.

Prioritize:

Out of your list, identify your top 3 core values. These are the non-negotiable principles that should guide your decisions and actions every day.



What values do they guide my actions?

What gives me a sense of deep satisfaction, beyond success or recognition? What brought me the most joy when I was a child?

What legacy do I want to create or leave behind?

What are my core values??

“

ALIGNING ACTION WITH PURPOSE

Purpose becomes real when it's translated into daily actions. Today, let's set specific intentions for how you'll step into your true role in life.

Because Intentions transform energy into action. By aligning your daily choices with your deeper purpose, you create momentum and clarity.



How:

Reflect: Based on your reflections from earlier, choose one key action to take today that aligns with your deeper purpose. This could be as simple as reaching out to someone, sharing a talent, or dedicating time to something meaningful.

Actionable Step:

Identify one small step that aligns with your purpose today, and commit to doing it.

Example: If your purpose is to contribute to wellness, schedule a self-care practice, share your knowledge, or support someone in need.

Today's Actions:

Reflect on
Purpose

Identify your core
values

Take aligned
actions

Meditate-Move-
Breath

-

CONGRATULATIONS ON COMPLETING THIS 8-DAY JOURNEY TOWARD HOLISTIC HEALTH!

By showing up for yourself each day, you've taken powerful steps to reconnect with your body, mind, emotions, and spirit. Together, we've explored grounding, releasing, nourishing, balancing, energizing, reflecting, and thriving—laying a strong foundation for a healthier, more joyful, and aligned life.

This guide was designed to help you build awareness, create meaningful habits, and discover the tools to support yourself holistically. While these eight days have provided a starting point, your journey doesn't end here—it's just the beginning of an ever-evolving process of growth, self-discovery, and healing.

What's next?



1. **Revisit the Practices:** Each day in this guide introduced tools you can return to again and again. When life feels overwhelming or you need grounding, revisit a specific day's practices to regain balance.
2. **Create Your Daily Rituals:** Reflect on which exercises and habits resonated most with you. Use them to create a personalized daily routine that supports your overall well-being.
3. **Expand Your Practice:** If you feel ready to go deeper, here are ways you can continue this journey:
 - **Join a Yoga Class:** Practice mindfulness and movement regularly to support your body and mind.
 - **Attend a Workshop:** Dive deeper into topics like emotional resilience, purpose, or self-love with guided, interactive sessions.
 - **Book a 1:1 Coaching Session:** Work with me personally to focus on your unique challenges and goals.
4. **Set Holistic Intentions:** Think about what you want to carry forward from this guide. Set intentions that align with your values and purpose, and commit to small, consistent actions.

Remember This:

Your well-being is a lifelong journey, not a destination. Be patient and kind with yourself. Growth happens gradually, and even the smallest actions can create meaningful shifts. You have all the tools within you to live a life full of balance, connection, and joy. Trust your intuition, honor your body's wisdom, and continue nurturing your holistic health with intention.

SEE YOU SOON!



STAY CONNECTED

: You don't have to do this alone. I'm here to support you as you take the next steps. Feel free to reach out, join a class or workshop, or connect with me on social media for more tips, guidance, and inspiration. Together, we can continue building a life that feels aligned, purposeful, and full of vitality.

Thank you for trusting me to guide you on this part of your journey. You are already thriving, and I can't wait to see what's next for you.

With kindness,
Maria Froetschel

THANK YOU

THANK YOU!

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Maria Foetschel