

STEADY AS THE MOON PAVLINA BULGURI RESET EDITION

Mindmap #11 - 30 Days of Soft Energy - Beginning 20.11.25

1. Movement - Pavlina's Morning Practice



- SWING YOUR ARMS FORWARD & BACKWARD IN A RELAXED BUT RHYTHMIC MOTION
- BEND YOUR KNEES AS YOU MOVE
- THERE'S OFTEN A LIGHT RISE ONTO THE TOES OR A GENTLE BOUNCE
- THE CORE STAYS LIGHTLY ENGAGED
- IT'S KNOWN TO SUPPORT ENERGY FLOW AND LYMPHATIC ACTIVATION
- DO 50-200 REPETITIONS A DAY
- IT'S OFTEN RECOMMENDED TO PRACTICE BY AN OPEN WINDOW OR OUTDOORS FOR FRESH ENERGY

2. Drink - Healing Lemon Tea



PREPARE 20 LEMON ICE CUBES: MIX THE JUICE OF 8 LEMONS WITH 3 TSP HONEY, 1 TSP TURMERIC, 1 TSP CAYENNE, 1 TSP CINNAMON, 8 TBSP VINEGAR, AND 10 CM GRATED GINGER. POUR INTO AN ICE TRAY (EXTRA PLUS: MINT LEAVES), TOP WITH WATER, FREEZE, AND DROP A CUBE INTO HOT WATER FOR YOUR INSTANT HEALING LEMON TEA.

3. Movement - 3000 Steps of Fresh Air

AND LAST BUT NOT LEAST — WALK TRULY 3,000 STEPS EVERY SINGLE DAY (AND MORE IF YOU CAN).

it starts with you
Love, Ulrike

