

Your First 7 Days At Fountain Yoga

A photograph of a person's hand holding a sage bundle (smudge stick) against a light-colored wall. In the background, a large, dark green cactus plant is visible, its segments and spines clearly defined. The lighting is soft, creating a calm and natural atmosphere.

A gentle path that slowly leads you toward a better life—
one breath, one moment, and one mindful step at a time.



Welcome!

I'M TYPHANIE

I'm so glad you're here. These next seven days are a gentle invitation to slow down, reconnect with yourself, and begin creating a better life from within. Each day offers one simple practice—easy to follow, calming to the mind, and supportive of your emotional well-being. There's no pressure and no perfect way to do this. Just breathe, move softly, and let these practices meet you where you are. I'm honored to guide you on this journey.

[WEBSITE](#)

[BLOG](#)

A GENTLE PATH TO A BETTER LIFE

7 DAY WELLNESS JOURNEY

01

DAY 1 — 1-Minute Reset Meditation

A soft beginning to help you pause, breathe, and gently arrive in the present moment.



02

DAY 2 — Emotional Awareness Meditation

Learn to sit with your emotions safely and lovingly, without pressure or judgment.



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DAY 3 — Gentle Yoga to Release Tension

Move slowly and mindfully to soften your muscles, quiet your thoughts, and reset your energy.





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DAY 4 — “Calm Within” Sound Therapy Meditation

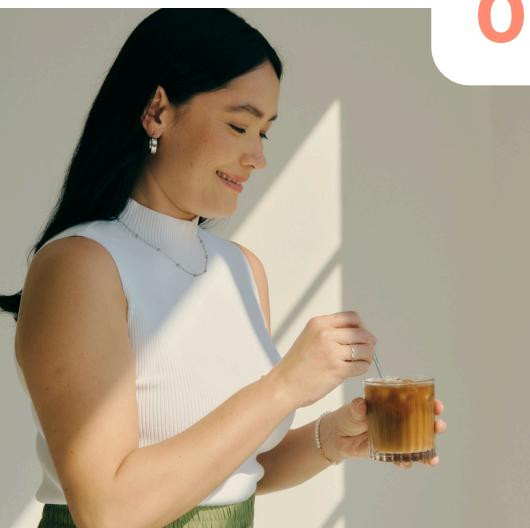
Let soothing sound guide you into stillness and help your mind unwind.



05

DAY 5 — Breathwork for Nervous System Support

Use simple, steady breath to ground your body and bring your system back into balance.



06

DAY 6 — Ayurveda Ritual for Emotional Balance

Begin a calming daily ritual—tea, grounding oil, or a slow morning—to reconnect with yourself.



07

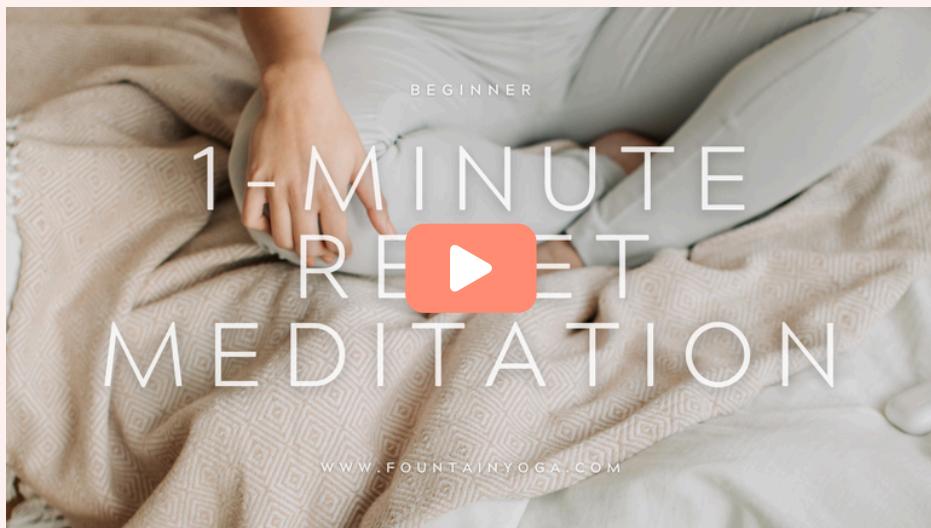
DAY 7 — Choose Your Path

Explore what your heart needs most right now—stress relief, healing, resilience, or peace—and continue your journey with clarity.

DAY ONE : 1-MINUTE RESET MEDITATION



The first day of this wellness journey is all about slowing down and simply arriving in this moment. With a gentle grounding meditation, you'll soften your breath, settle your body, and begin creating space for calm. This gentle one-minute meditation helps you pause, soften your body, and return to your breath. Perfect for beginners or busy moments, this reset reminds you that you are enough—and you can begin again at any time.



DAY TWO: EMOTIONAL AWARENESS MEDITATION



Today invites you to turn inward with gentleness and curiosity. Instead of pushing emotions away, you'll learn to sit with them safely—softening around whatever arises, without judgment or pressure. Let this practice help you meet yourself with compassion.



DAY THREE: GENTLE YOGA TO RELEASE TENSION



Day Three invites you into a 30-minute restorative yoga session designed to help your body soften and your mind unwind. Through slow, mindful movement and gentle stretches, you'll release tension in the shoulders, hips, and spine while creating space for calm. This is your moment to reset, restore, and feel where your body lets go.

Rest and Restore – Yoga for Deep Relaxation

Fountain Yoga

Welcome to Rest and Restore: Yoga for Deep Relaxation, a calming sequence designed to help you release tension, restore energy, and find inner peace. This practice focuses on slow, passive poses that allow your body to relax, promoting relaxation and stress relief. You'll hold each pose for several minutes, supported by props like bolsters and blocks, to aid in comfort. Let go of any expectations and surrender to the restorative process.

POSE
2 of 11

Child's Pose - Supported With Props

Savasana

Child's Pose - Supported With Props

Savasana

Let's begin in a supported Savasana. Place your props on the floor, positioning the bolster horizontally. Place a second bolster on top of two blocks, with your head resting on the bolster. Position your knees on either side of the lower bolster. As you exhale, fold forward, allowing your chest and head to rest gently on the bolster. Stretch your arms forward, or let them relax by your sides. Turn your head to one side and remain in this position for several minutes, breathing deeply into your back and releasing tension with each exhale. After 2 and a half minutes, turn your head to the other side.

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DAY FOUR: “CALM WITHIN” SOUND THERAPY



Today is your moment to let sound hold you. As gentle tones and soothing vibrations move through your space, allow yourself to settle into whatever feels most nourishing—closing your eyes, placing a hand over your heart, resting your palms on your belly, or simply lying back and letting your body soften. There's nothing you need to control—just let the sound guide your mind toward stillness and help your body melt into ease.



DAY FIVE: BREATHWORK FOR NERVOUS SYSTEM



Today is about coming home to your breath and reminding your nervous system that it is safe to soften. Through simple, steady breathing, you'll gently reconnect with a sense of grounding and calm. This is a quiet practice—one that doesn't ask you to do more, only to slow down and receive the support that your breath naturally offers.

Reclaim Your Grounding: Box Breathing

Fountain Yoga

Welcome. This gentle breath practice is called box breathing—a steady, soothing pattern that helps your body, mind, and your mind return to balance. With each exhalation, you'll release tension. With each slow inhale, you'll create a feeling of ease and safety. You don't have to be in a perfect pose or in a perfect here... just allow your breath to bring you to a more grounded place inside yourself.

POSE 2 of 3

When you're ready, allow your breath to return to its natural rhythm. Notice how your body feels now—steady, calm, supported. You are grounded. You are centered. And a long, easy breath out. You are grounding again. You are centered again. As we come to the end of this practice, take a moment to notice how your body feels. Your breath may be slower, your body a little softer, your mind a little clearer. Notice that you can return to this simple box breath anytime you need grounding. Now.

Let's begin by finding a comfortable seat for your body. Let your body relax. We'll breathe in a steady, even rhythm. Inhale through your nose for 4, 1, 2, 3, 4. Hold this breath for 4, 1, 2, 3, 4. Exhale slowly through your mouth for 4, 1, 2, 3, 4. Inhale for 4. Hold for 4. Exhale for 4. Continue with this gentle box breath for a few more rounds at your own pace for half a minute. Let each exhale soften your body a little more.

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DAY SIX: AYURVEDA RITUAL FOR EMOTIONAL BALANCE



You've made it so far on this wellness journey, and today is a beautiful reminder to slow down and truly care for yourself. Through a simple Ayurvedic ritual—such as sipping warm tea, using grounding oil, or moving through a slow, intentional morning—you'll invite steadiness and emotional balance into your day.

These small, mindful acts help calm the nervous system and restore a sense of safety and ease within. Let this ritual be a quiet celebration of the care you've been offering yourself each day.





DAY 6 — AYURVEDA RITUALS FOR EMOTIONAL BALANCE

☀️ Morning Ritual — Ground & Gently Awaken

Begin your day slowly and with warmth. Sip a cup of warm tea or hot water, take three slow breaths, and place a small amount of grounding oil on your temples or the soles of your feet. As you breathe, set a soft intention for your day: “Today, I move with calm.”

☀️ Afternoon Ritual — Soften & Reset

Pause for just a few minutes in the middle of your day. Step outside if you can, or near a window. Take five slow breaths, gently roll your shoulders, and place one hand on your heart. Let your exhale be longer than your inhale to calm your nervous system.

🌙 Evening Ritual — Release & Rest

As the day winds down, dim the lights and unplug from screens if possible. Sip a warm, soothing drink, apply grounding oil (Coconut oil, Jojoba oil) to your feet or hands, and take a few quiet breaths. Let the events of the day gently fall away as you prepare for rest.

DAY SEVEN: CHOOSE YOUR PATH



You've made it to the final day of this gentle journey—and that alone is something to honor. Today is about listening inward and choosing what your heart needs most right now. Whether you're seeking stress relief, emotional healing, renewed strength, or deeper stillness, follow the path that feels most supportive for you. When you click on your chosen path, you'll receive a free ebook created to gently guide and support you exactly where you are on your journey.



I want less stress
and overwhelm



I'm healing
emotionally



I want to build
resilience and
confidence.



I just need peace





THANK YOU

Thank you for sharing these first seven days with me. It's truly an honor to be part of your beginning and to witness you choose a softer, more mindful way forward. If you'd like gentle guidance for what comes next, you're always welcome to take the [**Meditation Quiz**](#) or the [**Dosha Quiz**](#) to learn what will best support you right now.

You can also explore our [**blog**](#) for continued inspiration and learning, and you're warmly invited to join our [**wellness community**](#)—a supportive space to grow, reflect, and walk this journey together. And please know my door is always open—feel free to [**reach out**](#) anytime as you continue on your wellness path. You are never walking this journey alone, Namaste....xoxoxo Typhanie

