

LIFESTYLE MODIFICATION

BECOME NEW

DAY 1

PERSONAL DISCIPLINE

1. Freedom & Discipline- Complementary- Discipline protects freedom.

2. Self-Imposed Discipline -Forbearance- Tapas.

3. Positivity- Cleanliness- Body and Mind -Task- Clean a room, clean your body (internal cleansing with lemon and lukewarm saline water, enema, oil bath) 4. Four step Approach: Aerobic Endurance, Self-Healing, Nutrition & Stress Elimination.

Other task (daily) - Walking 20 minutes and practice yoga video.



LIFESTYLE MODIFICATION

YOU ARE WHAT YOU EAT !

DAY 2

1. Food for the body- Nutrition- Satvic, Rajasic, Tamasic
A day's meal- 1/3 of fruits, 1/3 of vegetables, 1/3 of pulses, cereals and tubers.

Acidity: Alkaline balance in the body- 20:80

2. Food for the mind- Knowledge
3. Food for the soul- Meditation
4. Tasks- Prepare salad.

Self – massage and steam.

2 times brisk walking & 2 times Warm-up & yoga



MODIFICATION

MIND- YOUR BEST FRIEND!

DAY 3

PERSONAL DISCIPLINE

1. Contentment- Happiness -Stop complaining ! -Task : Smile at you !
2. Self-study -Self Observation- Good or bad will change ☺ !
Task : 5 good and 5 bad qualities of yourself.
3. Devotion-Surrender- Body and Mind - Task : Pray !
4. Hydrotherapy- Tasks- Eye pack(10 mnts), Cold Abdominal pack(20 mnts), Hot foot immersion(10-15 mnts).



MODIFICATION

NATURE TREATS YOU!

DAY 4

FOOD – MEDICINE !

1. Nature works when you are at rest.
2. Types of diet – Eliminative, Soothing, and Constructive.
3. Tasks – Raw cooking

Walking, warm-ups, practice video.



LIFESTYLE MODIFICATION

INWARD JOURNEY!

DAY 5

FAMILY BONDING

1. Look inward- Toll gate to senses
2. "Prayatna shaitilya anantha samapathibhyam"- holding a posture and relaxing within.
3. Senses- Meditation
4. Family Bonding- Be a source of happiness!
 - Giving without expectation!
 - Perception of the other's observation of self and then comes the right expression.
 - Having a personal goal and a family goal.

Activity- Cook and have a meal together, exchanging your roles.

Baths- Hip bath, Spinal bath, Full immersion bath.



LIFESTYLE MODIFICATION

FOCUS

DAY 6

WORK MANAGEMENT

1. Dharana – Concentration – Trataka (eye exercise and meditation).
2. Work Management- Get out of your comfort zone, managing stress, time management, the three P's – Plan, Prioritize, and Prepare.
3. Task - Body, breath and mind focus
Plan, manage time, new initiatives.
Diet for work
Desktop yoga
Acupressure techniques.



LIFESTYLE MODIFICATION

MEDITATION IS MEDICATION!

DAY 7

SOCIAL COMMITMENT

1. Meditation- Cyclic Meditation
2. Social Commitment- Joy increases by sharing; give and take.
3. Action in three stages- intention, attention and manifestation.
4. Skill in action is yoga.
5. Important cure for basic diseases.

Task – Introducing LM to people. Sharing the experience.

Fasting and Silence.



MODIFICATION

BLISS!

DAY 8

SOCIAL COMMITMENT

1. Meditation- Love!

2. Revision

3. Be your own doctor!

6- Task- Commitment for two months follow up.

Plant a sapling in memory of lifestyle modification course.

