



Clarananda Natural Living

*Inspiring Vibrant Health and Natural Well-Being through  
Yoga, Ayurveda and Sustainable Living*

## 6 PILLARS OF WELLBEING AND IDEAL HEALTH / LONGEVITY

### 1.) SLEEP

This is the most efficient way to natural well being – discharge impurity from body, mind & spirit. Self - regulation of hormones, enhance creativity and memory. Improve the immune system and be more in touch with our inner awareness or Spiritual Consciousness.

Calm, Peace, ideal health, vitality and more energy

#### **Sleep Routine**

### 2.) MEDITATION

Purify the nervous system, calmness and peace in the life, improve memory, rest the biological clock for longevity, all genes to homo status, body more alkaline, improved choices that are more in line with our nature.

Increased peace improves memory, longevity and attracts more happiness in daily life, improves self-awareness to make better choices for body and mind. For example, weight loss.

#### **Natural Meditation Technique**

### **3.) MOVEMENT**

Mind body coordination, Yoga asana or stretching, breath like pranayama or breathing exercise, self-regulation in the body.

Improves coordination, balance, toning, more flexibility, weight regulation

Yoga Asana / Qi Gong or stretch routine, walking, hiking

### **4.) HEALTHY EMOTIONS – LOVE**

Joy, peace of mind, decrease of accelerates aging so more youthfulness, happier and abundance flows.

Meditation, healing light yoga therapy, Ayurveda council, astrology, nurturing technique – abayanga self massage

### **5.) IDEAL NUTRITION**

Ideal fresh food, more pure food, 6 tastes, go with the season, six tastes, fresh herbs and spices

### **6.) GROUNDING**

Reset biological clock, sets to the circadian rhythm

Walk barefoot on the ground – beach, grass, and earth especially 45 minutes before sunrise.