

YOGA BODY NUTRITION

THE SELF LOVIN' RITUALS HANDBOOK



**AN EXCLUSIVE “BODY LOVE” BONUS
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WHY SELF LOVE?

The secret to life long body love, health and fulfillment is to infuse pleasure into EVERY day. In fact, I'm going to be a bit bold here and say that the ultimate goal should be to NEVER do anything you don't enjoy – EVER.

So before you dismiss what I've just said as crazy or impossible, it's important to understand what I'm saying. It's not that you will never pay taxes, wash the dishes or any other tasks you find not so pleasurable, but as you infuse more of the pleasurable activities into your day, you can begin to explore how to enjoy some of the activities that will remain constants.

Can you light your favorite candle and play music that you love while doing your taxes or washing the dishes? Get creative, have fun!

Another technique is to ask yourself HOW can I enjoy this?

I do suggest doing some weeding out and delegating as well. Sometimes you can get stuck in the belief that you HAVE TO do certain things, when the reality is you really don't.

Someone else could do it, or you might even be able to ditch the activity all together.

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MY PERSONAL SELF-LOVE JOURNEY

I was about as far as you could possibly get from self-love for most of years growing up. I remember so clearly despising myself and my body so much so, that I would pull at my flesh as if I could just tear it off. I hated looking in the mirror, and yet as a dancer was often in front of mirrors in a leotard and tights for many hours every day. I fell into addictive behaviors like starving myself and over exercising in reaction to my sugar binges. I could easily sit down to 1-2 boxes of cookies, a box of cereal, a large bag of twizzlers, and then one of my favorite “indulgences” of fat-free waffles with fat-free ice cream, chocolate syrup and candy sprinkles.

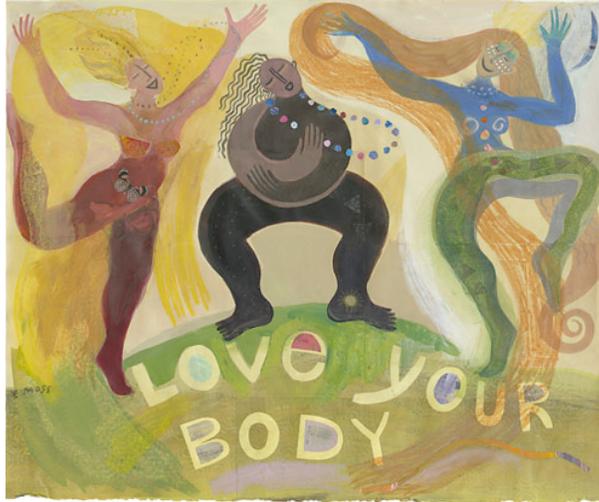
It was a very dark time to say the least, and everything I did was in an attempt to escape from or punish my body. Pleasure was definitely not a word that was in my vocabulary.

I remember feeling completely unlovable by anyone (because I didn't love myself), and denying myself by telling myself I “didn't have the money”, even when I did. I lived in fear – fear of lack, fear of getting fat, fear of people discovering the ugliness that was inside my head, fear of loving and living.

I thank the universe for sending me the little voice that said one day “you can feel better”. It was that little voice that not only saved me, but led me on a sometimes difficult, but ultimately joyous journey towards discovering the secrets to Body Love. These are what I now teach to other women. These are the secrets that have allowed me to transform chronic depression, an eating disorder, extreme body hate, horrible digestive pain, migraines, infertility and lack of purpose into a healthy, inspired and successful life in a body I love.

I share this to offer you hope and assurance as you step into your self-loving journey, no matter where you find yourself right now.

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YOUR SELF-LOVIN' JOURNEY BEGINS HERE . . .

This guide is designed to support you in creating your own exhaustive list of self-loving, pleasurable activities that say “I put myself and my own happiness first”.

In order to experience life at it's fullest and enjoy a life in a body you truly love, you must make your own happiness one of your top priorities.

I am fully aware that this is MUCH easier said than done, so go slowly, be gentle . . . ENJOY.

The following are some of the many self-loving acts I use and share with my clients, but the real power will be when you begin creating your own.

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SELF-LOVING ACTIONS

- Go to bed an hour earlier than you usually do
- Get a massage
- Create a “moon-time” basket filled with love notes to yourself, uplifting books, healthy treats, etc. that make you feel good during your menstrual cycle. Even if you don’t menstruate anymore, you can pull this out when your energy or mood are low.
- Read inspirational books
- Sleep in
- Go dancing
- Say “no” when you are feeling overwhelmed . . . and release all guilt
- Balance work and play – infuse some play into EVERY day
- Look yourself in the eyes (in the mirror) and pay yourself a genuine compliment
- Forgive yourself
- Spend time with family
- Make your feelings equally important as anyone else’s
- Get a manicure/pedicure
- Play a musical instrument
- Sing with gusto (even if you think you have a “bad voice”)
- Take a yoga class
- Treat yourself to something that really makes you feel beautiful
- Take a walk in nature . . . go slow, enjoy with all senses
- Garden
- Spend time with friends that uplift you
- Laugh
- Design your ideal life – then create an action plan towards achieving it!
- Meditate
- Buy flowers for yourself
- Hire someone to clean your house (this is not always as expensive as you may think)
- Be patient with yourself
- Cook yourself a healthy served on beautiful dishes with candles and soft music

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- Have someone else prepare a meal for you
- Nurture your health by seeing a holistic health practitioner (acupuncture, herbalist, nutrition coach, naturopath, etc.)
- Go out and play
- Dance in your house like nobody's watching
- Volunteer
- Clear out clutter in your physical space
- Clear out mental/emotional clutter
- Limit TV time (or get rid of it all together)
- Watch an uplifting movie
- Journal
- Coach yourself (have a loving dialog with your gremlins)
- Slow down
- Nurture yourself when you are upset
- Hug yourself and tell yourself that you love yourself BEFORE getting out of bed
- Organize your work/home space
- Hire a supportive coach/mentor
- Stretch
- Take at least 3 deep breaths at least once per day
- Allow yourself to cry
- Go to the beach
- Put your feet in the water
- Walk barefoot on the earth
- Hike
- Dress up (even if it's just for you)
- Take a nap
- Take care of your skin
- Plan a day where you don't have anything you NEED to do or anywhere to go
- Drive somewhere beautiful
- Spend time with animals
- Make a healthy indulgence
- Take an aromatherapy bath
- Massage yourself with warm oil (with essential oils added)
- Spend time alone
- Daydream
- Create communication boundaries with unsupportive family/friends
- Immerse yourself in a creative project (painting, sculpting, decorating, collaging, writing, etc.)
- Drink water
- Learn something new
- Ask for support
- Eat food that truly nurtures YOUR body
- Swim in the ocean (or lake, pond, etc.)
- Simplify
- Ride your bike
- Watch nature in action
- Pray

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- Spend time with children
- Take breaks throughout the day to rejuvenate
- Light a candle
- Create a ritual
- Listen to your favorite music
- Put a plant or fresh flowers on your desk
- Get something beautiful for your bedroom
- Move your furniture around
- Scream

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MAKING IT YOURS

OK, now it's time to create your own list! This should be fun and fill you with inspiration.

As you make your own list, here are some ideas and questions to explore to assist you in connecting with your ideal "self-love zone".

Take a moment to get centered, close your eyes, take a few full, slow, deep breaths into your belly before you begin. See if you can connect to your higher self, and greet her with a smile . . .

- If you knew that you had only 10 years, or even 2, would you be spending your time differently than you are today? How?
- Would you be treating yourself differently?
- Would you making braver choices that make you feel more fully alive? What would they be?
- Would you be more selective about what you do and whom you do it with? (bonus tip: make a list of the people that make you feel good and inspire you. Then set dates on your calendar to connect with them and "make dates")
- How does your home environment make you feel? Is it pleasing to the senses? Does it make you feel safe and peaceful? If not, what are at least 3 things you can do to create your personal home sanctuary?

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TAKE ACTION

Now, just do it!

Begin by choosing your top 3, 5 or even 10, and put them into your calendar. Commit to you. Create a sacred contract with yourself to enjoy no matter what resistance comes up. Make a vow to love YOU!

Important note:

Be on aware that sneaky resistance can arise. Just because you enjoy something DOES NOT mean that you won't resist doing it. I've seen this many times with myself and with my clients.

I love taking my walks by the ocean, or doing my yoga practice, but there are times when I find myself putting off, putting off . . . and resisting.

Commit to making pleasure and enjoyment a priority, and see resistance as a friendly challenge. Meet her with a smile and a playful attitude (and perhaps a challenge), and she will more willingly dissolve.

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SELF LOVIN' SUCCESS TIPS

The key to your rituals NOT feeling like a bunch of “should’s” (which will not serve your Body Love) is to allow your list to come from desire.

If you feel yourself edging into the territory of “should” while engaging in one of your self-loving acts. Stop, breathe and ask yourself what the benefits of this act are? How will you feel during and after engaging?

Again, often resistance comes up, and then you may think “Oh, I’ll just get it over with!” or “I’ll just check it off my list”.

Uh uh, that is not what we are up to here.

Slow down, and remember this is about enjoyment.

If you are struggling with giving yourself love, just start small and build up to the “bigger” show of affection.

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HONOR YOUR SELF-LOVE ARCHETYPE

It can be important to honor your “type” or default.

There are generally 3 basic default patterns of un-loving that women fall into: Fire, Earth and Water.

Are you a Fire type?

If this is you, then you find yourself pushing harder, striving for more, being a “Type A”, running, finding distractions, competitive, harsh judge of others and yourself, exercising hard even if you are exhausted, or being very rigid around your food (without real enjoyment).

You are prone to anger (whether you hold it in or let it out), your body feels wound up and tight, and you are in high-stress mode much of the time.

In order to create balance, you will not want to choose a hard hike or exercise for your body-loving ritual, but instead something that will “cool your fire” like a slow nature walk, meditation or even some water infused with cucumber and mint.

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Are you an Earth type?

If this is you then you find it very difficult to change your habits and may even cling to your routine even though you know it doesn't serve you.

You can tend towards lethargy, feeling "heavy", having heavy thoughts, and not always feeling very inspired.

The idea of running a marathon is definitely for "other people", as you would much rather hide and away and take a nap.

In order to create balance with your body-loving actions, choose things that move you – in body, mind and soul.

Unlike the fire type, you would receive huge benefit from more vigorous body-lovin' exercise . . . but be sure to choose something that you *could* love. Jumping on a trampoline, hiking (be sure there is some uphill), belly dancing . . . get out of your comfort zone!

A green smoothie or enjoying a stimulating morning cocktail of warm water with lemon, stevia and a dash of cayenne would be great Earth-balancing body-lovin' actions.

Are you a Water type?

Water types can be a bit more mysterious because water can be in constant motion or still and stagnant. In general, there is a lack of groundedness and difficulty in maintaining steady rituals if you are this type. You may find yourself rebelling against "rules" and always in "movement"/taking on changing roles, habits, emotions, ideas, etc.

You may find yourself being pulled in multiple directions, drowning in emotions or overwhelm, or getting caught up in martyrdom and self-destructive & addictive behaviors.

A wonderful way to sooth and balance your "rough waters" is to commit to one basic daily self-loving ritual that is grounding, but add in little creative touches to appease your natural inclination towards fluidity. This could be a daily walk in nature at the same time every day, but choosing a different place or path. Having regular meals at a set time that are nourishing, healthy and sensually pleasing can also benefit you.

As you read these 3 types, remember that these are generalized and focus on the shadow aspects, so take it all with a grain of salt.

If none of these types really seem true for you, then just start diving into body lovin' rituals that speak to you!

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FINAL WORDS: ATTRACT WHAT YOU WANT

The better you treat yourself, the better life treats you – this is simple, it's the “like-attracts-like” principle.

In support of your Body Love,

Ana

