



# Self Care Resources



## Self Care from TriDosha

We believe in self care, that it is an essential part of your all round health and happiness.

We're taking our expertise beyond the treatment room and into your day.

Our exercises are simple and short, designed to integrate easily into your life.



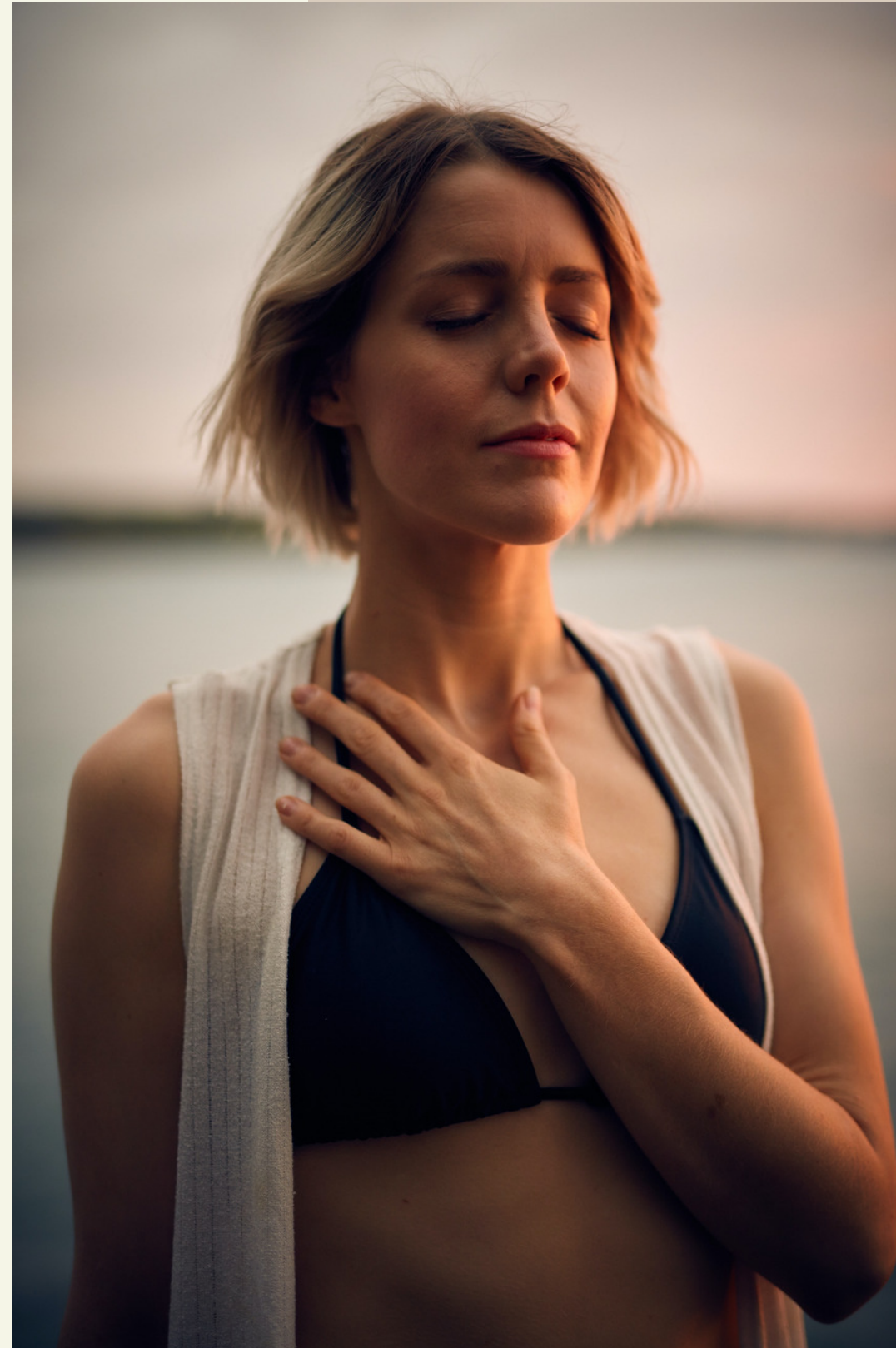
# Connect

## Self care is essential, not selfish

Commit to giving yourself this time - whether it is 4 breaths, 1 hour or however long you've chosen.

Connect with your space, make yourself comfortable and enjoy your surroundings. Find the smallest detail to root you in the moment.

You can only give to others from a full cup, so make sure you fill yours up first.



## Exercise 1

### Connecting to the moment

- Set your timer for the amount of time you'd like to spend.
- Chose a body position to suit the time you have - stand for a short time, get really comfortable if you have longer.
- Close your eyes or look down with a soft gaze.
- Place your right hand over your heart and tune into your heartbeat.

Challenge yourself to really focus on the following and find as many words as possible to describe your surroundings.

- Gently breathe in through your nose and identify the scents you pick up - incense, laundry, onions cooking.
- With your left hand, touch something nearby and take in it's properties - cold, hard, dry.
- Now focus on what you can hear, sounds close to you - your breath, a fan, the breeze. Now to more distant sounds - a dog barking, a car horn, wind in the trees.
- Take the last period of the time you've allowed to feel your place in amongst all you have observed.. Feel your own presence in the room.

# Shift

## Movement for more than getting from A to B

Whole body movements stimulate the release of blocked stagnant energy or prana. This in turn allows restoration in. It also loosens tense muscles and connects the mind with the body.

Use this is an opportunity to release what's no longer needed - close your eyes and go within for a moment.

## Exercise 2

### Move in the moment

#### Shaking

- Shake hands and arms then feet, legs and ankles
- Shake your whole body from 10 seconds to 10 minutes - the more you shake the more you shift!

#### Mini Body Sweeping

With your hands, imagine brushing off a speck of fluff from your velvet body suit, small sweeping strokes all over body.

- Start at chest and shoulders, move down arms, down torso, lower back, over hips, down legs, finish at feet
- Repeat a few times

#### Loosen Neck and Shoulders

##### Shrugs

- Bring both shoulders up tightly toward your ears. Exaggerate the shrug and accentuate the holding.
- Release quickly, letting your shoulders be heavy and drop.
- Repeat a few times.

##### Circles

- Bend both elbows and lightly place your fingers on top of your shoulders.
- Rotate your elbows as though drawing big circles with your elbows.
- Circle 5 times in one direction, reverse and make 5 circles the other way.
- Drop your arms. Breathe and focus on how relaxed your neck and shoulders feel.

##### Neck Stretch

- Extend arm out at 45 degrees.
- Drop ear to shoulder on the opposite side.
- Breathe in and feel the neck release/relax on the exhale.
- Change side.



# Cleanse

## Clearing energy channels

Foot baths increase your overall body temperature, which can relieve muscle and mental tension, alleviate stress and increase white blood cell activity. All of this boosts your immune system, which prevents sickness and increases your overall health and well-being.

## Exercise 3 A moment to soak

All you need...

A bowl, warm water, a towel and 30g salts - your choice, we like Epsom salts.  
Optional addition of 10 drops of essential oil, we like Lavender.

- Make your area calm and comfortable.
- Add warm water to the bowl.
- Check the temperature and then pop feet in.
- Sprinkle the salts and oil into the bowl and allow the aroma to drift up to you.
- Soak for 20 minutes.
- Repeat for 3 consecutive days to enhance the benefits.



# Cleanse

## Marmas

Marma Therapy is believed to clear energy (prana) that stagnates in Marma points, freeing this energy boosts the function of all the bodies organs and promotes healing.

Combine exercises 4 to 10 into a routine, it will help cultivate concentration and be a great preparation for meditation or any tasks requiring focus.



## Exercise 4 and 5 Marma moments

### Using Tri Dosha Miracle Balm or your favourite oil

#### 4. Heart of the hands (Talahrudya)

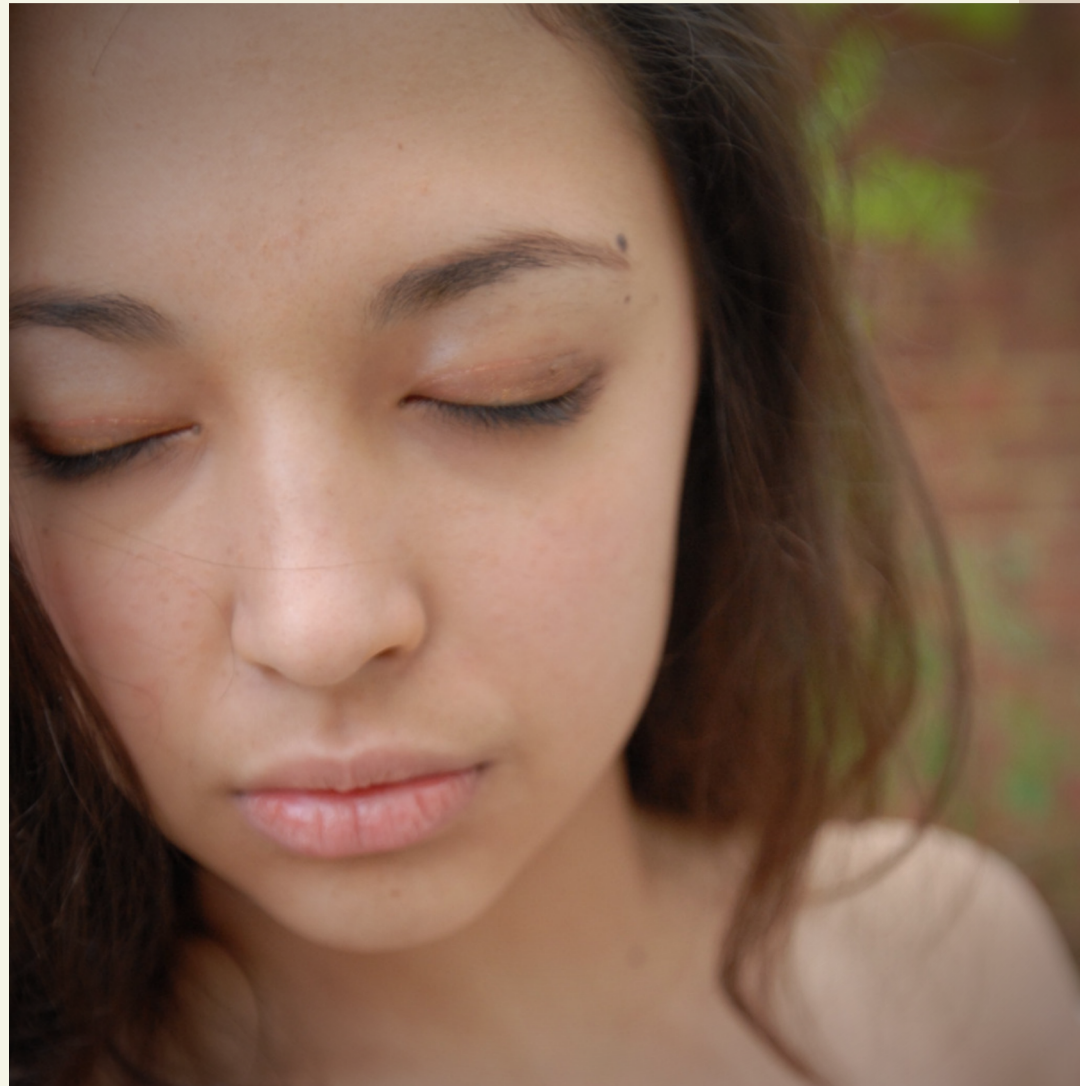
- Put Miracle Balm on your right thumb, place it in the centre of your left palm.
- Massage this point in a strong, circular motion 11 small circles clockwise and 11 small circles anti-clockwise.
- Keep your hand soft, a gentle cup not stretched flat.
- Energise the point further by rubbing the palms together until they feel warm.
- This point is closely linked to Anahata, the heart chakra, and is an important point in stimulating circulation throughout the whole body. It links closely to the lungs and respiratory health, and is also a vital marma point to work with regarding communication.

#### 5. Navel circular massage (Nabhi)

- Using your first two fingers locate the space just above the belly button.
- Gently circle the belly button over the clothes 11 circles clockwise and 11 circles anti-clockwise.
- This point controls the digestive, blood and circulatory system, its directly linked to the navel chakra, Manipura and agni, the digestive fire. By gentle stimulating of this point, excess heat is being released.



# Cleanse



## Exercises 6 to 8

### Marma moments

#### 6. Inside eye socket release

- Place thumbs on inside end of eyebrows.
- Drop head gently into thumbs, no pressure.
- Take a few gentle full breaths
- Feel the pressure release to help headaches, eye strain and mental pressure.

#### 7. Temple circles (Utkshepa)

- Put Miracle Balm on your middle finger tips, place them on your temples.
- Very gentle and slow circular motions at the same time, 11 small circles clockwise and 11 small circles anti-clockwise.
- This is the gate for the prana to flow up to the crown chakra, it can have a positive effect on many conditions, headaches, eye strain, nasal congestion.
- Overall it has a calming effect on the facial muscles, allows mental burdens to drop away, opens the nose and refreshes the eyes.

#### 8. Ear lobe massage - point behind ear (Vidhura)

- Place Miracle Balm on the tips of your first two fingers and your thumb on both hands.
- Squeeze, rub and massage the whole of the ear, this will stimulate the nerve sensations that resonate through the whole body.
- Using two first fingers massage the dip behind and below ears, 11 small circles clockwise and 11 small circles anti-clockwise.
- This point is connected to the throat chakra and supplies prana to the third eye and hearing.

# Cleanse



## Exercises 9 and 10 Marma moments

### 9. Jaw massage

- Applying Miracle Balm to your finger tips.
- Massage the muscles in the jaw joint, circle and pummel all the way along the jaw.
- Allow the tongue to become still; when our mind is active either talking or thinking, the small muscles in our tongues move very slightly, by stilling the tongue we can slow the mind and thoughts and vice versa.

### 10. Finger tip tapping along the centre top of the head (Adipati)

- Starting at the top of the forehead, imagine a line going all the way to where the skull meets the neck.
- Using both hands, tap with your finger tips along this line.
- Adipati literally means a master or king. This marma increases the work efficiency of all other marmas therefore this marma is regarded as master of all the marma points.
- It is located at the highest part of the skull where lies the circled tuft of hairs.
- In different disorders like diabetes, hypertension, sciatica, cervical spondylosis or frozen shoulder this marma point is stimulated for relief.
- Tapping all the way along also stimulates blood circulation and therefore oxygen to the brain.



# Nourish



## Exercise 11 4-7-8 Breath

This breathing technique balances the oxygen and carbon dioxide levels in the body by holding the breath and taking a long exhale.

You may notice that when you're distracted or rushing to complete a task, your pace of breath quickens, bringing in excess oxygen. This can make you feel light-headed and add to that feeling of brain fog. This technique helps regain your carbon dioxide levels.

The following steps should all be carried out in the cycle of one breath:

- First, let your lips part. Make a whooshing sound, exhaling completely through your mouth.
- Next, close your lips, inhaling silently through your nose as you count to four.
- Then, for seven seconds, hold your breath.
- Make another whooshing exhale from your mouth for eight seconds.
- When you inhale again, you initiate a new cycle of breath.
- Practice this pattern for four full breaths.

The held breath (for seven seconds) is the most critical part of this practice.

Only practice 4-7-8 breathing for four breaths when you're first starting out. You can gradually work your way up to eight full breaths.

Good for sleep (in middle of night), stress and anxiety, craving and reducing brain fog:  
Regular practise lowers blood pressure and heart rate and improves digestion.

Remember the mind affects the breath, breath effects the mind!



# Deeply Relax

## Exercise 12 Guided Meditation

Visualisation meditation during times of stress

Mindfulness can be used during distressing bodily sensations, emotions or thoughts, to view ourselves from a broader perspective. Think of your mind as a large lake or ocean. There are always waves on the surface of the lake or ocean.

Imagine yourself riding the waves of stressful thoughts and allowing them to flow away, rather than getting involved with them. Stay with any distressing thoughts or feelings and gently allow them to flow away without dwelling on them.

Avoid trying to resist distressing thoughts. Acknowledge their presence, label them and set them free.

Links to some guided meditations:

[Sunita's meditations](#)

[Other links to be added regularly](#)

