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.



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
- 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).



3

MODIFICATION

NATURE TREATS YOU!

DAY 4

FOOD - MEDICINE!

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

Walking, warm-ups, practice video.



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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.



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.



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

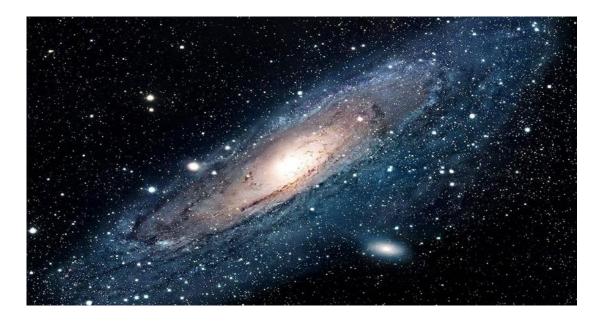
BLISS!

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.



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