



The Vital Awakening Kit

Welcome to our short guide to restore calm, steady energy and nervous system balance – naturally. Inside you will find some tools for remembering how to awaken digestion. A short introduction to nourish your nature. Realign your rhythm.

For the woman ready to come home to herself.

FOR WOMEN IN TRANSITION

Why You Need The Vital Awakening Kit

Designed for You

Specifically created for perimenopause, digestive balance and burnout recovery

Gentle Support

Supports your nervous system without pressure, restriction or pushing

Reclaim Control

Restore calm and steady energy on your own terms, at your own pace



What's Inside the Kit?



Morning Agni Reset Ritual

A carefully crafted tea blend to gently awaken your digestive fire



Daily Dosha + Digestion Check-In

Simple daily practice to tune into your body's unique rhythms



Evening Wind-Down Agni Ritual

A peaceful practice to restore balance before restful sleep



☀ MORNING

The Morning Agni Reset Ritual Tea Blend

Begin each day with intention and gentle nourishment. This specially crafted blend ignites your digestive fire without overwhelming your system.

- 1 tsp ginger root
- 1 tsp fennel seed
- 1 pinch pink salt

To make this tea, simmer the water, a few slices of fresh ginger, and a teaspoon of fennel seed in hot water for 10–15 minutes. Strain and optionally add a pinch of pink salt to mineralise your aromatic drink.

PITTA AGNI RESET - Add 1 tsp Coriander seed. Small slice fresh ginger (optional). No salt if heat is very high

KAPHA AGNI RESET - Add in a pinch of cinnamon or black pepper. No salt for you.

Daily Dosha + Digestion Check-In

A Simple Practice to Honour Your Body

This daily check-in takes just minutes but offers profound insights into your wellbeing. Learn to recognise what your body is telling you before small imbalances become overwhelming challenges.

You'll discover patterns in your energy, digestion and emotional state — empowering you to make timely adjustments that truly support your unique constitution.

Identify Patterns

Spot imbalances early for timely adjustments

Tune In

Connect with your body's signals each morning.

Did your poop? How is your digestion?

Is there real hunger — not habit — before eating?

Did rest feel restorative?

Respond Wisely

Make choices aligned with your body's needs as your body gives feedback daily. The question is whether you pause long enough to respond.



 EVENING

The Evening Wind-Down Agni Ritual

01

Calm Your Nervous System with Licorice

Let licorice soften the day and tell your body it's safe to rest. Use with care if blood pressure is low.

02

Support Overnight Healing with Tulsi

Tulsi (Holy Basil) supports overnight detoxification, eases stress, and promotes respiratory comfort while you rest.

03

Create Sacred Transition

- **Pitta:** Opt for calming, cooling herbs like lavender, chamomile, & licorice.
- **Kapha/Vata:** Choose warming herbs like ginger and cinnamon & tulsi.
- **Timing:** Drink these teas 1–2 hours before bed to allow the digestive system to rest and the mind to calm.

How The Kit Supports You Through Perimenopause

Perimenopause brings unique challenges that demand a thoughtful, holistic approach. The Vital Awakening Kit addresses the root causes, not just symptoms. Perimenopause isn't a hormone *problem* — it's often a **metabolic and nervous-system transition**.



Combat Fatigue

Restore steady energy without caffeine crashes or stimulants by restoring your agni - digestive fire.



Clear Brain Fog

Support mental clarity and cognitive function naturally with hydration. Herbal teas are **gentle, rhythmic medicine** — perfect for this life stage.



Ease Digestive Upset

Balance your digestive fire for comfortable, efficient digestion, liver support and taken consistently, teas help the body **process hormonal shifts rather than fight them**. This is why small rituals work better than aggressive protocols in perimenopause.

Nourish Your Nervous System

When your nervous system is overwhelmed, everything feels harder. This kit offers gentle, consistent support to ease the burden and help you feel centred again — without restriction, pressure or unrealistic expectations.

In Ayurveda, everything begins with **agni** — your digestive and metabolic fire.

Agni doesn't just digest food. It digests: hormones

- emotions
- stress
- information
- daily life

When agni is unstable (too low, too sharp, or irregular), perimenopause symptoms intensify:

- bloating, weight gain, blood sugar swings
- anxiety, insomnia, irritability
- hot flushes, night sweats
- fatigue and brain fog

This is where teas matter.



REAL RESULTS

What to Do Next – Together

If you want to find simple natural solutions to This is exactly the work we do inside **Sacred Vitality Collective.**

Inside the community, women are supported to:

- rebuild agni gently
- use seasonal recipes and rituals safely
- understand their perimenopausal symptoms through Ayurveda
- regulate their nervous system daily (not occasionally)
- stop trying to “fix” themselves and start responding wisely

You don't need more information.

You need **rhythm, repetition, and resonance.**

Community is where the nervous system finally softens – and where perimenopause becomes a **threshold**, not a breakdown.

Digestive Harmony

Experience improved digestion and balanced metabolism that supports your body's natural wisdom

Nervous System Relief

Reduce stress overload and find your way back to calm, centred wellbeing

Renewed Vitality

Discover sustained energy and emotional resilience for whatever life brings

Join the Sacred Vitality Collective

Your Journey to Sacred Vitality Collective Today

Inside the Collective, you'll receive:

- Community feed + weekly prompts
- 10 Sacred Habits to Self-Healing is our foundational pre-recorded course

You don't have to navigate perimenopause, burnout or digestive challenges alone. Join a community of women who are reclaiming their health with simple, natural tools that truly work.



- **Upgrade to discover gentle yoga, LIVE Coaching each month with proven practices that honour your unique needs, seasonal meal prep and Ayurvedic cooking session.**
- **Receive supportive guidance throughout your midlife transition**



Ready to Restore Your Calm & Energy?

Subscribe now for free and awaken your vitality with [Sacred Vitality Collective](#) and receive the 10 Sacred Habits For Self Healing now.

Subscribe Free Today

- 📄 Start your journey to balanced energy, digestive harmony and nervous system restoration – naturally and sustainably.