

PRACTICAL FOOD, FEMININE FORM ENERGY MEDITATIONS AND
LIFESTYLE RITUALS TO REDUCE OVERWHELM



THE SHAKTI SCHOOL'S

14-DAY CHILL OUT
VATA RESET
GUIDE



14-DAY CHILL OUT VATA RESET JOURNEY

PHASE 1: GROUND & NOURISH (DAYS 1-4)

Theme: Slow down and regulate your meal rhythm.

Focus: Eat three warm meals a day at the same times.

Morning (7-8:30 AM): Stewed apples or oatmeal with ghee.

Midday (11:30 AM-1:30 PM): Root veggie soup or kitchari.

Evening (5:30-7:00 PM): Light dinner with soup or grains, followed by warm milk.

Meditation: Practice Bhastrika (Bellows Breath) throughout the duration of the reset. See page 6 for more information on this balancing practice.

Practice: Keep a steady wake and sleep time

Optional ritual: Begin sipping warm water throughout the day. Journal for 5 minutes about how you feel before and after meals.

PHASE 2: OIL AND RESTORE (DAYS 5–7)

Theme: Deep nourishment through oiling and digestion fire.

Add: Daily Abhyanga (self-massage with sesame or almond oil).

Keep: Consistent meal rhythm and early dinners.

Optional: Try a new grounding recipe — Fall Kitchari or Golden Yogini Milk.

Evening: Lights out by 10 PM, avoid screens after 9.

Meditation: Glow-Worthy Grounding ([see Glow-Worthy meditations](#)).

PHASE 3: BREATHE AND CLEAR (DAYS 8–10)

Theme: Clear channels and calm the mind.

Add: Begin Neti Pot and Nasya rituals in the morning.

Keep: Warm, spiced meals and herbal teas (ginger, cinnamon, tulsi)

Mind practice: Alternate nostril breathing or gentle yoga before bed.

Lifestyle: Avoid cold/raw foods and late nights.

PHASE 4: SETTLE AND GLOW (DAYS 11–14)

Theme: Deep rest and integration.

Focus: Protect stillness and refinement. No new habits, just consistency.

Keep: All previous daily anchors (meal timing, oiling, rest).

Evening ritual: Warm milk with nutmeg + gratitude journaling.

Optional: Gentle walk in nature or meditation from Glow-Worthy series.

Day 14 Reflection: Write or voice note what stability feels like in your body.

BHASTRIKA (BELLOWS BREATH)

This breath fans your inner fire while calming and balancing your nervous system.

How To Do It:

1. Sit tall and relaxed on the floor or a chair. Close your eyes and take a few easy breaths through your nose to settle.
2. Inhale deeply through your nose, filling your belly, ribs, and chest. Exhale strongly through your nose, drawing the belly in toward the spine. Both inhale and exhale are active and even, but not harsh.
3. Let there be a soft wheeze or gentle ujjayi sound at the back of the throat — especially on the exhale. That slightly longer, wheezy exhale helps stimulate your parasympathetic nervous system which is your body's rest, repair, and calm response.
4. Continue this rhythm for about 10–15 breaths, feeling warmth build through the chest and belly.
5. After the last exhale, inhale fully, hold for a few seconds, sense energy rising up the spine, then exhale slowly and rest. Breathe normally and notice the quiet, steady energy that follows.
6. Do 10 breaths for about 5 rounds, resting between each round.

BHASTRIKA (BELLOWS BREATH)

What It Does:

- Gently energizes while also grounding the body.
- Balances *vata* and *kapha*, supports digestion, and clears the mind.
- The wheezy, lengthened exhale tones the vagus nerve, calming anxiety and easing the heart.
- Leaves you bright, clear and grief-free.

Gentle Reminder to skip this if you're pregnant, on your period, or have high blood pressure.

Always stop if you feel dizzy, and finish with a minute of slow breathing.

3 DAILY ENERGY ANCHORS (DINACHARYA)

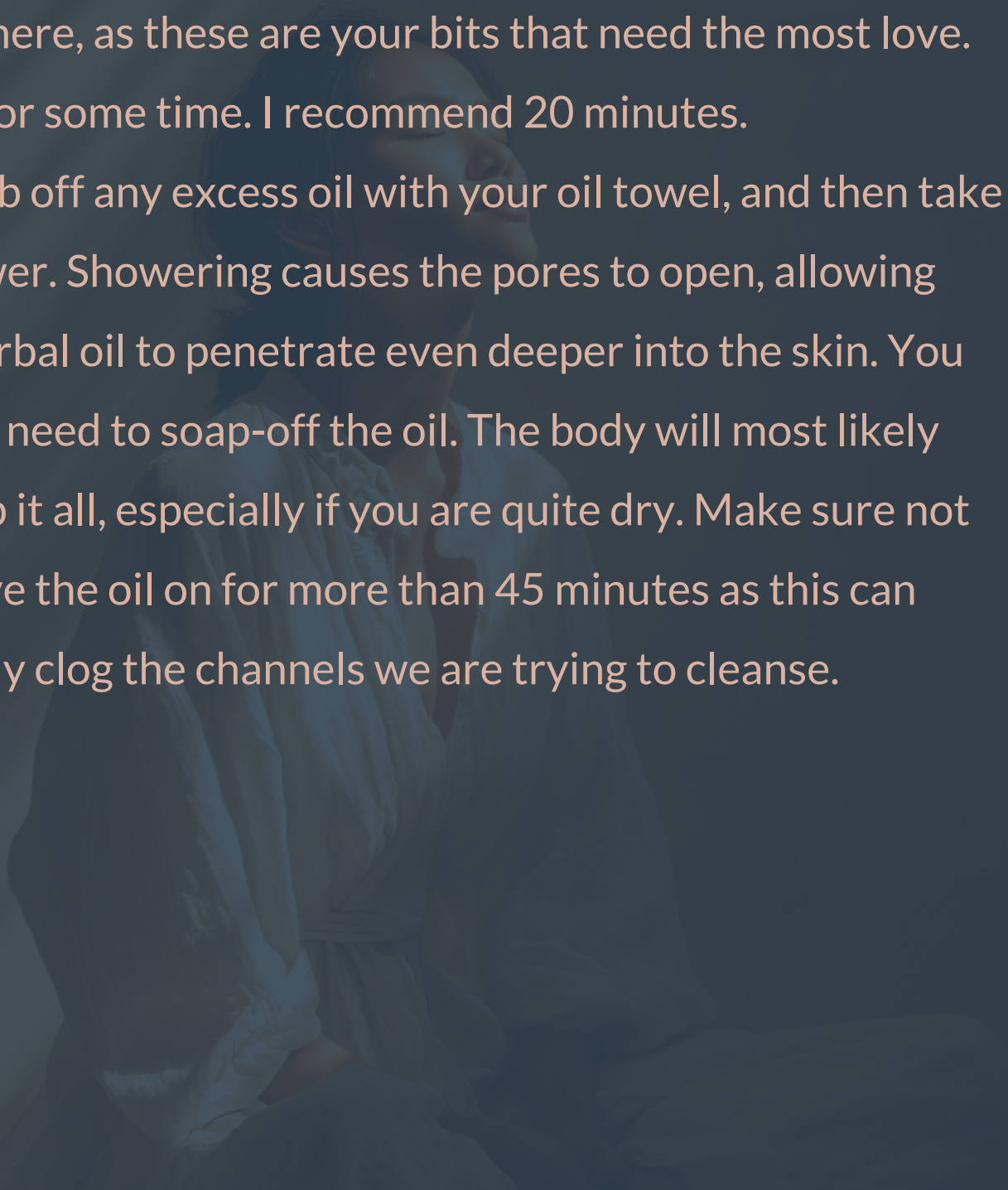
Abhyanga (Self Oil Massage)

This practice calms the nervous system, nourishes the skin and harmonizes mind and body. Make sure to use chemical-free, organic, cold-pressed oils. Do not use any mineral oils, such as baby oils. (VATA: Sesame, Almond. PITTA: Coconut, Sunflower. KAPHA: Sunflower, Calendula-infused).

We love Banyan's Vata Massage Oil, Pitta Massage Oil, or Kapha Massage Oil depending on your dosha.

How To Abhyanga:

1. Start by warming up your oil. We warm the oil because it cures it, allowing the oil to be more easily absorbed by the skin and tissues.
2. Remove all clothing and jewelry. Sit on an old towel so as not to make a mess.
3. For the full bliss treatment, we would start at the top of the head and pour the oil directly onto the crown. If you are doing this before work and do not want an oily head for the rest of the day, you can skip this part and save it for a day when you do not need to be presentable.
4. Continue onto the face (gently) and the rest of the body.
5. On the arms and legs, use back-and-forth strokes.
6. On the joints, use circular strokes.
7. On the belly, use circular strokes in a clockwise motion (if you are looking down at your belly) as this is the direction in which our long intestine moves and will stimulate proper digestion.

A person is shown from the waist up, sitting in a meditative pose. They are wearing a white, long-sleeved robe or towel that is draped over their shoulders and tied at the waist. Their eyes are closed, and their expression is peaceful. The background is a soft, out-of-focus orange and yellow, suggesting a warm, possibly sunset or sunrise, environment. The overall tone is serene and calming.

8. Ideally, you want to spend 15-20 minutes massaging your body. If time is an issue, spend at least five minutes in total communion with your vehicle. And notice the spots of the body you avoid. The thighs? The feet? Spend the most time there, as these are your bits that need the most love.

9. Sit for some time. I recommend 20 minutes.

10. Rub off any excess oil with your oil towel, and then take a shower. Showering causes the pores to open, allowing the herbal oil to penetrate even deeper into the skin. You do not need to soap-off the oil. The body will most likely absorb it all, especially if you are quite dry. Make sure not to leave the oil on for more than 45 minutes as this can actually clog the channels we are trying to cleanse.

Neti Pot

Despite its somewhat intimidating phallic appearance, the neti pot is one of ancient Ayurveda's greatest gifts to modern-day humans, and benefits all three doshas. With all the exhaust fumes and chemical toxicants we are exposed to on a daily basis, this little ceramic pot may be our greatest hope for cleaning out the gunk we hold in those two little nasal openings. Allergy sufferers will also get tremendous relief by making nasal care with a neti pot part of the daily routine. It can also help clear your nasal passage for deeper breathing in asana and pranayama. Mystically speaking, it opens the channels of the third eye, promoting deeper meditation.

How To Neti Pot:

Add 1/2 teaspoon salt to warm water in the pot and drain through each nostril. Afterward, put 3–5 drops of warm sesame oil or ghee in the nostrils to lubricate the nose. This keeps the sinuses clean and improves vocal, visual, and mental clarity. Our nose is the door to the brain. Nose drops nourish our prana and enhance intelligence.

Some of our favorite products include Paavani's Neti Pot and Neti Salt.

Nasya

Nasya is an ancient practice of placing medicated herbs and decoctions into the nose. Ayurveda sees the nose as the closest entrance to the brain and a key entry point into higher consciousness. For this reason, nasal treatments were highly revered as sacred practice for clearing out the channels of prana to the brain. This technique offers a multitude of health benefits for the modern woman—it can be used to treat nasal dryness; neck, head, and shoulder tightness; headaches; and hoarseness in the voice, and it moistens the sinuses. Doing this quirky practice is even said to nourish the energy that boosts our intelligence, reduces anxiety and insomnia, improves our vision, and enhances our voices.

How To Do a Nasya:

- Make sure to do this practice on an empty stomach. Eating directly after this practice is also not recommended. Wait at least 30 minutes.
- Warm a little sesame oil or ghee. Banyan Botanicals has an amazing [herb-infused Nasya Oil that you can buy online here](#).
- Lean your head back and place 4 or 5 drops of the warm oil into each nostril.
- When you feel the oil beginning to drain into the throat, return the head to neutral and wipe any excess oil off the nose.
- Do this practice in the morning and evening for best results.
- Do not use it if you are pregnant or menstruating.

MEAL TIMING FOR NERVOUS SYSTEM STABILITY

Morning (7:00–8:30 AM): Vata rises early; eat grounding food to calm the system. Best choices: stewed apples, oatmeal with ghee, kitchari.

**Avoid skipping breakfast or cold/dry foods. This heightens anxiety, ungroundedness, and irregular energy.*

Midday (11:30 AM–1:30 PM): Digestive fire peaks; eat your largest meal. Choose warm, oily, nourishing dishes like rice, dal, soups, or root vegetables.

**This anchors the nervous system for the rest of the day and prevents the 3 PM crash or anxious depletion.*

Evening (5:30–7:00 PM): Keep dinner light - soups, stews, or grains. End with warm milk with nutmeg and ashwagandha for deep nourishment to the nerves and sleep support.

FOODS THAT REDUCE VATA

Focus on warm, cooked, moist foods and avoid anything cold, dry, or raw. Increase sweet, salty, and sour tastes while reducing bitter, astringent, and pungent ones.

Best Grains: Oats (cooked), amaranth, quinoa, basmati rice (white or brown), unprocessed wheat

Best Dairy: Butter, buttermilk, kefir, milk, sour cream, cottage cheese or queso fresco, yogurt (fresh)

Best Fruits: Baked apples, apricots, avocados, bananas (ripe), blackberries, cantaloupe, cherries, coconut, cranberry sauce, fresh dates, fresh figs, grapefruit, grapes, lemons, mangos, nectarines, oranges, papaya, peaches, pears, persimmons, pineapple, plums, raspberries, strawberries, tangerines

Best Vegetables: Root veggies, squash, beets, carrots, onions

Best Oils: Ghee, sesame, almond

Best Spices: Cardamom, cinnamon, cumin, fennel, ginger, basil, peppermint, rosemary, nutmeg, mustard

Best Beverages: Warm water, spicy teas such as chamomile, cinnamon, clove, and ginger

ROUTINES FOR WARMING FALL/EARLY WINTER'S INNER HEARTH

- Stoke your digestive fire with warm ginger tea throughout the day.
- Give yourself an oil massage every morning. This will benefit your skin and help ground the Air energy that causes anxiety or sleeplessness or both
- Take a warming bath with ginger powder to stimulate your body.
- Go to bed between 9:00 and 10:00 pm. Getting sufficient rest is the number-one remedy for increasing the immune power of the body.
- Layer up. It may seem like common sense, but keep yourself warm.
- Be okay with lying low. With the holidays at hand, we tend to spin out of balance in winter more than any other season.
- Before bed, enjoy a mild sedative such as the hot spiced medicinal milk. Add ½ teaspoon of ghee for even more vata-soothing and ojas (immunity) boosting properties.

VATA-REDUCING RECIPES

- Golden Yogini Milk
- Pumpkin Smoothie
- Stewed Prunes
- Fall Lickable
- Carrot and Winter Squash Chutney
- Butternut Squash and Roasted Apple Soup
- Brown Rice with Nettles, Lemon, and Pine Nuts
- Fall Kitchari

GOLDEN YOGINI MILK

Ingredients:

- 1/2 tsp. ghee or coconut oil
- 1 – 2 tsp. turmeric
- 1/4 tsp. cardamom
- 1/4 tsp. cinnamon
- pinch of nutmeg
- a few strands of saffron (optional)
- 1 cup whole milk (you can replace with almond, soy or hazelnut milk)



Directions: Put the ghee in a sauce pan and heat on low with all of the spices except for the saffron. Once you begin to smell the aroma, add the milk and saffron and whisk until hot. Or, add a fresh hunk of ginger, a small handful of almonds and goji berries (or a date!). Throw the whole hot mess in the Vitamix (or regular blender). Blend on high for about a minute for a frothy-hot elixir!

PUMPKIN SMOOTHIE

Ingredients:

- 1 cup canned organic pumpkin puree
- 1 cup almond milk (or any milk of your choice)
- 2-3 fresh organic figs, chopped (dried if you can't find fresh)
- 1 tablespoon maple syrup (adjust to taste)
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- A pinch of Himalayan rock salt
- Whipped coconut cream (optional, for garnish)
- Chopped dried figs and a sprinkle of pecans and cinnamon (for garnish)



PUMPKIN SMOOTHIE

Directions:

1. Prepare the Figs: If using dried, start by chopping the dried figs into small pieces. You can use kitchen scissors or a sharp knife.
2. Heat the Almond Milk: Pour the almond milk into a saucepan and heat it over low-medium heat. Heat until almost boiling.
3. Blend the Ingredients: In a blender, combine the canned pumpkin puree, hot almond milk, figs, maple syrup, ground cinnamon, ground nutmeg, ground ginger, ground cloves, and a pinch of salt.
4. Blend Until Smooth: Blend the mixture until everything is well combined and the smoothie is creamy. Be careful, its hot! I place a towel over the lid for extra safety.
5. Serve: Pour the hot pumpkin smoothie into mugs or cups. If desired, top each serving with a dollop of whipped coconut cream, chopped figs, and a sprinkle of cinnamon for added flavor and presentation.

STEWED PRUNES

Ingredients:

- 1 cup pitted prunes
- 1 cup dried cherries
- 1/2 teaspoon cinnamon powder
- 1/4 teaspoon cardamom powder
- Pinch of nutmeg powder
- 2–4 cups water

Directions: Combine all ingredients in a medium saucepan and bring to a boil. Reduce the heat and simmer for about 15 minutes. Enjoy the fruit by itself or as a topping for oatmeal. Reserve the extra liquid for desserts, or even drink as a tea.

FALL LICKABLE

This little lickable is great for when you've got the ick (a.k.a. Cold and Flu season)

Add together:

- 3 tablespoons Manuka honey
- 3 tablespoons Grass-fed ghee
- 1 tsp. Turmeric powder
- 1 tsp. Licorice powder
- ½ tsp. Cinnamon
- ¼ tsp. Cardamom
- A few dashes of Cayenne Pepper powder (*leave out if it's too much heat for your system)

Directions: Mix all together until a smooth paste. Lick a teaspoon a few times a day!



CARROT AND WINTER SQUASH CHUTNEY

Ingredients:

- 1 small delicata squash or any other winter squash (acorn or butternut would work well), seeds removed and chopped
- 2 carrots, chopped
- 1/2 cup roasted and unsalted almonds
- 1 small piece of fresh ginger, peeled and chopped
- 1 tablespoon fresh lemon juice
- 3 tablespoons olive oil or ghee
- 1/2 teaspoon cumin seeds
- 1/4 teaspoon asafoetida (hing). - a pinch
- 1/4 teaspoon ajwain
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground coriander
- 1/4 teaspoon ground fennel
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon mustard seed
- Water
- Salt to taste

CARROT AND WINTER SQUASH CHUTNEY

Directions:

1. In a large pan, add the cumin seeds and roast them for a minute or until they become fragrant. Remove and set aside.
2. In the same pan, melt 1 tablespoon of ghee over medium heat and add chopped squash and carrots. Add 2 tablespoons of water, cover, and cook 25 minutes, or until softened all the way through. Stir occasionally and add water as needed to keep from sticking to the pan.
3. In a food processor, combine the roasted almonds, ginger, lemon juice and 1 tablespoon of water. Blend until you have a coarse paste.
4. Add the remaining 2 tablespoons of olive oil or ghee, $\frac{1}{4}$ cup of water and all the spices (asafoetida, black pepper, ajwain, coriander, fennel, mustard seed and turmeric) to the mixture. Once the carrots and squash are softened, remove from the pan and add to the food processor.
5. Blend again until everything is well combined. You can adjust the consistency by adding a little water as needed.
6. Taste the chutney and adjust the salt and seasonings according to your preference. Keep in mind that Ayurveda recommends reducing salt for Vata balancing, so be moderate.
7. Heat a small amount of ghee in a small pan. Add the roasted cumin seeds to the ghee and let them sizzle for a few seconds. Pour this over the chutney and mix well.

BUTTERNUT SQUASH AND ROASTED APPLE SOUP

Ingredients:

- 1 large butternut squash
- 1 medium sized carrot
- 1 medium sized turnip
- 2-4 tablespoons ghee
- 1 tsp cumin
- 1 tsp cinnamon
- 1 tsp turmeric
- 1 tsp curry powder
- 1 tsp cayenne pepper
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 2 apples (local if possible)
- 1 large onion, peeled and finely chopped
- 3 cloves garlic (whole)
- 1 tbsp minced ginger
- 4 cups vegetable stock or bone broth
- 1 sprig fresh rosemary

BUTTERNUT SQUASH AND ROASTED APPLE SOUP

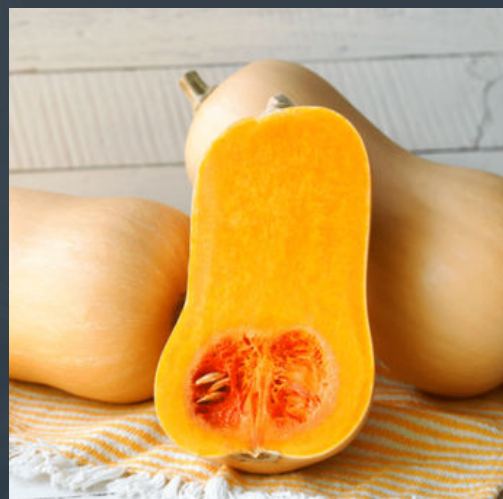
Directions:

Start by cutting your butternut squash in half, scoop out the seeds and place on a baking sheet lined with parchment paper. Chop the apples, carrot, turnip and the onion (no need to cut them too small) and add them to the baking sheet. Cover everything generously with the spices (except the fresh ginger and rosemary) and the whole garlic cloves.

Bake for 30-35 minutes at 420 degrees.

Add all the ingredients and the ginger to a food processor and blend on high until smooth.

For serving: Heat a small amount of ghee in a pan with pumpkin seeds, a dash of cinnamon, and rosemary until lightly toasted. Top with your soup and serve with crusty sourdough bread!



BROWN RICE WITH NETTLES, LEMON, AND PINE NUTS

Ingredients:

- ¼ teaspoon mustard seeds
- ¼ teaspoon coriander seeds
- 2 tablespoons olive oil
- 1 small sweet yellow onion, chopped
- 1 cup brown rice
- 3 cups water
- ¼ cup dried nettles
- 2 tablespoons pine nuts
- ⅛ teaspoon rock salt
- ¼ teaspoon fresh ground black pepper
- 1/2–1 lemon
- Feta cheese or pesto (optional garnish)

Directions: Sauté the seed spices in the oil until aromatic. Add onions and sauté until translucent. Next, add the brown rice and continue to cook for another minute, stirring. Add water, nettles, and bring to a medium boil. In a separate pan, sauté the pine nuts and remaining ingredients. When soft, remove the rice from heat. Drain any excess water. Garnish with black pepper, feta cheese, or pesto and serve.

FALL KITCHARI

Ingredients:

- 1 cup yellow mung dal (whole mung beans are fine if you can't get split)
- 1 cup basmati rice
- 3 tbsp ghee or coconut oil
- 1/2 tsp cinnamon
- 1/2 tsp black pepper
- 1/2 tsp mustard seeds
- 1/2 tsp ajwain seeds
- 1/2 tsp hing
- 1/2 tsp cumin seeds
- 1 tsp turmeric
- 1/2 tsp salt
- 6 cups water
- Garnish with cilantro or our winter chutney

FALL KITCHARI

Directions:

1. Wash and rinse the dal and rice until water is clear. Soaking the dal for a few hours before cooking will make it more digestible.
2. In a large saucepan over medium heat, heat the ghee, then add the cinnamon, black pepper, mustard seeds, ajwain seeds, cumin seeds, and hing. Stir until fragrant, about 1 minute.
3. Add turmeric, salt, and the blended liquid. Stir for a few minutes, then add the mung and rice, and mix well.
4. Pour in the water, cover, and bring to a medium boil. Let boil for 5 minutes, then turn down the heat to very low.
5. Cook, lightly covered, until the dal and rice are soft, about 25–30 minutes. When done, the beans and rice will have a porridge texture.
6. Garnish with a little fresh cilantro and our Shakti School Winter Chutney.

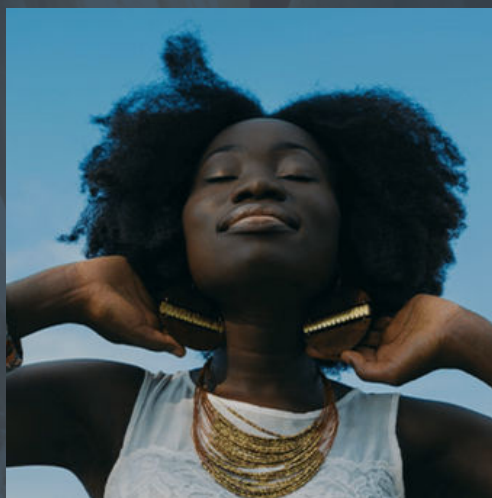
Note: If you prefer, use half the water, and cook the mung beans with the spices and the rice separately, in a rice cooker.

ENERGY MEDITATIONS

I Am Here and I Can Stay

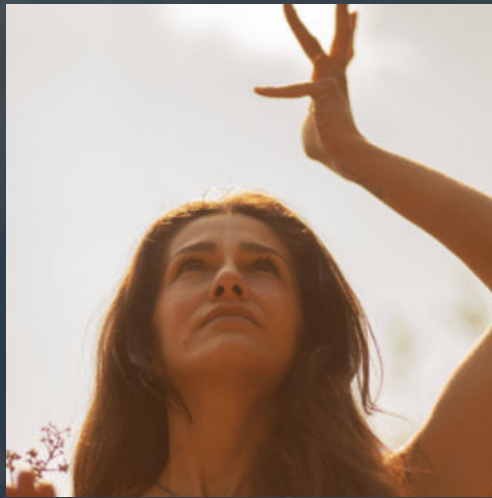


A Personal Connection to the Holy

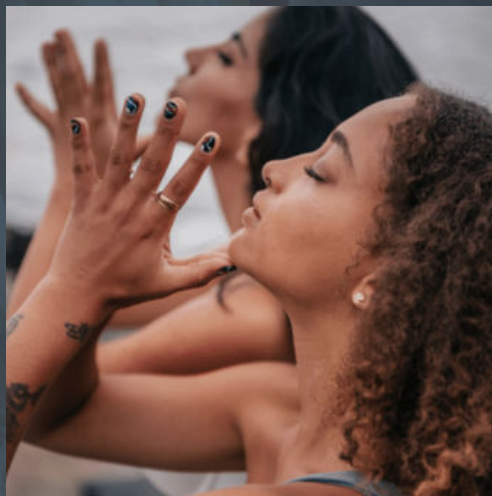


ENERGY MEDITATIONS

Remembering Love



The Holy Pause

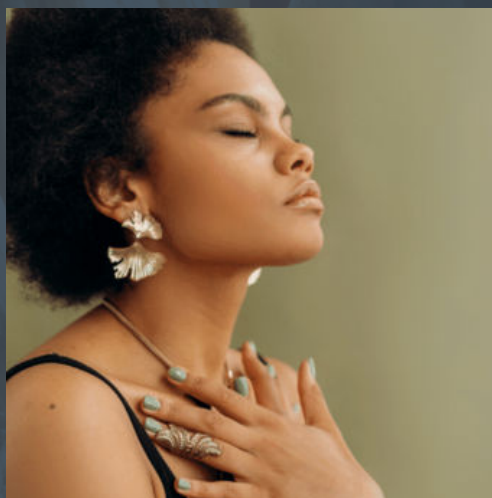


ENERGY MEDITATIONS

The Back Body Waterfall



The Inner Knowing

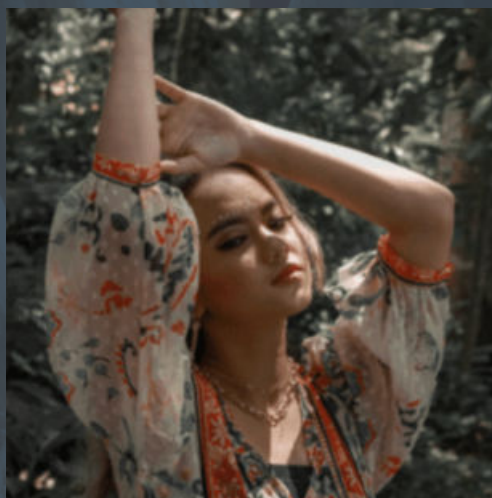


ENERGY MEDITATIONS

Waiting for the Drop



Coming In and Down

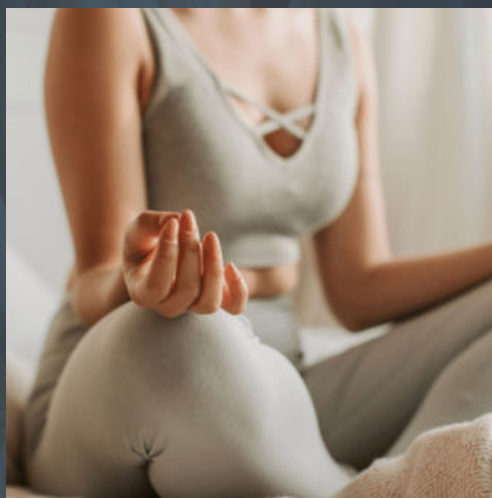


ENERGY MEDITATIONS

Light-Fiilled



The Most Relaxing Breath Ever



ENERGY MEDITATIONS

Beholding the Goodness

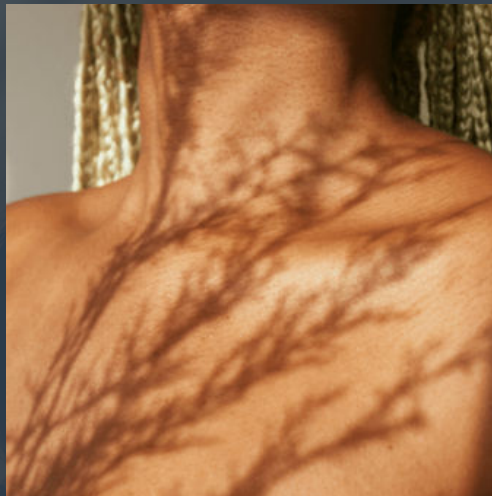


Calling In the Big Guns



ENERGY MEDITATIONS

The Golden Egg



Opening The Heart

