



# 8 RITUALS

[www.oneslowyogi.no](http://www.oneslowyogi.no)  
@oneslowyogi



# ONE SLOW YOGI

## Lifestyle & Rituals

### WELCOME

I have gathered my eight favorite rituals, to share these with you. These are the rituals I practice to have a well-balanced everyday life filled with joy. The rituals are simple. It is important for me to make everyday practice as simple as possible, so that I actually find time to do it. I hope you will find time to practice, and I hope that the rituals will support you in your everyday life, as they support me.

I would love to hear from you and your experiences with the rituals. Remember to practice a little bit every day. This is how you allow change to happen in life.

Be the Empress, be the Queen.

*Maria Djoenne*

ONE SLOW YOGI



## 1. the Do Nothing Ritual

Why :

- gain more energy
- allow tension to release
- total rest
- reset
- come back to neutral

You will need :

- a quiet space
- a mat
- a blanket
- a timer

How to :

- Lie down on the mat
- Feet about shoulder width apart
- Arms a bit out to the sides, palms facing up
- Cover yourself with the blanket, stay warm
- Set timer to 12-20 minutes
- Close your eyes.
- Rest until timer tells you it is time to continue the day



## 2. Listening

Why :

- come back to your senses
- listen to what is
- turn inwards to connect to yourself
- allow answers to arrive
- come back to your core, gain clarity

You will need :

- a quiet space
- a meditation cushion
- a candle
- oracle cards

How to :

- set up a nice, simple space for the ritual, light the candle
- get comfortably seated, spine straight and relaxed
- close your eyes and start to listen: How do I feel. Where am I in Life. Who am I. What do I need.
- not judging. Only listening.
- now do a silent meditation 5-20 minutes
- after meditation ask your oracle cards for guidance



### 3. Morning coffee or tea Ritual

Why :

- start the day peacefully
- find calmness before entering the outside world
- connect (instead of disconnecting)
- open up to greatness surrounding you

You will need :

- a beautiful cup, a cup you favour
- delicious coffee or tea
- a candle
- a quiet place to sit
- a window facing a tree, the sky or other parts of nature

How to :

- fill your cup with freshly brewed coffee or tea
- light the candle
- sit down, spine straight, shoulders relaxing
- watch the sky, the trees, connect with nature
- enjoy small sips of your drink
- try to not think, just be, become one with nature, mother earth, the Universe
- notice how you are part of something bigger
- when your cup is empty, just say Thank You. Now enjoy the day



## 4. Body & Chi Maintenance

Why :

- maintain the flow of your life force
- maintain your physical body
- feel strong
- feel light
- feel flexible

You will need :

- floor space
- a yoga mat
- to know your yoga
- a timer

How to :

- stand at the top of your yoga mat
  - palms together in front of the chest
  - relax your eyes, return to stillness
  - when ready do two rounds of Sun Salutations, slowly, with grace
  - pause
  - now do Warrior 2, both sides
- pause. Slowly, with grace



- do two more rounds of Sun Salutations, slowly, with grace
- pause
- now do a balance pose of choice
- pause
- do one last Sun Salutation
- and now set your timer and do a 15 minutes Savasana

@oneslowyogi



## 5. the Mudra Rituals

Why :

- mudras are medicine, always at hand
- for better health
- for a stronger you

You will need :

- a quiet place to sit or lie down
- a timer

How to :

- choose the Mudra you need

Examples:

- Prana Mudra : the tips of your thumb, ring finger and little finger touching on both hands. To strengthen your immune system, to reduce tiredness and fatigue
- Apana Mudra : the tips of your thumb, index and ring fingers touching on both hands. To remove impurities from your body, help when menstruating, relieve constipation, gas and stomach pain



- Prithvi Mudra : the tips of your thumb and ring fingers touching on both hands. To balance the element Earth in your body, to ground, to improve body weight, blood circulation, digestive power and vitamin deficiency associated problems
- sit with your back straight and relaxed, or lie down.
- set your timer to 15-20 minutes
- find your mudra, relax. Do not strain
- close your eyes
- When the timer goes off, release the mudra and open your eyes to get on with your day



## 6. the Beauty Ritual

Why :

- for wellbeing
- for that feeling of luxury
- for spending more quality time with yourself
- for better circulation
- to make you glow

You will need :

- a delicious oil for your face
- a facial cleanser and a facial mask
- time alone
- a meditation cushion or a chair
- a candle
- a timer

How to :

- light your candle
- tie back your hair and cleanse your face
- apply your facial mask
- now sit down, spine straight, relax
- set your timer to 15 minutes, or as long as you want your facial mask to sit
- close your eyes, come into stillness, enjoy the stillness and this time just for you

@oneslowyogi



- when the timer goes off, remove the mask
- now, facial oil massage. Use a good amount of oil, make sure it is a good oil with natural ingredients only. Spend 5-10 minutes massaging the oil onto your face, neck and under the collar bones.
- allow your skin to become red and warm. This will increase the blood flow to the surface of your skin, boost the circulation and the lymphatic system
- now enjoy your new glow and notice if you might even feel quite refreshed?



## 7. Breathe

Why :

- for better health
- for eliminating toxins
- to create more space in your body
- to make your organs function even better
- to make you refreshed and calm

You will need :

- a calm place to sit down

How to :

- sit down, rest your hands, shoulders, belly and face
- do ten long, gentle, deep, wide belly breaths. Inhale through the nose, exhale through nose or mouth. Inhale more space to your body, exhale and let the body relax, let go, release
- After ten deep breaths just sit. Sit and notice, let it all integrate and then get on with your day.
- Repeat as often as needed. Remember to always sit down while doing this ritual



## 8. Be the Empress, be the Queen

Why :

- for better self worth
- for taking your power back
- to feel worthy
- to make you feel like you own your own life (which we always do, but sometimes we give our power away)
- to make you strong and grounded

You will need :

- a calm place to sit down
- a candle
- a timer
- whatever makes you feel good. Maybe start with the Beauty Ritual? I like putting on a dress, nice earrings and lipstick



How to :

- sit down, spine straight. Rest your hands, shoulders, belly and face
- light your candle. Set your timer to 15-20 minutes
- close your eyes and let the meditation start
- feel your roots growing into the ground. Connecting you to Mother Earth. The longer and stronger they grow, the taller you become. Now allow your spine to become longer and stronger, reaching for the sky. Feel your power growing, notice how you become more grounded. Allow yourself to glow up. Focus on this throughout the whole meditation
- remember, the Empress just sits and allows everything to come to her, never chasing anything. The Queen holds enormous power. You got this. Be the Empress and be the Queen in your own life, or be the Emperor and be the King

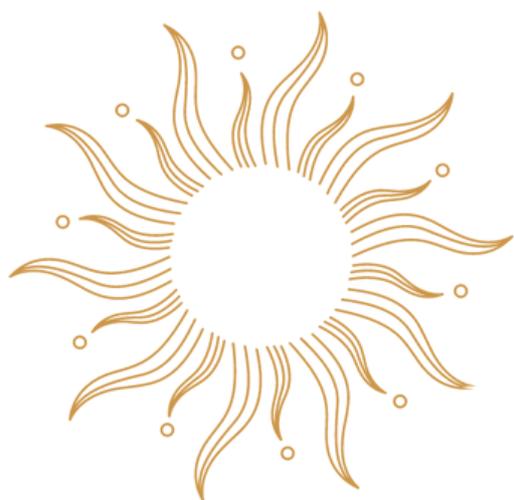
@oneslowyogi



# ONE SLOW YOGI

One Slow Yogi loves to invite you to slow down in life. You're invited to join my rituals and travels. We travel around the world on amazing yoga retreats, and we journey inwards through rituals and slow yoga practices. Soft, nourishing yoga to bring you back to your body and to who you are. We often have the answers we seek within us, but to find them we must learn to remove the outside noise and meet ourselves in stillness and silence. One Slow Yogi invites you to soften and into life, to find your own truth and core.

We always work from a holistic and spiritual perspective. .



Move slowly, with grace. Breathe deeply, relax.

#jointhegoodlife

Together with One Slow Yogi, you can practice yoga online, enjoy the OSY retreats, and join Yin and Restorative yoga teacher trainings.



@ONESLOWYOGI



ONESLOWYOGI



ONESLOWYOGI.NO