

TOP TEN HABITS FOR RADIANT HEALTH IN THE NEW YEAR, from vedaWise

BREATHE

breathe deep. breathe with awareness. breathe life, light, love and gratitude into your whole body and feel how beautiful you are.



CENTER

say a prayer, meditate, or listen to inner silence: visualize beauty, feel your aliveness, imagine a day full of possibility.

ENLIVEN

splash your face with cold water. cup water to your open eyes to clear & refresh



STIMULATE

spoon an ounce of sesame oil into your mouth: swish for 20 minutes

REJUVENATE

massage your whole body with sesame oil, let absorb 20 minutes, then shower.



HYDRATE

add the juice of half a lemon to an 8 ounce glass of room temperature or warm water and drink on an empty stomach.

CIRCULATE

start your day with movement: yoga asana, a brisk walk, joyful dance, a swim... and feel your heart pulse with energy and life.



IGNITE

drink ginger tea with your meals; alternatively, mint or fennel tea if you run hot

SEASON

align with nature's rhythms. live seasonally: cultivate quiet and warmth in winter; heat and movement in spring; cool and soothing in summer; slow and steady in autumn. eat seasonally, too: *all of the world's healthiest foods are seasonal!*



SLEEP

get to bed by 10pm and aim for 8 hours of restful sleep. listening to sweet music, a guided visualization or yoga nidra will help.