

# the self-care revolution

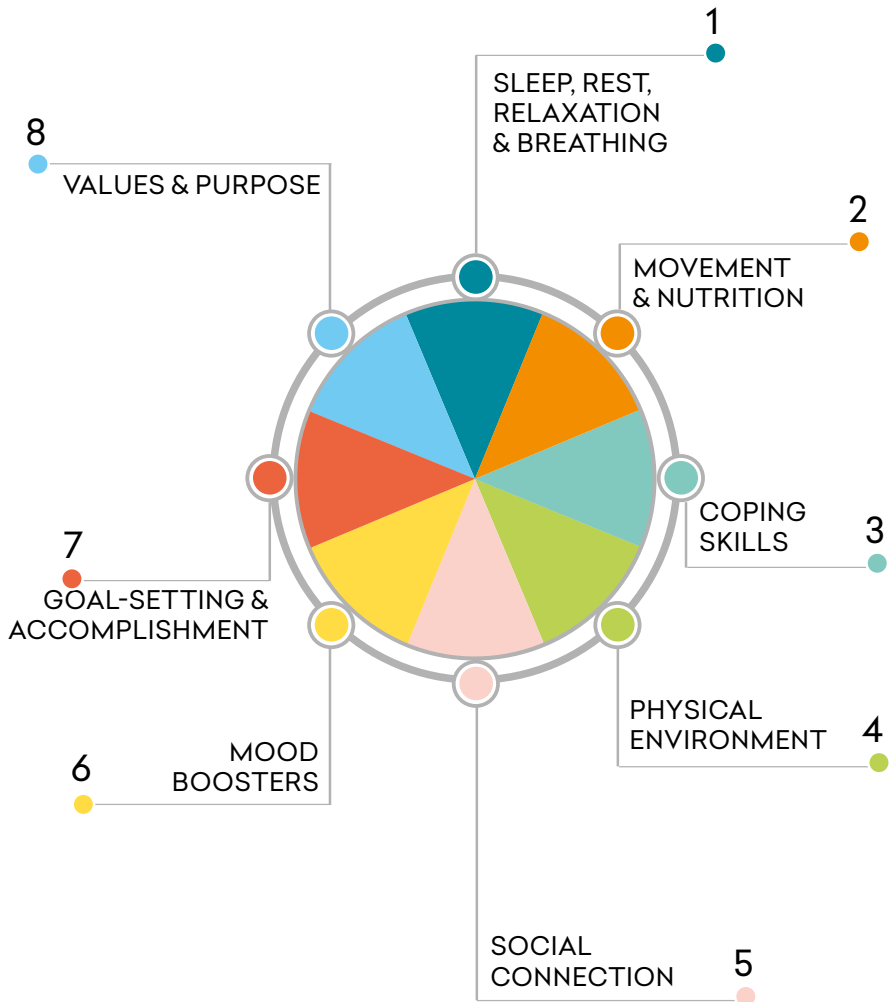
Accompanying reference material



Suzy Reading

THE SELF-CARE VITALITY WHEEL

THE VITALITY WHEEL PATHWAYS ARE:





**YOGA TO HELP YOU REST,  
RELAX & SLEEP**

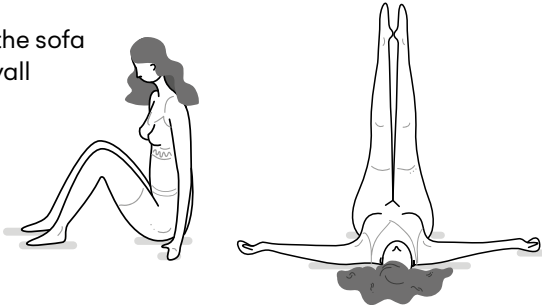
Child's pose



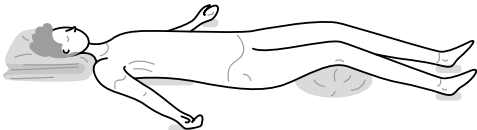
Pigeon



Legs over the sofa  
or up the wall



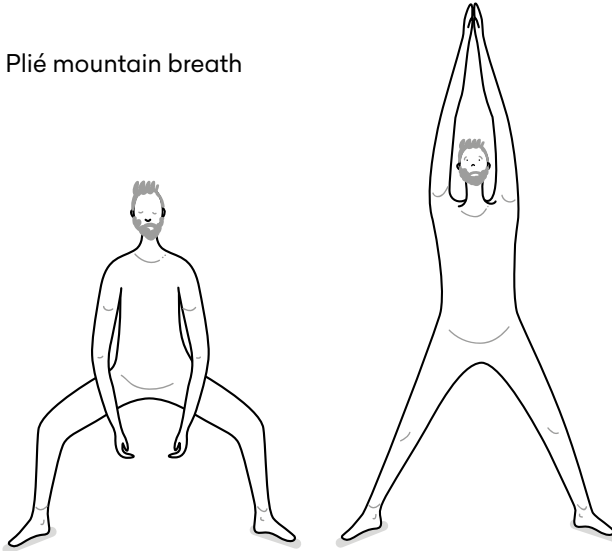
Savasana



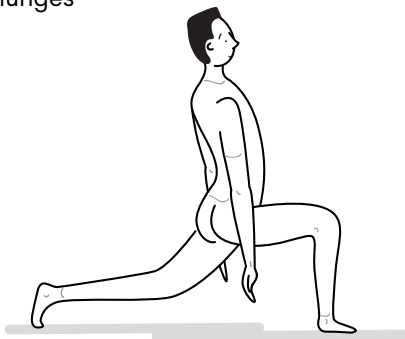


## YOGA TO BOOST YOUR METABOLIC FIRE & FOR SHAPE & TONE

Plié mountain breath



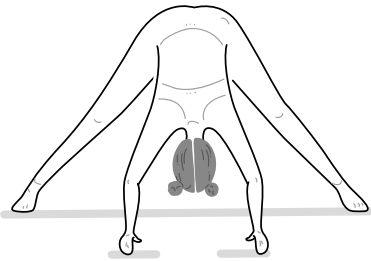
Step-out lunges



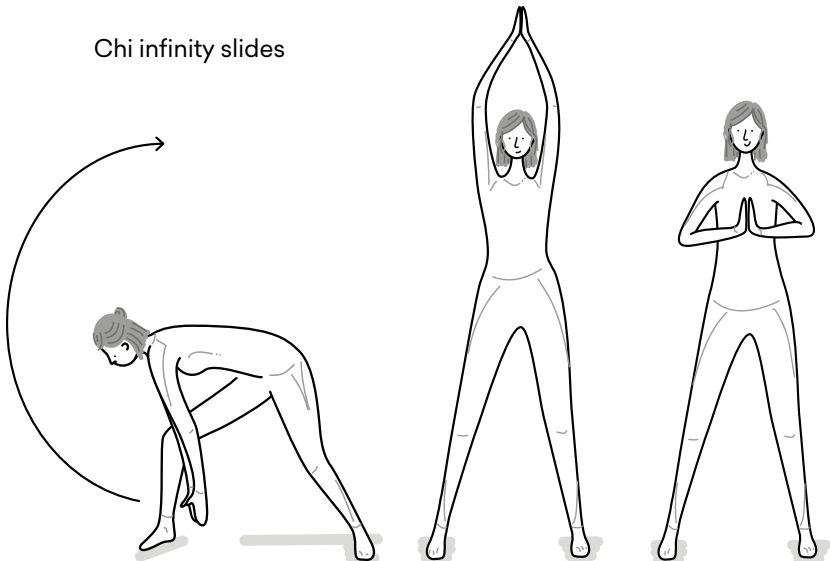


**YOGA TO BOOST YOUR METABOLIC  
FIRE & FOR SHAPE & TONE**

Wide leg fold



Chi infinity slides





**KNOW YOUR BOUNDARIES**

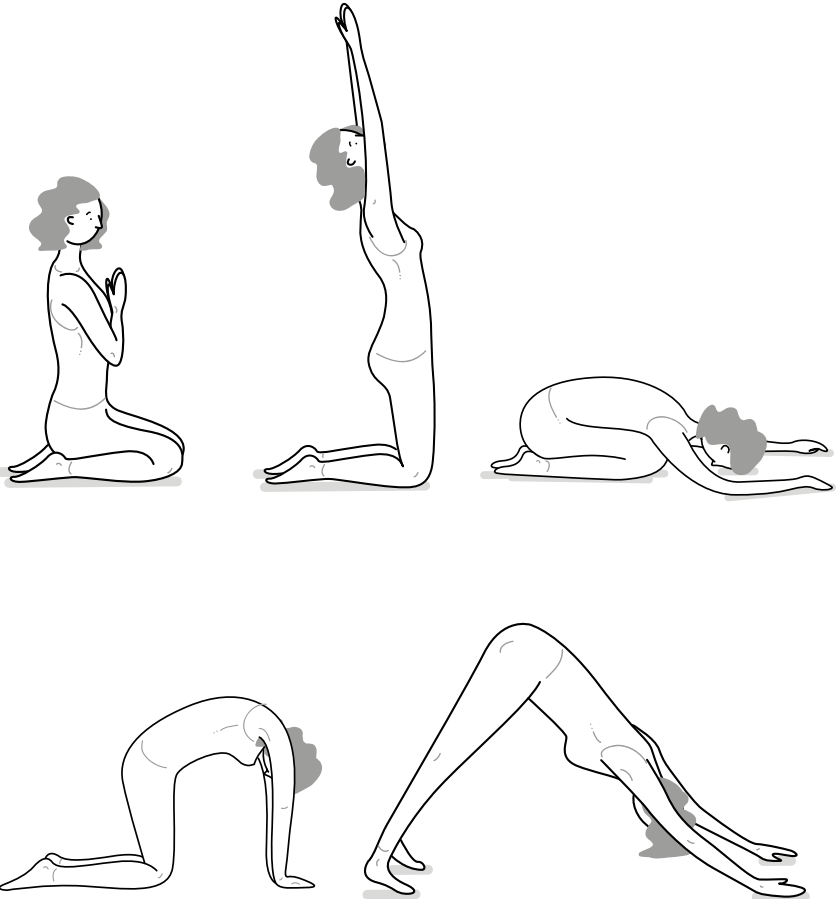


**EVERYTHING BEYOND  
YOUR CONTROL**



**YOGA TO HELP YOU COPE IN TIMES  
OF STRESS, CHANGE & GRIEF**

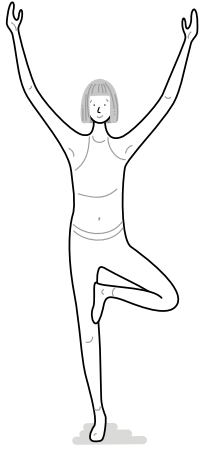
Prayer salute





**YOGA TO HARNESS THE  
POWER OF NATURE**

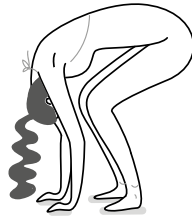
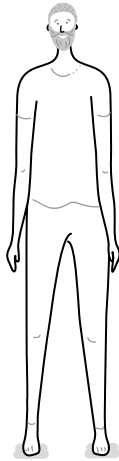
Tree



Spine rolls



Mountain breaths

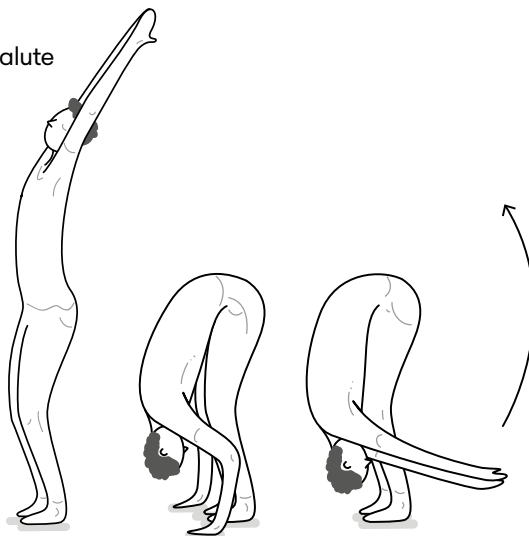




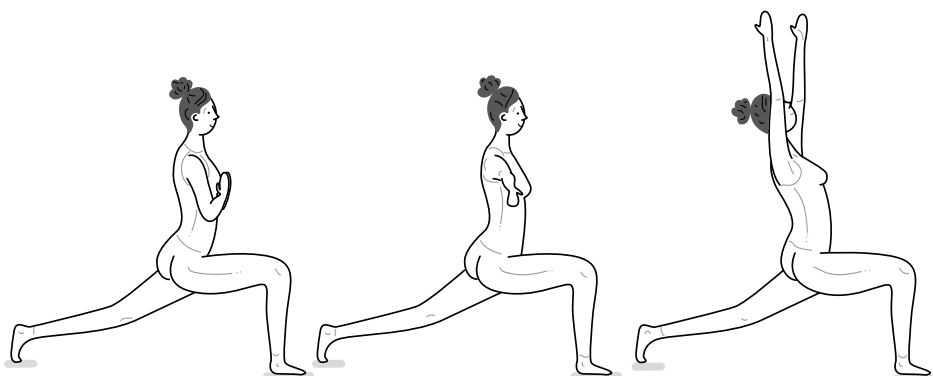
● ● ● ● ● ● ● ●

**YOGA TO HARNESS THE POWER  
OF CONNECTION**

Circular sun salute

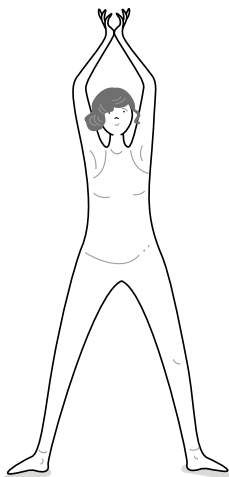


Dynamic warrior lunge



YOGA TO HARNESS THE POWER  
OF CONNECTION

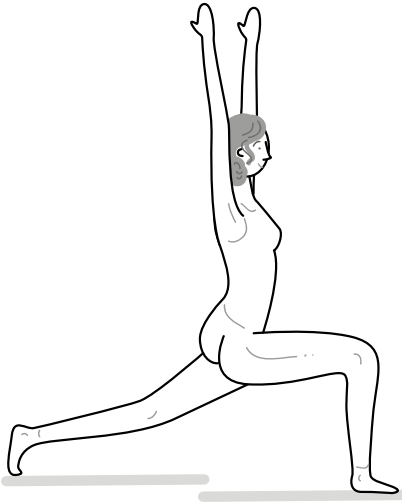
Dynamic horse pose with lotus mudra





**MOOD-BOOSTING YOGA**

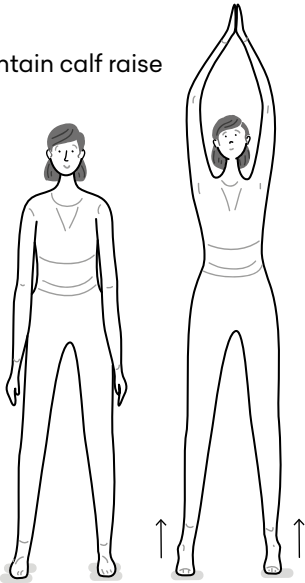
High lunge



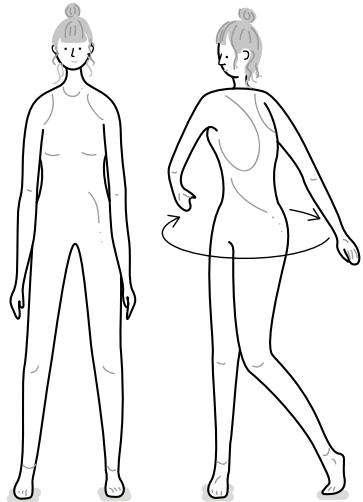


# MOOD-BOOSTING YOGA

Mountain calf raise



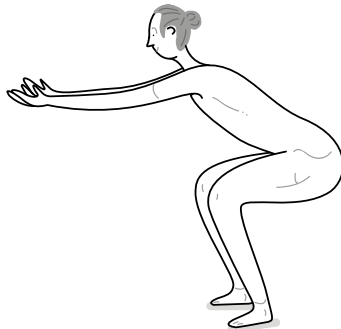
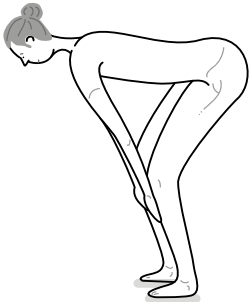
Dynamic standing twist





**YOGA TO BOOST YOUR FOCUS  
& MOTIVATION**

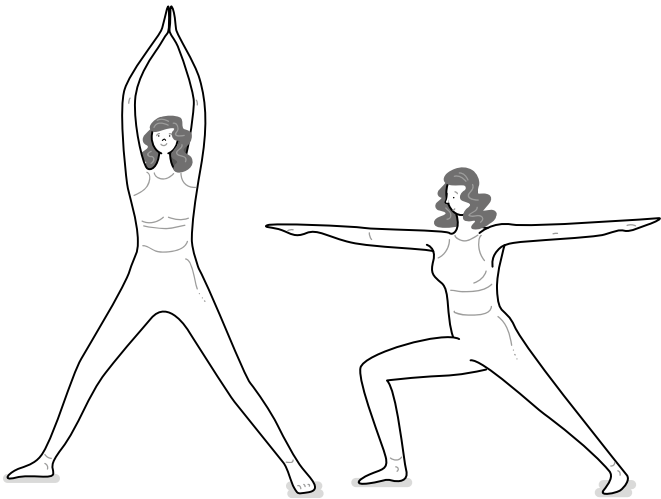
Half sun salute





**YOGA TO BOOST YOUR FOCUS  
& MOTIVATION**

Warrior side lunge



Narrow standing fold



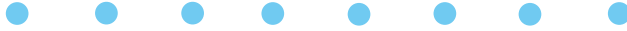


## UNDERSTANDING YOUR VALUES

**What virtues are important to you?**

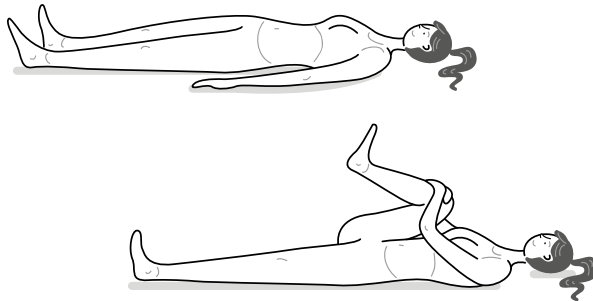
Take the 'Values in Action, Inventory of Strengths' test free of charge by following this web link:

[www.viacharacter.org/www/Character-Strengths-Survey](http://www.viacharacter.org/www/Character-Strengths-Survey)



**YOGA TO CONNECT YOU WITH YOUR  
HEART & TO CHANNEL YOUR RESOLVE**

Supine, alternating knee hugs



Basic twist



Reclining butterfly pose

