

THE INC 30 DAY YOGA CHALLENGE

During the next thirty days, for five minutes each morning, you will practice alternate nostril breathing and a sun salutation flow for starting your day with ease. Your goal is to continue with a daily routine moving forward for years to come. Make sure you use your checklist to check off each day you commit and as well as your intentions and reflections pages.

To add depth to your practice, get my free *Yamas & Niyamas How to Master Your Joy in Ten Weeks*, program, where I take you through the Ten Ethical Principles of Yoga.

THE BREATH

NADI SHODHANA

This is also known as alternate-nostril breathing.



THIS PRANAYAMA PRACTICE ALTERNATES
BLOCKING THE FLOW OF YOUR BREATH
THROUGH YOUR NOSTRILS

1. While sitting quietly, take three slow inhales and three slow exhales.
2. Place your right hand in front of your face and gently close your right nostril with your thumb, inhale through the left nostril very slowly
3. Close the left nostril with your ring finger, closing both sides of your nose, hold for a moment.
4. Release your thumb so opening your right nostril, exhale completely, pause
5. Inhale on the right side
6. Again, hold both sides closed and pause
7. Release your ring finger and exhale through your left nostril
8. Repeat 3-5 times or more if you like.

You can perform this in the shower. The steam really opens the nasal passages.

If you have a stuffy nose, complete Step 1 with a drop of eucalyptus essential oil on a tissue under, not against, your nose. Make sure you are not sensitive to the oil. It can be overwhelming for some people.

I recommend you make this a morning routine. You can also do it in the evening, adding an additional practice to your day.

I highly suggest that you do not touch your phone until your practice is complete, unless you use it as your alarm clock. Social media or e-mail can disrupt your morning flow.

Before you begin...

The speed you do this practice is entirely up to you. Your body is expected to be tight from sleeping, and the first time through the flow might be more challenging.

Repeating the cycle three to five times for each practice is recommended. Stop if you get dizzy!

Follow the poses to the best of your abilities on the following page. Remember, it is about the breath, not doing the pose perfectly. The flow is energizing, and because every part of the body is activated, you perform total body strengthening and stretching.

I hope this challenge inspires you to continue with this practice or start your own. Also, yoga is still exercise. Talk with your doctor for your own safety.

Happy Hugs, Jen

P.S. Do not forget to get my free *Yamas & Niyamas How to Master Your Joy in Ten Weeks* program, and visit my blog often, www.jenniferheldinc.com/blog/.



Standing with hands in or out
Neck long
Knees straight, but relaxed



In-breath reach up
Careful leaning back
Hips slightly forward



Out-breath fold forward
Bend your knees if needed



In-breath reach forward
Palms can face in or out



Out-breath gently reach forward
and walk feet back to
settle into plank



In-breath drop hips and
raise upper body
into upward dog



Out-breath raise hips
into downward dog
Heels do not have to touch



In-breath push hips
back and bring hands
back towards you



Out-breath bring nose to
knees



In-breath stretch up to the
sky as before



Out-breath lower hands
back to your side

MC 30 Day Yoga Challenge

1

2

3

4

5

6

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M I N D F U L *Reflections*

You can either write, or mentally note, your daily intention prior to your practice and you evening reflection at the end of your day.

Daily Intention

Evening Reflection

M I N D F U L *Reflections*

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Daily Intention

Evening Reflection

About

Integrative Nutrition Coaching, LLC

My name is Jennifer Held, and I'm in the second chapter of my life as a solopreneur and owner of Integrative Nutrition Coaching. I've dedicated this chapter to helping those navigating the menopause journey find balance and support during this transformative time.



I began my own menopause journey in my early 40s with debilitating symptoms that led to two life-changing surgeries. By 48, I found myself in full menopause with little to no education on the subject, forcing me to figure it out on my own. This inspired me to become a Certified Professional Health Coach through the Institute for Integrative Nutrition.

I continue to learn every day, seeking ways to help others achieve their goals and create harmony in their lives. Through my blog, weekly emails, free guides, and coaching, I share what I've learned to inspire and support others.

If you're ready to seek answers, find what lights you up, and have a health coach by your side, I'm here to help, and we can do it together. Head to my website <https://jenniferheldinc.com/theprogram/> to learn more.

IMPORTANT: Health and wellness coaches support clients in achieving self-directed goals and behavioral changes consistent with the client's vision for health and well-being. Coaches do not diagnose, interpret medical data, prescribe or de-prescribe, recommend supplements, provide nutrition consultation or create meal plans, provide exercise prescription or instruction, consult and advise, or provide psychological therapeutic interventions or treatment.

Ready to begin your journey with INC? Visit my website today!

www.jenniferheldinc.com

