

# Ellen Barrett's Yogini Workshop Weekly Checklist

Weight release, lasting weight loss and long-term wellness all depend on your way of life, not merely your workout or diet. That's why I created the *Yogini Workshop Weekly Checklist*, to help you inhabit the Yogini lifestyle. Let's "zoom out" and bring your whole week into focus.

I encourage you to use the seven actions below to: **1. FEEL/LISTEN TO YOUR BODY**, **2. MANAGE STRESS**, and **3. PERCOLATE ENERGY**. These are the three keys to feeling and looking great without strife, because they promote harmony in body, mind and spirit. Refer to Page 2 for further explanation regarding the seven actions. For years, I've used this checklist and it has kept me well. I know it can do the same for you. xoxo Ellen

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL	REQUIRED
<b>COMMUNE WITH NATURE</b> minimum 30minutes/day									7/7
<b>SLEEP WELL</b> + or - 7 hours solid									5/7
<b>SPEND TIME IN SOLITUDE</b> minimum 30minutes/day									7/7
<b>MOVE!</b> minimum 15 minutes per day, & 2 days w/ 60+minutes									6/7
<b>FOCUS ON BREATHING</b> Do nothing but breathe for minimum 1 min/day									7/7
<b>EAT NOTHING AFTER 7PM</b> You can drink herbal tea and water after 7pm— that's it!									5/7
<b>AVOID CONSUMING ALCOHOL</b> no wine, no beer, no vodka—nothing alcoholic									6/7



Visit us!  
ellenbarrett.com and ellenbtv.com  
studio@ellenbarrett.com

**Yogini Workshop  
with Ellen at Kripalu**  
April 22-24, 2016  
Call 866.200.5203 to register

# Ellen Barrett's Yogini Workshop Weekly Checklist

## **COMMUNE WITH NATURE [minimum 30minutes/day, 7/7 days per week]**

Nature is an anti-depressant with no negative side effects. It lifts you, and let's face it - we all need a daily lift. Now that I live in the country and am "confronted" with nature often and for long periods of time, I realize how nature deprived I was living in the city and how on "on edge" I was because of it. Communing with nature may take the shape of a walk in the woods, feeding the ducks, gardening or watching the sunset. Just commune with nature somehow, every day. It puts you in a healthy state of mind.

## **SLEEP WELL [+ or - 7 hours solid, 5/7 days per week]**

Your body gets so much done when you're asleep, making sleep a huge (maybe the top?) component to total wellness. Studies show that those that are "early to bed and early to rise" are thinner and are less likely to struggle with their weight. Hormones are regulated, the blood is cleaned, the endocrine system is reset - all while you are in dreamland. Notice what your perfect amount of sleep is and try to get it at least 5 times per week.

## **SPEND TIME IN SOLITUDE [minimum 30minutes/day, 7/7 days per week]**

Solitude is time spend listening to your soul, feeling your body and simply putting your awareness on your inner world. No phone, no TV, no social media. Solitude takes the shape of many things. For some it is found while folding laundry or a walking with your dog. For other's it is seated in deep meditation or waking up at the crack of dawn and watching the sunrise. When people have enough solitude, reactive behavior is minimized. It is especially crucial if you tend to over eat or self-sabotage when under stress.

## **MOVE! [minimum 15 minutes per day, & 2 days w/ 60+minutes, 6/7 days per week]**

It's about energy. Move to the point of creating energy rather than depleting it. This may mean a 15minute walk. It may take the form of an all day hike or an intense at home workout. You've got to move, just about every single day. Get up and do something, anything to get your breathing big and blood pumping.

## **FOCUS ON BREATHING [do nothing but breathe for a minimum of 1 minute, 7/7 days per week]**

Take 1 minute or more to simply breathe. Ideally, you'll breathe in and out through the nose. Watch as your breath becomes deeper, slower and contain less tension. You can do this pretty much anywhere - at your desk, in bed or while standing at the check out line at the store.

## **EAT NOTHING AFTER 7PM [herbal tea and water after 7pm -that's it!, 5/7 days per week]**

Many studies have concluded that a defining trait of all overweight people is their late-night eating habits, so avoid eating after 7pm. This has been proven helpful for those trying to slim down, trying to maintain a current weight, trying to sleep better, or trying to have a stronger appetite in the morning. The benefits are many! This may that planning, but somehow arrange your schedule so that you eat nothing after 7pm. When I've said this in the past, I've gotten a bit of flack, however, I don't believe this is radical at all. It actually feels really in tune with nature.

## **AVOID CONSUMING ALCOHOL [no wine, no beer, no vodka - nothing alcoholic, 6/7 days per week]**

Alcohol isn't a girl's best friend. A glass of wine is mostly "empty calories," and about those antioxidants? Well, you can get way more from just eating grapes. Alcohol also interferes with quality sleep. Just like avoiding eating after 7pm, strategically plan your week, so you go alcohol-free 6 out of 7 days per week.