

JOURNEY TO WELL-BEING
Healthy Body



innernow

JOURNEY TO WELL-BEING:

Healthy Body

Incorporate healthy habits into your routine to support a joyful, energetic body.

InnerNow's Journey to Well-being gives you the tools and insights you need to navigate your personal journey and uncover the wisdom that is already inside of you. Use this workbook as a complement to the *Healthy Body* program by Sarah Finger in the InnerNow App.

Cultivating a healthy body may take many forms throughout your life. As we shift and change, so too do the practices we engage with in order to nurture our bodies. Beginning with awareness allows us to connect with the body and tend to what it needs rather than what we think it needs, we let the body communicate with us when we take time to build awareness.

Through the lens of yoga, we can practice mindful awareness and create space to experience our truest nature. The Seven Spiritual Laws, as discussed by Deepak Chopra, serve as a guide for our practice and support cultivating a healthy body.

Remember, well-being is a journey, not a destination. There is no “quick fix” or specified regimen. This journey is a commitment to yourself, creating consistent practices in a way that feels aligned for you, to access harmony in all aspects of your life.

Checking in With Your Body

As you continue your journey to cultivating a healthy body, let's take a moment to check in and develop deeper awareness to further your connection to *yourself*. Creating a lifestyle that honors a healthy body is a multi-dimensional practice. Often, we move through the day without noticing the way the body moves or what the body feels. Even through the busy flow of our days, we can create space to form a connection with our body to live with more ease and harmony.

EXERCISE | Body Scan

The body absorbs and digests all our experiences, from food to emotions to thoughts. Taking time to check in with how our whole being is absorbing our experiences is crucial in maintaining a healthy body.

Let's take a moment to pause for a mindful check in.

We'll practice scanning the body and, as we do so, simply notice anything that comes up.

The invitation is to release the need to control your experience and let yourself settle into the state of observation.

EXERCISE | Body Scan (Continued)

Visit the resources page to find an extended body scan practice for a longer moment to mindfully check in and nurture your body.

Begin by coming to a comfortable seated or lying down position.

As you bring attention to each part of the body, pause for a moment and feel as though you can release tension in each part of your body:

Begin at the crown of your head

Forehead	Arms
Eyebrows	Collar Bones
Nostrils	Heart Naval
Cheeks	Center
Jaw	Pelvis
Throat	Legs
Shoulders	Ankles
Elbows	Feet
Hands	Toes

Your whole body.

Notice any emotions that become present, perhaps you can sense where these emotions create sensation in your body.

Simply notice any experience that rises as you settle in this awareness.

After your practice, use the questions on the next page to reflect on your experience.

EXERCISE | Body Scan (Continued)

What am I experiencing right now?

In my body – *what sensations are most present?*

In my breath – *how does my breath feel today?*

In my mind – *what is the quality and pace of my thoughts right now?*

In my heart – *how does my heart feel today?*

In my whole being – *what is my relationship with connectedness, to myself, my environment, other people, the universe, in this moment?*

Reflection

Cultivating a *Healthy Body* is a multidimensional practice that requires us to check in with ourselves at all levels – within the mind, the emotions, the spirit, and the physical body. The Seven Spiritual Laws of Yoga can serve as reminders or guidelines for our sustained practice.

Take a moment to reflect on where you are, in this moment, with each of these guidelines. Each prompt or question is designed to connect you with one of the Seven Spiritual Laws. Remember, you can return to these questions and continue your reflection anytime as your journey evolves.

EXERCISE | Journaling Prompts

As you contemplate each question, consider how each of these laws can serve and support you as you practice cultivating a healthy body.

1. The Law of Pure Potential

How do you make space for curiosity in your life to connect with the field of pure potentiality, the place of infinite possibilities?

If you don't have any current practices, consider one practice that you can invite into your day to find this connection.

EXERCISE | Journaling Prompts (Continued)

2.The Law of Giving and Receiving

Reflect on reciprocity: Do you receive love as much as you are willing to give love?

If yes, reflect on how the presence of reciprocity uplifts your well-being.

If no, consider why this might be. Try to think of what it would feel like to find harmony between giving and receiving.

3.The Law of Karma

Contemplate the choices you make on a day to day basis: Do your choices bring fulfillment and happiness into your life and to others?

EXERCISE | Journaling Prompts (Continued)

4. The Law of Least Effort

Reflect on what resistance *feels* like in your mind, body, and heart. Then, what acceptance *feels* like. In what ways can you practice surrendering to each moment, unfolding exactly as it is?

Use this prompt when you find yourself stuck or being met with resistance.

5. The Law of Intention and Desire

Make a list of all your current desires.

Carry this list with you and look at it often, especially before a meditation practice. Practice surrender by letting go of attachment to the outcome or perceived path and allow these desires to manifest exactly as they are meant to.

EXERCISE | Journaling Prompts (Continued)

6.The Law of Detachment

How can you practice releasing attachment to expectations and outcomes?

Use this prompt when you feel gripped by any expectations of how you or a person outside of you should show up, how a situation should come to fruition, or any other experience you may encounter.

7.The Law of Dharma

What is a unique gift, or gifts, that you celebrate about yourself?

Use this list or quality to be reminded that your gifts are needed and always worthy of being seen and celebrated.

Affirmation

Now that you've had the chance to reflect, take a moment to create an affirmation that will support your continued practice. Remember, this is a journey, and each day is going to look different. Let this affirmation be something you can return to anytime you need it.

What affirmations will help you continue to cultivate a healthy body?

My affirmation for a healthy body is...

Need Inspiration?

Try these affirmations

- *My body holds infinite wisdom that guides me towards an easeful harmonious life.*
- *I connect with my body and, lovingly, give it what it needs.*
- *My mind and body are connected with clarity and support my highest growth.*
- *I express gratitude for my body and all that it is capable of.*
- *My body is uniquely mine and worthy of love exactly as it is.*

Mindful Movement

Finding a form of joyful movement that supports you is a great way to stay connected to your body and cultivate a practice of love and care towards yourself. Yoga asana gives us the opportunity to move mindfully and create deeper awareness for even the micro movement we make.

Surya Namaskar or the Sun Salutations is a deeply healing series of yoga poses that link the mind, body, and breath. The cycle of 12 postures exercises all of the major joints and muscle groups. Traditionally performed at sunrise and sunset, the postures acknowledge the life-giving energy of the sun. The Sanskrit term namaskar derives from the root words namas, which means “to bow” or “adore,” and surya, which means “sun.” As you flow through the postures, allow your breath to lead you. Repeat the process several times.

EXERCISE | Sun Salutations



1. Hands to heart pose
take a few deep breaths



2. Hands to sky pose
inhale



3. Hands to feet pose
exhale



4. Equestrian Pose
left leg back – inhale



5. Mountain pose
exhale



6. Eight limbs pose
inhale/exhale



7. Cobra pose
inhale



8. Mountain Pose
exhale



9. Equestrian pose
right leg back –inhale



10. Hands to feet pose
exhale



11. Hands to sky pose
inhale



12. Hands to heart pose
take a few breaths

Daily Practices

As you navigate your practice, try inviting in these exercises to support you in your daily life:

1. Eat the Colors of the Rainbow: Eating the colors of the rainbow is a simple way to get a wide range of nutritional support with each meal. Nourishing your body with vibrant foods serves as fuel for a healthy body.

2. Diaphragmatic breathing: Soft belly breathing helps to cultivate awareness of your breath and activates your parasympathetic nervous system; your body's rest-and-digest state.

- Sit comfortably and begin to bring awareness to your body as you breathe. Inhale through your nose and exhale through your mouth. Allow your breath to deepen as you begin to soften the belly and settle all muscles in your abdomen.
- Allow your breath to flow in and out of your nostrils. As you breathe in, feel your belly softly expand, and as you breathe out, gently let it fall. Inhale and softly feel your navel rise, exhale to gently let it fall.
- Let your breath remain smooth and steady, flowing in and out with ease. If you become aware of thoughts, sensations, or noises, gently let go and return to observing the breath.

Practice this for 5 minutes or as long as feels needed.

Daily Practices

3.Nurture Your Body with Self-Massage: In the practice of cultivating a healthy body, the healing system known as Ayurveda offers tools that help you connect to your body's wisdom and expand your experience of health, self-compassion, and harmony.

- 1.Apply oil first to the crown of your head and work slowly out from there in circular strokes (always in an upward motion)
- 2.Massage your entire scalp and face, don't forget ear/lobes
- 3.Use long strokes on the limbs (arms and legs) and circular strokes on the joints (elbows and knees) - Always massage toward your heart
- 4.Massage the abdomen and chest in broad, clockwise, circular motions
- 5.Finish by massaging your feet

4.Preparing For Restful Sleep: Our world is highly stimulating and full of distractions. Restful sleep is an essential reset to maintain a healthy body.

- Practice a few cleansing breaths, or a breath awareness practice, to release tension or stress from your day.
- Drink a cup of warm, herbal tea.
- If you've had an activating day and your mind is unsettled, journal for a few minutes before bed.
- Try to turn off all screens and allow yourself at least one hour of space before going to sleep.
- Close your eyes and tune into your body. Wherever you notice tension, consciously release that area. Watch your slow, easy breathing until you fall asleep.

Community Connection

Often, we think we must engage in practices that may not feel enjoyable to access a healthy body. The truth is, we can find any form of movement that breaks up the day in a new way. You might go for a walk in the afternoon, or stand up and stretch for a few minutes, you may even put on your favorite song and dance in the middle of the day to shift your energy. The invitation is to let go of expectations of what the movement practices should be and let yourself find a practice that aligns your life with joy.

As you find practices that breathe joy into your world, try practicing with a friend, a partner, or even a group or people to add another layer of support and excitement to the activity.

EXERCISE | Accessing Joyful Movement

Movement practices look and feel different for each of us. Be gentle with yourself as you discover the practices that align most for you.

I will explore joyful movement with...

Reflect on your experience:

What did you notice, learn, or gain during this experience?

Congratulations!

You've completed the Healthy Body workbook! These tools are meant to support you whenever you need them most. Remember, to view this as a journey rather than a destination. As you continue to practice and grow forward on your path, revisit these tools and resources to support your restful and alert mind. We're here to support you along this journey and look forward to continuing to explore with you.

Visit the InnerNow App next month for a new theme and practices!

You are always on your way!

Resources

Body scan practice: Inside the InnerNow App Library under *Balanced Body* > *Meditations for Sleep* > *Full Body Relaxation*

InnerNow Articles

[5 Benefits of Moving Your Body](#) by Brittany Wright

[Embodying Gratitude Through Asana](#) by Daniel Sannito

[How to Develop a Mindful Eating Practice](#) by Fran Benedict

[More Than a Stretch: 6 Profound Effects Asanas Have on Your Body and Mind](#) by Adam Brady