

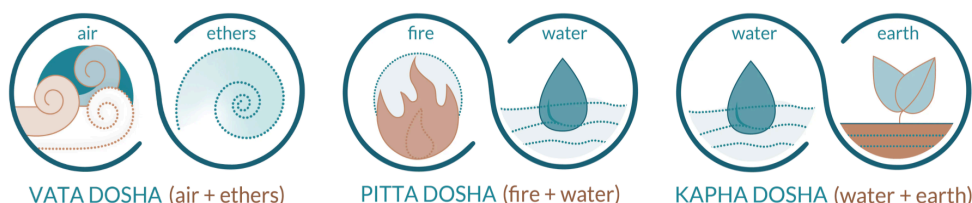
Everyday Wellness:

Simple Wisdom from Yoga & Ayurveda

WITH MARY KATHRYN JACKSON



Ayurvedic Doshas



Shifts to Begin Today *(pick one and start there!)*

- Cultivate a dinacharya: a daily rhythm to ground and stabilize your system that supports longterm well-being
- Slow down with micro-moments of pause throughout the day
- Morning quiet time: wake 5 minutes earlier
- Tongue scraping upon waking before eating/drinking (digestion starts in the mouth - clear out the ama from the day before!)
- Abhyanga self massage
- Biggest meal done by 3pm while Sun is highest in the sky
- 5-min break late afternoon 2-6pm — relax the senses (no media, sounds, etc.)
- When working or sitting: set alarm for every 20-25 minutes and get up for 2 minutes to move your body, drink water, then every hour, set an alarm for 5 minutes — bite-sized movement throughout day prevents stagnation
- Focus on inviting what you want in, not just what's "wrong" or imbalanced

How to Support Balanced Agni (digestion)

- Eat 3 meals a day about 4-6 hours apart (no snacking if okay for your body)
- Chew your food until liquid-mush consistency (tip: put your utensil down while you're chewing and wait until bite swallowed to pick it back up!)
- Eat warm foods. Room temperature is okay too. This reduces the digestive burden.
- Make mealtime mindful — keep conversation pleasant, no television/media. Focus on eating and all your senses.
- "Honor thy burp" — chew fully, eat slowly, and finish eating when the burp comes.
- Take a casual walk after meals (100 is enough, no more than 1000 steps. Walk slowly, not an exercise-walk.)
- Fruits are best digested when eaten alone far apart from a full meal, except dates which can be eaten any time.

Everyday Wellness:
Simple Wisdom from Yoga & Ayurveda
WITH MARY KATHRYN JACKSON

Contemplative Prompts

- What daily habits support my sense of well-being? Which ones deplete it?
- What does harmony look like for me (not an ideal, but in real life)?
- What's one thing that feels enriching and nourishing in my life?
- Where does most of my time and energy go?
- If I had more time, where could I direct my energy?
- Do I crave stimulation and movement, or comfort and stillness? What might my system actually need right now?
- Are there patterns in my energy throughout the day? When do I feel most vibrant and when do I feel drained?
- Where in my life could I invite in more rhythm?
- What helps me feel grounded, clear, or calm?

Beginner's Ayurveda Glossary

Ayurveda

An ancient, holistic system of medicine from India that focuses on balance in the body, mind, and spirit through lifestyle, diet, and natural healing.

Dosha

Your unique mind-body constitution, made up of three energies:

- Vata (air + space)
- Pitta (fire + water)
- Kapha (earth + water)

Dosha of the Seasons:

Spring = Kapha season

Summer = Pitta season

Autumn = Vata season

Winter = Vata then transitions into Kapha late-winter/early-spring

Agni

Your digestive fire. Strong agni means good digestion, clear thinking, and vitality.

Weak agni can lead to imbalance and illness.

Ama

Toxic buildup in the body or mind, often from undigested food, emotions, or experiences. Removing ama helps restore balance.

Prakriti

Your natural constitution — the dosha balance you were born with. It shapes your tendencies, strengths, and health patterns.

Vikriti

Your current state of imbalance. When your doshas shift out of alignment with your prakriti, that's vikriti.

Dinacharya

A daily routine designed to maintain balance through consistent self-care practices like waking early, tongue scraping, oil massage, and mindful eating.

Ojas

Vital energy or life essence. Strong ojas equals strong immunity, resilience, and emotional well-being.

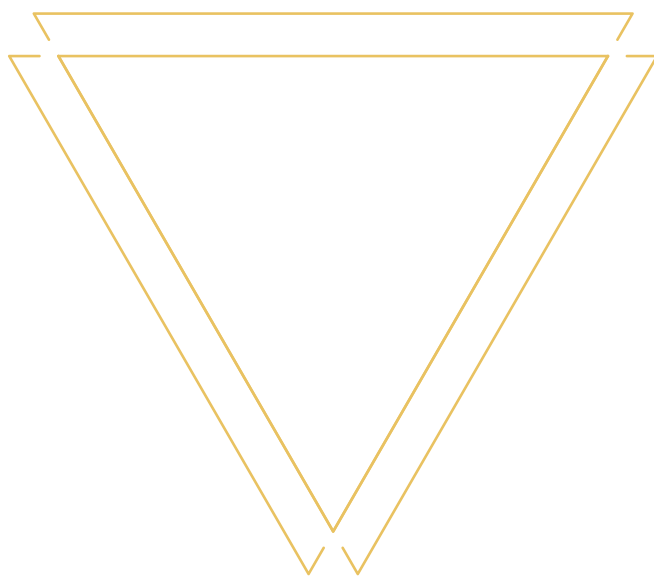
Srotas

The body's physical and energetic channels — pathways that carry food, water, breath, thoughts, and emotions.



5 Minute Reset

How to get strong, de-stress,
and energize in 5 minutes!



By

Mary Kathryn Jackson

Intuitive Coach



Hello friend!

Thank you for being here. I'm so glad you resonated with this offering and I truly hope it brings you a deeper sense of connection, feelings of wholeness, and optimal wellbeing in your life. This series of exercises will promote greater ease in your movement, clarity in your thoughts, and groundedness in your being. It also creates a clear channel for your own vital energy to flow, allowing you to be open and receptive when you want to be and conserve your personal energy when you need to.



I created this guide for you because I want you to have a practical, attainable method to start improving your life TODAY. After working with busy clients over the years I learned how important it is to create a system of accessible practices that will up level your life without adding more burden and stress.

By practicing this 5-minute reset every day, you can:

- Feel less stressed and able to handle everyday stressors with grace
- Be more awake and alert throughout the day
- Reduce brain fog and sluggishness
- Improve your posture and alignment which improves your overall health
- Get stronger and feel more confident in your body
- Have more energy to spend how you want to, when you want to
- Feel more flexible and open so you can play freely with your friends, kids, partner
- Be empowered with simple tools to implement whenever life's experiences feel like too much to handle
- Build a healthy habit that leads to more healthy habits in your day to day life (consider this your "gateway" healthy habit!)

I understand what it means to be busy and feel overwhelmed and unsure of where to begin to improve your life. I understand what it feels like to know where you want to be but unsure of how to get there. If you're feeling stuck, disconnected, and you need guidance, I want to help you get on track and create a plan to build a wellness lifestyle - one of smart, sustainable movement habits, heart-centered living, supportive relationships, and a clear, confident mind.

I also understand what it's like to feel motivated and willing to make changes, but want clear direction and extra support. Maybe you've already started your journey but are looking to expand and go deeper.

I understand because I've been in each of these places before, and I found a system that worked for me. But it's not enough to just find one system that works for one person. As an experienced yoga teacher, energy medicine practitioner, astrologer, and certified life coach, I help people like you identify their individual needs and wants, assess gaps in their lifestyle, and build a bridge between where you are and where you could be.

After working with hundreds of people since 2013, I learned that every body and every person's life is different, so are our desires and needs. So I customized unique plans for all of my beloved clients and students that helped them achieve their goals and maintain optimal wellbeing. It starts by getting moving!

So together, with this 5-minute reset, we'll start building a life that feels whole, healthy, and thriving for you TODAY! (Seriously, it only takes 5 minutes.) Whether you're feeling stuck and disconnected or you're pretty clear and motivated, this 5-minute reset will be an asset in your toolbox to feel better, maintain optimal health, and move forward in whatever direction you want to go. This has been in my toolkit for many years now and it truly works! If I don't have time or space (or energy) to do anything else in a given day, I do this series. And I ALWAYS feel better (and proud of myself for doing something!)

5 Minute Reset

Feel strong, de-stress, and energize naturally in 5 minutes!

These simple practices are beneficial to anyone living in a fast-paced world with little time to spare. In today's modern society, we're constantly bombarded with external stimuli; our lives are busy and it can be hard to slow down at night or get energized naturally in the morning. This short series is simple and effective. When practiced consistently, this 5-minute reset can clear stagnant energy and mental fog, improve circulation, restore energy, and reduce stress. You will feel grounded, connected, and vibrant - ready for whatever the day brings you.

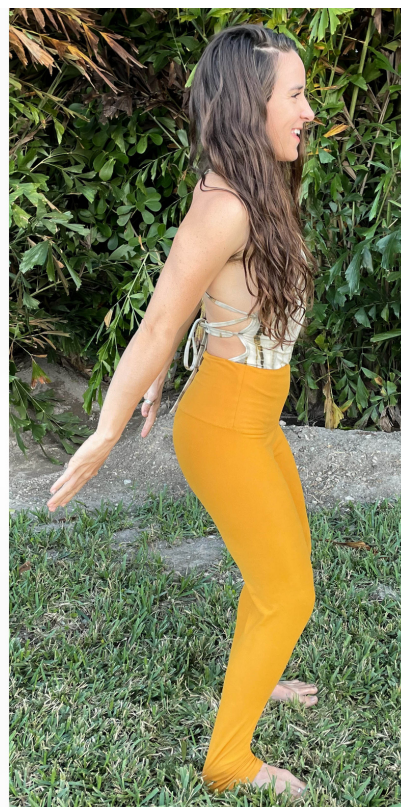
Wu Ji Rocker	1 Minute
Swinging Twists	1 1/2 Minutes
Cross Crawl	1 Minute
Grounding Squats	1 Minute
The Zip Up	1/2 Minute

While this is effective when practiced for just 5 minutes a day, if you have more time feel free to extend these exercises as long as you can. Enjoy more time in a particular exercise if it feels like what your body needs. And if you already have a daily routine, I suggest adding this series to what you have in place, that way it will be easier to maintain the habit. Sprinkle these exercises throughout your day whenever you need a boost or grounding!

Wu Ji Rocker - 1 minute

Helps achieve optimal body alignment and clear flow of energy

1. Stand with your feet shoulder-width apart or a bit wider if needed. Feet face forward with inner edges of feet parallel to the best of your ability. Slight bend in the knees so that your knees are not locked (locked knees suppress the flow of energy).
2. Bounce/rock the knees between slightly bent and more bent in fluid movements.
3. As you're bouncing with the knees bending, alternate between tight fists and open palms rocking forward and back. Like a lever, when your straight, unlocked arms swing backward, open your palms stretching the fingers wide. Then, as the arms swing forward close the hands into fists. Alternate between these two hand movements as your arms swing forward and backward like levers as the knees bend and rock like a bouncy spring.
4. This may take a few rounds to get the hang of it, but it should be a fluid motion rocking and bouncing as the knees bend and arms swing forward/backward. Don't stress about getting the coordination "perfect" - just find your own rhythm.
5. Deepen the breath with each round - breathe in fully and out fully.
6. Soften the body wherever possible - relax the parts of the body that are not actively working.



Swinging Twist - 1 ½ minutes

Opens the waist, loosens spine and shoulders, increases blood and energy flow throughout the body, promotes focus, helps program your body to rotate from the waist which benefits the lumbar spine, kidneys, and bowels

This turning-the-waist exercise is one you can do anytime you need to shake things up. Be sure to listen to your body and what it needs - smaller movements are just as beneficial as larger movements, so begin with small twists. If you experience low back and/or knee discomfort, slow down your movements and decrease the range of motion on the twist. Small and slow, so your body can warm and open over time. ALWAYS listen to what your body needs. The goal here is to invoke ease and openness, not tension and contraction.

1. From the Wu Ji stance (widen the stance if you need more room), let arms relax and loosely hang by your sides. Keep the feet facing forward and twist from the waist toward the right side, letting the arms and hands flap wherever they land along your body, and then to the left side. Keep your body light and relaxed as you fluidly twist from the waist to right and left. Allow your head to turn with your upper body, close the eyes if that feels good.
2. Try to keep the pelvis facing forward/the direction your feet are facing. Think of your pelvis as the stable base that allows your waist and upper body to turn from that stable base.
3. Focus your mind on stabilizing your pelvis and horizontally twisting by turning the waist.
4. Try inhaling as you turn one direction and exhaling as you turn the other direction - feel your breath fully inhaling and exhaling. Begin moving your body with your breath - as slowly or swiftly as you need to move - allow your breath to guide you, deepening your breath with each cycle.
5. If you need more room or want to make this movement bigger, lift off the back heel as you turn toward the opposite side. As you turn toward the right, lift off the left heel and pivot that foot as you turn - this will give you more space to twist and may feel better for some bodies. Do what feels right here. Keep the spine long and tall with your chest broadening open.

Cont'd Swinging Twist

6. Option: Intentionally tap your hands on energy centers of the body for a different experience. Make gentle fists with your hands. As you twist to the right, your right arm will flap on the backside of your body - tap your right fist near your left kidney in your middle left section of the back. The left fist will tap in the front shoulder/armpit (where a tank top shoulder strap would meet your armpit). Then alternate. Twisting to the left, your right fist will tap just outside of the armpit below the shoulder and the left fist will tap near the right kidney on the backside. This stimulates lymphatic drainage and kidney function.

7. Option: intentionally engage your abdominal and lower back muscles as you turn the waist, moving slowly and engage your core for a more active experience.



Cross Crawl - 1 minute

Balances energy and improves dialogue between left and right hemispheres of the brain, improves coordination and balance

This exercise can be done standing, seated, or lying down but I will share the directions for standing.

1. While standing, lift your right knee and left arm simultaneously. Gently place them down and raise your left knee and right arm simultaneously.
2. Then, lift your right knee and swing the left arm across the midline to the opposite side of your body. Both knee and arm are crossing toward the midline and opposite side of the body now.
3. If you can, twist so that your elbow touches your opposite knee.
4. Continue this exaggerated march for at least a minute, breathing deeply.
5. If you feel tired or uncoordinated doing this standing, try it seated. While sitting, lift one knee and reach the opposite arm across to touch the knee - alternate both sides.



Grounding Squats - 1 Minute

Strengthens lower body and core, activates grounding energy, increases feelings of strength, confidence, and power, and invigorates whole being

1. From the Wu Ji stance, spread your toes wide and plant your feet firmly on the ground. Feel the four corners of your feet root down into the ground. Build a strong base.
2. Engage the muscles in your legs and glutes. Stand tall with your chest wide open. Shoulders are engaged and active in their sockets.
3. Lower down into a squat without dropping the hips below the knees - stay upright and active.
4. Press firmly into the ground and recruit your glutes to lift you up to stand - squeeze your legs and glutes as you rise.
5. Next round: as you squat, actively push your arms out in front of you with palms open facing forward like you're pushing something away from you. When you stand, actively pull your arms back by your waist, bending the elbows and clenching the fists. Inhale as you squat down, pushing the arms actively forward, open the palms - exhale to stand, pull your arms in, bend the elbows, clench the fists. Repeat for one minute!
6. Pick up the pace on your final 20-30 seconds and vigorously work the arms while you inhale and exhale. For extra roar-power, let out a vocal exhalation each time! Make this joyful and expressive - have fun!



The Zip Up - ½ minute

Moves funky energy by clearing stagnation, boosts confidence, protects you from negative energies that you may encounter by tuning your own energetic field and sealing it. This “Zip Up” is an effective technique to use throughout your day, anytime you need to “zip yourself up” to protect yourself from the energy of other people.

1. From a comfortable standing position, place your hands just above your pubic bone with your fingers & thumbs forming an inverted triangle at the pubic bone.
2. Receive a deep breath in while you slowly move your hands up the center of your body - this is very intentional. Press with some pressure into the center channel of your body with intention as you visualize zipping up your vital energy inside your body sealing it off from the outside.
3. Continue upward under your chin and over your lips and up the forehead. Then, exuberantly raise your arms into the sky intentionally. Exhale as you circle your arms back down to your pelvis.
4. Repeat 3-7 times.



Thank you

for opting in to up level your life - it takes courage, and I commend you for making the choice to do something good for yourself! I know in my whole being that this can be helpful for you if you commit to the practice for at least 5 minutes a day.

I am grateful and honored to be of service and I genuinely want to help you unlock the bountiful, blissful, beautiful parts of you. Please send me an email and let me know your experience with this reset, ask questions about this or my work, or just say hi and tell me about yourself. I would truly love to connect with you!

Connect with me personally by email: info@marykathrynjackson.com

With Gratitude,

Mary Kathryn

