



# Simple Ayurveda Happy Healthy Holidays

with Angela Perger

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## Welcome

Welcome to Happy Healthy Holidays with Simple Ayurveda! **The purpose of this course is to give you the tools to stay true to yourself, feel healthy and vibrant, and to truly enjoy the holidays with simplicity, clarity and ease.**

This course offers suggestions and guidelines based on Ayurvedic wisdom. Some are rooted in traditional philosophy, some have been interpreted for modern day life. None of them are absolute. The purpose of Ayurveda (and it's sister science yoga) is to expand your life, not to cause stress or contraction. Take what works for you and allow yourself some grace for what doesn't. We are all evolving and growing at different rates throughout our life and need different things depending on any given moment.

This manual is divided into sections. Read what you need most at first. Take your time and allow the information to flow into your life in a way that feels beneficial.

## Sections

Daily Rhythm	Simplicity
Happy Digestion	Yoga
Happy Immunity	Recipes
Social Situations	

# Prework

Take a few deep breaths. Think about how you usually feel this time of year. Consider what it is you want out of life right now. There are no right or wrong answers. **This is self discovery so you can get crystal clear on what you are doing and why.**

## Self Inquiry

How do you want to feel this holiday season?

What are you willing to commit to?

Why are you making these commitments?

How will you hold yourself accountable?

# Your Commitment

Ayurveda simply is connecting our diet and lifestyle to the rhythms of nature. However, simple doesn't mean easy. This course asks that you commit to yourself and your well being during a typically busy time of year. Consider that the following commitments for the next 30+ days will help to bring about clarity, ease and mental + physical well being.

## *Daily self care*

**15 minutes of physical activity per day**

**Two 5-minute meditations sessions**

**5 minutes of self-inquiry and/or journaling**

Do these make you uncomfortable? If so, take a moment to consider why. Are you already doing some variation of these things? If so, do you commit to keep them going through the holidays?

## Take the Pledge

I declare that my well being is of utmost priority. In order to shine my light and share my gifts with the world I must protect and honor my own energy. I pledge to the following self care practices for the next 30 days: 15 minutes of physical activity, two 5-minute meditation sessions and 5 minutes of self-inquiry and/or journaling. I know that I worth it!

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your signature

# Real Life

The purpose of this course and required commitments are to create a foundation for real holistic wellness. Within the container of these commitments is plenty of wiggle room so that you can choose what best serves your needs on any given day.

## Why and How

### **15 minutes of physical activity per day**

Dancing, walking, Yoga... it all counts.

Consistency supports the body more than longer sporadic sessions. Of course you can move for more time, but make sure that you meet this minimum every day.

### **Two 5-minute meditation sessions**

Seated is ideal, but if that's not going to happen don't let perfectionism stop you from doing anything at all. Some other forms are walking meditation, yin yoga or laying down. You can focus on your breath, a mantra or use a guided audio.

### **5 minutes of self-inquiry and/or journaling**

The more that you pay attention to how you feel in any given moment, the more you cultivate awareness around what serves you. Throughout this manual you will find self-inquiry prompts that you can ask yourself and journal about.

# INTENTIONAL SIMPLICITY



Make a list of any and all holiday traditions and activities.



Which ones bring you joy? Which ones would you like to simplify? Which would you like to drop guilt free? Which ones will you adapt?