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# COMPLETE GUIDE TO YOGA & HOLISTIC LIVING

*A HOLISTIC APPROACH TO  
WELLBEING BY PHUNG OPHASLAT*



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# WELCOME TO YOUR WELLNESS JOURNEY

Congratulations on taking this important step toward a more conscious and balanced life! This guide has been carefully compiled to support you on your journey toward holistic wellbeing.

In love, light and growth,

**Phung Ophaslat**

Yoga Trainer & Holistic Healing Coach





## PART 1: 7-DAY YOGA ROUTINE FOR BEGINNERS

### Introduction to Yoga

Yoga is much more than just physical exercises. It's an ancient practice that connects body, mind, and soul. This 7-day routine is specially designed for absolute beginners and helps you establish a solid foundation.



### Before You Begin:

- Find a quiet space where you won't be disturbed
- Use a yoga mat or towel
- Wear comfortable, stretchy clothing
- Preferably practice on an empty stomach
- Always listen to your body and don't force anything

## DAY 1: Basic Breathing & Grounding

*Theme: Connecting with your breath*

*Duration: 15-20 minutes*



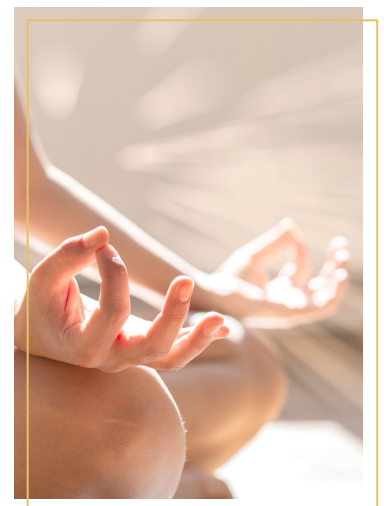
### Warm-up (3 minutes)

#### 1. Sukhasana (Easy Seat)

- Sit comfortably with crossed legs
- Place hands on knees, straight back
- Breathe deeply 5 times in and out

#### 2. Neck and shoulder rolls

- 5 times slowly roll neck (both sides)
- 8 times roll shoulders backward



## **Main Sequence (12 minutes)**

### **1. Pranayama - Deep belly breathing (5 minutes)**

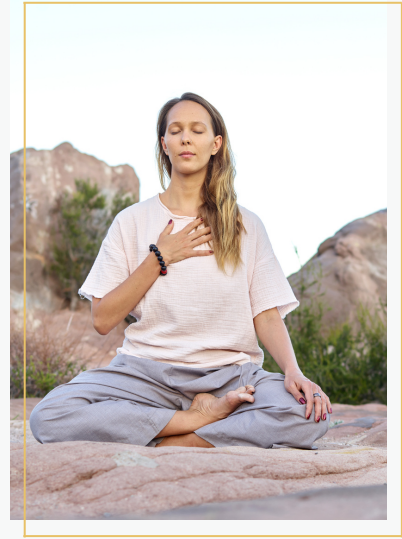
- Hand on chest, hand on belly
- Inhale: belly rises (count to 4)
- Exhale: belly goes in (count to 6)
- Repeat 10-15 times

### **2. Marjaryasana-Bitilasana (Cat-Cow Pose)**

- Start on hands and knees
- Inhale: hollow back, head up (Cow)
- Exhale: round back, chin to chest (Cat)
- Repeat 8 times slowly

### **3. Balasana (Child's Pose)**

- Knees apart, big toes touching
- Sit back on heels, arms forward
- Rest here 2-3 minutes



## **Closing (3 minutes)**

### **4. Savasana (Corpse Pose)**

- Lie on back, arms beside body
- Close eyes, relax completely
- Focus only on natural breathing



**Reflection:** How did your body feel before and after the practice?



## DAY 2: Flexibility & Opening

*Theme: Gently opening the body*

*Duration: 20-25 minutes*



### Warm-up (5 minutes)

#### 1. Sukhasana with side stretch

- Sitting position, left arm up
- Lean to the right, feel stretch in side
- Hold 30 seconds, switch sides
- Repeat 2x per side

#### 2. Seated spinal twist

- Sitting, right leg extended
- Place left foot over right knee
- Gently twist to the left, hold 1 minute
- Switch sides



### Main Sequence (15 minutes)

#### 1. Adho Mukha Svanasana (Downward Dog) - modified

- Begin on hands and knees
- Slowly lift hips up
- Knees may stay bent
- Hold 30 seconds, rest in child's pose
- Repeat 3x

#### 2. Anjaneyasana (Low Lunge)

- Right foot between hands
- Left knee on ground, right knee above ankle
- Hands on right thigh or up
- Hold 1 minute per side

#### 3. Bhujangasana (Cobra Pose) - gentle

- Lie on belly, palms under shoulders
- Slowly lift chest (small movement)
- Hold 15 seconds, repeat 3x



#### **4. *Supta Baddha Konasana (Reclined Butterfly)***

- Lie on back, soles of feet together
- Knees fall to the sides
- Hands on belly or beside body
- Stay 3-4 minutes

#### **Closing (5 minutes)**

#### **5. *Savasana with body scan***

- Lie comfortably on back
- Tense and relax each muscle group
- Start at toes, end at crown



**Affirmation:** "I open my body and heart with love and patience."

### **DAY 3: Strength & Stability**

*Theme: Gently building strength*

*Duration: 25-30 minutes*



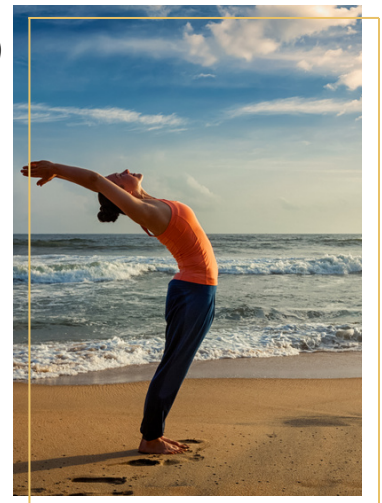
#### **Warm-up (5 minutes)**

#### **1. *Surya Namaskara prep (Sun Salutation preparation)***

- Stand in Tadasana (Mountain Pose)
- Arms up on inhale
- Hands to heart on exhale
- Repeat 5 times mindfully

#### **2. *Standing forward fold (Uttanasana) - modified***

- Stand wide, hands on hips
- Slowly fold forward
- Knees may be bent
- Hold 1 minute



## **Main Sequence (18 minutes)**

### **1.Vrikshasana (Tree Pose)**

- Stand on right foot
- Left foot against right calf (not knee!)
- Hands in prayer position or up
- Hold 30-60 seconds per side
- Use wall for support if needed

### **2.Modified Chaturanga sequence**

- Plank pose on knees
- Hold 15 seconds, rest
- Repeat 5x, build gradually

### **3.Warrior II (Virabhadrasana II) - short holds**

- Stand wide, right foot forward
- Right knee above ankle
- Arms parallel to ground
- Hold 45 seconds per side

### **4.Setu Bandhasana (Bridge Pose)**

- Lie on back, knees bent
- Feet flat on ground
- Slowly lift hips
- Hold 20 seconds, repeat 4x



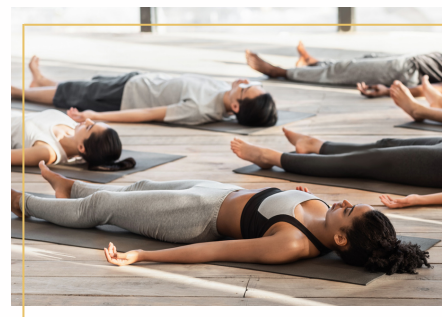
## **Closing (7 minutes)**

### **5.Twisting sequence**

- Lie on back, knees to right
- Arms in T-shape
- Look to the left
- Hold 2 minutes per side

### **6.Savasana**

- 3 minutes complete relaxation



**Mantra** : "I am strong, stable, and balanced."

## DAY 4: Flow & Movement

*Theme: Connecting flowing movements*

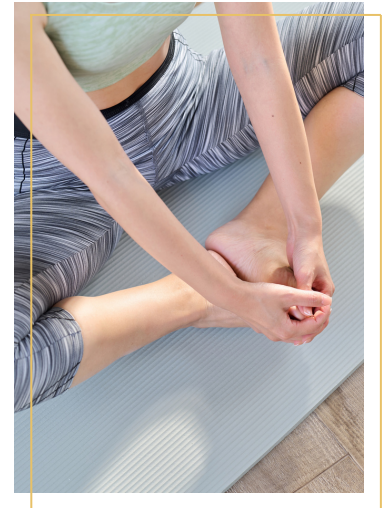
*Duration: 25-30 minutes*



### Warm-up (7 minutes)

#### 1. Joint mobility sequence

- Joint mobility sequence Ankle circles: 8x per side
- Knee movements: march in place (1 min)
- Hip circles: 8x per side
- Arm circles: 8x forward and backward
- Neck rolls: gently 5x per side

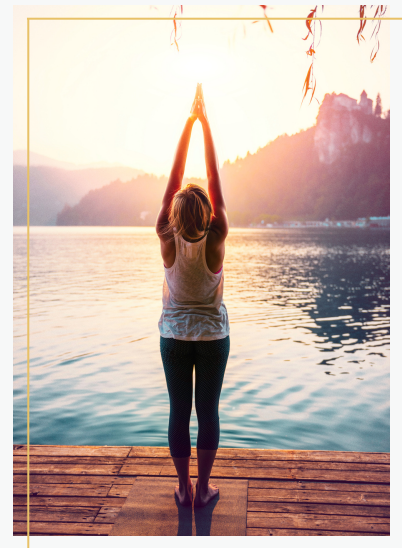


### Main Sequence (18 minutes)

#### 2. Modified Sun Salutation (3 rounds)

##### Rounds 1-2: Learning (slow)

- Tadasana (Mountain Pose)
- Urdhva Hastasana (arms up)
- Uttanasana (forward fold, knees bent)
- Halfway lift (hands on shins)
- Plank on knees
- Chaturanga on knees (optional)
- Cobra
- Downward dog (modified)
- Forward fold
- Return to Tadasana



##### Round 3: Synchronize with breath

#### 3. Standing flow sequence

- Warrior II right → Straight leg → Warrior II
- Transition to Warrior II left

- Repeat entire sequence
- 2 minutes per side

#### 4. Floor flow

- Happy baby pose
- Rock to seated position
- Seated forward fold
- Roll down to back
- Repeat 3x fluidly

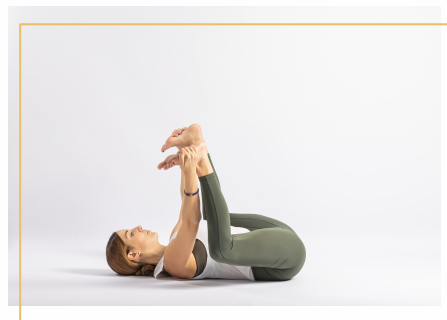


#### Closing (7 minutes)

##### 5. Restorative twist

- Lie on back with pillow/bolster
- Knees to right, arms open
- 2.5 minutes per side

**Intention:** "I am strong, stable, and balanced."



## DAY 5: Balance & Focus

*Theme: Finding mental and physical balance*

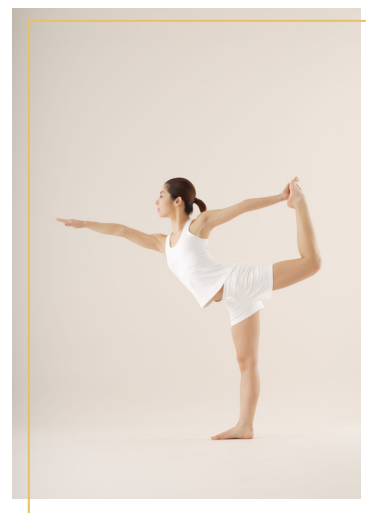
*Duration: 25-30 minutes*



#### Centering (5 minutes)

##### 1. Meditation in movement

- Stand in Tadasana
- Feel feet on ground
- Sway gently back and forth
- Find your center, stand still
- Breathe 10 times mindfully



## Balance sequence (15 minutes)

### 1. Tree pose variations

- Stand in Tadasana (Mountain Pose)
- Arms up on inhale
- Hands to heart on exhale
- Repeat 5 times mindfully

### 2. Standing figure 4

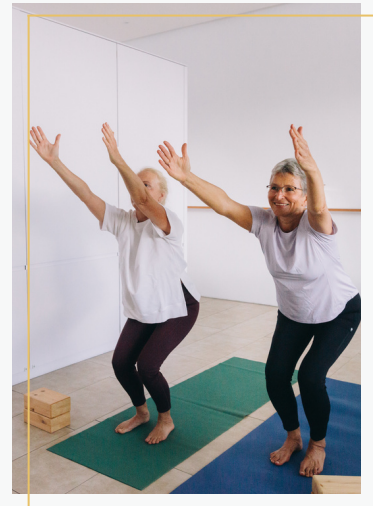
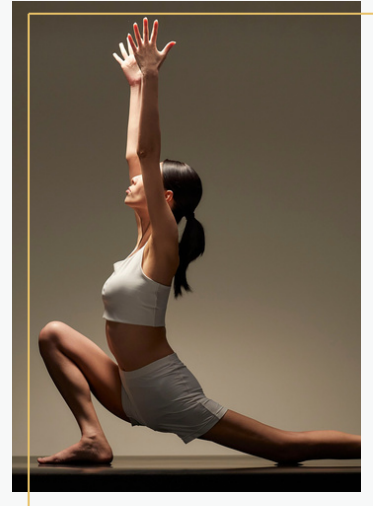
- Right ankle on left thigh
- Hands in prayer position
- 45 seconds per side
- Focus on one point (drishti)

### 3. Eagle arms (Garudasana arms)

- Stand or sit comfortably
- Right arm under left arm
- Try to bring palms together
- Hold 1 minute, switch

### 4. Single leg deadlift (yoga style)

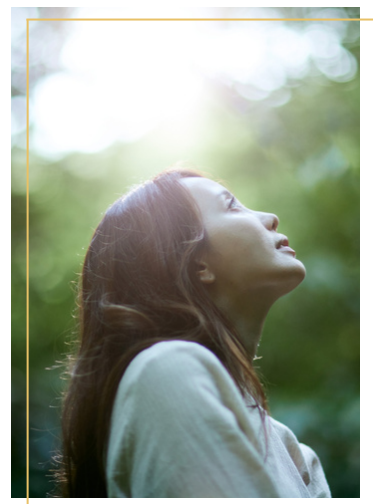
- Stand on left foot
- Lift right foot backward
- Reach right arm toward ground
- 30 seconds per side



## Focus training (7 minutes)

### 5. Trataka (candle gazing) alternative

- Sit comfortably
- Focus on one point on wall
- Minimize blinking
- 3 minutes focused gazing
- 2 minutes eyes closed, visualize after-image



## Closing (3 minutes)

### 6. Balance in savasana

- Lie symmetrically
- Arms equal distance from body
- Feel balance between left and right

**Affirmation:** "I find balance in all aspects of my life."



## DAY 6: Opening & Deepening

*Theme: Opening heart and hips*

*Duration: 30-35 minutes*



## Warm-up (8 minutes)

### 1. Hip circles and movements

- Stand wide, hands on hips
- Large hip circles: 8x each direction
- Lateral steps with deep squat
- Knee lift march: 1 minute

### 2. Cat-cow with variations

- Basic cat-cow: 8 rounds
- Side body cat-cow: 4x per side
- Hip circles in tabletop: 5x each direction



## Heart opening sequence (12 minutes)

### 3. Gentle backbends

- Cobra variations:
  - Baby cobra (forehead stays on ground)
  - Sphinx pose
  - Full cobra (if comfortable)
- Each variation 45 seconds

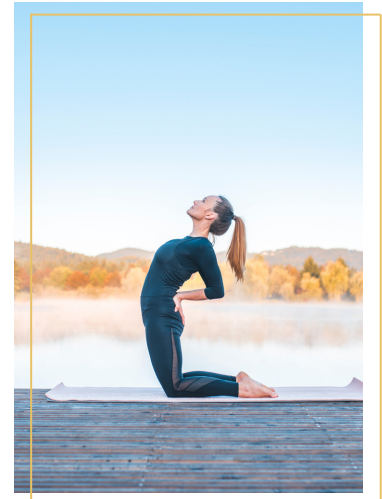


#### 4. Camel preparation

- Kneel, hands on lower back
- Small backbend, head neutral
- Breathe deeply, hold 30 seconds
- Repeat 3x

#### 5. Fish pose (*Matsyasana*) - supported

- Lie on back with yoga block/pillow under shoulder blades
- Arms open to sides
- Chest opens toward ceiling
- Hold 2-3 minutes



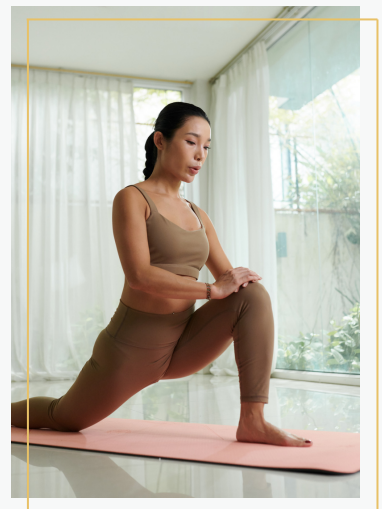
### Hip opening sequence (10 minutes)

#### 1. Pigeon prep variations

- Figure 4 stretch lying down: 2 min per side
- Thread the needle: 1.5 min per side
- Reclined pigeon: 2 min per side

#### 2. Malasana (yogic squat)

- Deep squat, feet wide
- Hands in prayer, elbows against knees
- Rock gently back and forth
- Hold 2 minutes (use block under sitting bones if needed)



### Integration (5 minutes)

#### 1. Heart-hip integration

- Reclined butterfly with heart opening
- Small yoga block under heart
- Soles of feet together, knees open
- Arms in cactus shape
- Deep breathing, 4-5 minutes



**Heart opening affirmation:** "I open my heart to love, compassion, and new possibilities."

## DAY 7: Integration & Celebration

*Theme: Bringing everything together and celebrating your progress*

*Duration: 35-40 minutes*



### Opening ceremony (5 minutes)

#### 1. Gratitude meditation

- Gratitude meditation Sit comfortably, eyes closed
- Think back to week 1
- Feel gratitude for your body
- Feel gratitude for your dedication
- Set intention for your continued yoga journey



### Full practice integration (25 minutes)

#### 1. Complete flow - your personal selection

Breathwork (3 minutes):

- Your favorite pranayama from this week

Warm-up (4 minutes):

- Cat-cow movements
- Gentle spinal movements

Standing sequence (8 minutes):

- Sun salutation (your tempo)
- Warrior II flow
- Tree pose (both sides)
- Standing forward fold

Floor sequence (7 minutes):

- Your favorite backbend
- Your favorite hip opener
- Gentle twist (both sides)



Balancing (3 minutes):

- Choose one balance pose you learned this week

## **Closing ritual (5 minutes)**

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### ***1.Savasana with intention setting***

- Complete relaxation: 3 minutes
- Quiet moment for yourself: what do you want to take with you?
- Hands to heart, express gratitude



### ***2.Om chanting***

- Sit in Sukhasana
- 3x Om chanting
- Hands in Anjali mudra (prayer)
- "Namaste" - the light in me honors the light in you