



Drs Jensen
COMMUNITY VITALITY LONGEVITY

Morning Practice (Sadhana)

There is a sweet time in the morning where the world is just waking up and crossing over from the veil of dream time and into the physical world. It is where there is an openness that can be an opportunity to plant seeds for the day, the week, or even the year. Here you can create time to dream in the physical world and get anchored and connected before tackling the world in the coming hours. In our time today this is no longer a choice but necessary to stay steady.

Sadhana refers to a discipline that brings refinement into your life, a practice that brings wisdom, connection, and an intrinsic joy you can carry with you for the rest of your day.

Below are some ideas you can choose to adopt in your Sadhana to create that sacred space internally and externally. Find a place in your home where you can create a cozy sanctuary that feels like a place you can completely melt into. It doesn't have to be big, just yours.

1. Yoga
2. Meditation
3. Journaling
4. Reading
5. Singing
6. Walking or other forms of movement
7. Listening
8. Creating a success list for the day
9. Gratitude list
10. Victory list
11. HIIT exercise
12. Intention setting with a word or phrase