

RESET RETREAT: Your Self-Guided Vipassana



*Simple rhythms, deep rest, and timeless practices -
an adaptable all-systems reset for the body, mind,
and spirit in any season of life.*

BY JACQUELINE KINNEY

Contents

Welcome Letter	03	
Disclaimer	04	
Chapter 1	Preparing for your Retreat	05
Chapter 2	Foundations of Vipassana: The Anchor Practice	09
Chapter 3	Practicing Vipassana in your Reset	12
Chapter 4	Reset Pillar 1: Fasting & Nutrition	16
Chapter 5	Reset Pillar 2: Lymphatic & Energy Flow	18
Chapter 6	Reset Pillar 3: Elemental Cleansing	21
Chapter 7	Reset Pillar 4: Chakra & Nervous System Balance	25
Chapter 8	Reset Pillar 5: Affirmations & Reflections	29
Chapter 9	Sample Schedules	32
Chapter 10	Closing the Retreat	39
Appendix & Resources	41	
About Me	48	





Welcome Letter

Dear Friend,

Welcome to your Reset Retreat. What you'll find here is a pathway smoothed by lived experience: fasting made gentler, lymphatic support made practical, meditation made approachable. Each practice has been tested, softened, and reshaped until it became both deeply effective and beautifully doable.

This retreat isn't about performing or proving anything. It's a sacred pause - a chance to reset, to remember your own clarity, and to return home to yourself with care. Every choice you make here, from what you sip to how you breathe, is an act of love for your body and spirit.

This guide is more than a program - it's the result of years of learning, experimenting, and refining. Over the past decade, I've traveled the world studying yoga and mindfulness, while working as an educator and curriculum developer. Along the way, I've fasted too quickly and learned the hard way how essential refeeding is. I've sat in silence while my mind raced, and discovered that Vipassana steadies with patience. I've tried, adjusted, and kept going - so you don't have to figure it all out alone.

Please, move through these practices in your own rhythm. If you need to rest more, rest. If you want to linger in meditation, linger. This retreat is not something you "do" - it's something you allow. As you walk through it, know this: you are part of a community of people choosing to rise together. Each time one of us finds stillness, nourishment, or joy, the whole world benefits.

It is my honor to share this with you - not as a teacher with all the answers, but as a fellow traveler who has walked the path and marked the way back.

With love,
Jacqueline

Disclaimer

This retreat guide is for experimental, educational, and informational purposes only. It is not medical advice, nor a substitute for professional care.

Please remember: fasting, yoga, and mindfulness practices can affect everyone differently. Always listen to your body and consult with a qualified healthcare professional if you have any concerns, conditions, or questions before beginning.

By choosing to explore these practices, you agree to do so at your own pace and at your own risk. Jacqueline Kinney and any affiliated partners cannot be held responsible for any injury, loss, or outcome related to the use of this material.

Take what supports you, adapt what feels right, and leave the rest. This is your journey - your body, your choice, your reset.

01 Preparing for your Retreat

Before you begin, let's take a moment to prepare your body, mind, and space so this retreat feels supportive and nourishing. Think of this as laying the foundation for everything to flow with ease. Clear your environment, gather what you'll need, and consider adding a ritual that helps you enter this process with softness and care.

Massage as Preparation

One of my personal rituals is scheduling a full-body massage before I begin. Massage helps move stagnant energy, improves circulation, and signals to the nervous system that it's safe to release and reset. By loosening the fascia and relaxing the muscles, massage allows energy (or prana) to flow more freely throughout the body. It's also a gentle way to prepare your lymphatic system, which will continue to be supported through the retreat practices.

Think of it as sweeping the floor before laying down a fresh rug - clearing space so your reset begins on a foundation of openness and ease.



Set Your Intention

Why are you here? Maybe it's to clear your mind, reset your body, connect more deeply with yourself, or simply take a well-deserved pause. Write down your intention in a journal or speak it out loud. Let this intention guide you with purpose.

Create Your Space

You don't need a mountain retreat or a silent monastery - just a space that feels calming and safe.

- Choose a corner of your home where you can meditate, journal, or rest without interruption.
- Light a candle or add a few fresh flowers.
- Keep your journal, pen, water, and supportive items (yoga mat, candles, blanket) nearby.

This becomes your little sanctuary. Every time you step into it, your body will remember:

"This is where I come home to myself."



Prepare Your Kitchen

During this retreat, food and hydration are a core part of your reset. Stock your kitchen with the simple, mineral-rich ingredients listed in the grocery guide.

1 Batch-cook broths, steam vegetables, and prepare teas in advance so you can relax into the process.

2 Or, if you have the time and energy, prepare your meals fresh each day to maximize prana in your foods (especially if following an Ayurvedic lifestyle).

TIP:

Label or organize items in your fridge by phase (pre-fast, fasting, refeed) so you don't have to think too hard during the reset.

Adjust Your Schedule

Whenever possible, clear extra commitments. Keep your calendar light so you have space to rest, reflect, and reset. Let friends or loved ones know you're doing a gentle retreat - it helps set boundaries and allows you to prioritize yourself.

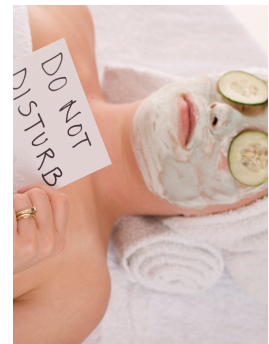


Digital Boundaries

This is one of the most important aspects. Your mind will thank you if you step away from constant notifications.

- Put your phone on Do Not Disturb during meditation times.
- Log out of social media for the entire retreat.
- Use your screen only for essential communication or guided practices.

Give yourself the gift of mental spaciousness. Trust me.



Gentle Self-Care Tools

Gather supportive items to nurture you through the retreat:

- Epsom salts + lavender oil (for baths or foot soaks)
- A soft blanket (for Yoga Nidra and rest practices)
- A journal (for reflections)
- Comfortable clothes (for yin or gentle movement)

Optional: herbal teas, incense, gua sha, or anything else that makes you feel calm and supported.



Most of All: Soften Expectations

This retreat is not about doing everything perfectly. Some days you'll feel energized, others you may need deep rest. Trust the process. Trust your body. And know that whatever you bring to this retreat is enough.

Retreat Readiness CHECKLIST

☐

Intention Set – I've written down or spoken my reason for doing this retreat.

☐

Sanctuary Space – I've chosen a quiet, cozy spot in my home with a candle, blanket, or simple object that makes it feel peaceful.

☐

Kitchen Stocked – I have my pre-fast foods, fasting liquids, and refeeding ingredients organized and ready.

☐

Schedule Lightened – I've cleared space in my calendar and let loved ones know I'm taking time for myself.

☐

Digital Boundaries – My phone and notifications are set up to minimize distraction.

☐

Self-Care Tools Ready – I have my journal, teas, comfy clothes, oils or incense, and soothing extras nearby.

☐

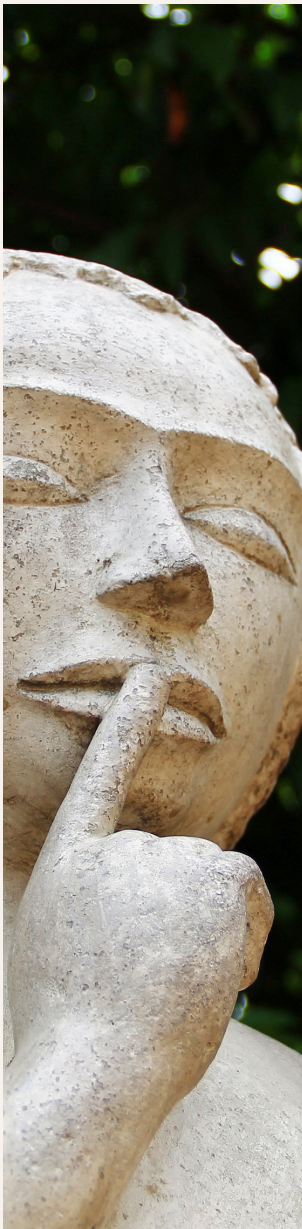
Expectations Softened – I remind myself that this retreat is about nourishment, not perfection.

☐☐

NOTES:

02

Foundations of Vipassana (The Anchor Practice)



At the heart of this reset is Vipassana meditation - a practice of seeing things exactly as they are, without judgment or attachment. The word *Vipassana* means “clear seeing.” It’s one of the oldest forms of meditation, training us to observe the body and mind with gentle awareness.

Unlike guided visualizations or mantras, Vipassana is beautifully simple: you sit, you breathe, and you notice. Sensations rise and fall, thoughts come and go - and through it all, you practice remaining calm, steady, and present. Over time, this clarity becomes an anchor for your daily life.

Traditionally, Vipassana is practiced in silent retreats lasting 10 days or more, with many hours of sitting meditation each day. I’ve been devoted to this path for years, and it remains the root of my own practice - total stillness, total silence, total presence. For many, though, this is not always possible in daily life. That’s why, in this guide, I’ve shaped Vipassana into a more accessible “all-systems reset,” weaving together complementary practices - gentle movement, breathwork, cleansing rituals, journaling - so that anyone, anywhere, can taste its benefits.

Meditation is like a flower that opens when the conditions are right. When you nourish the soil of your body, mind, and emotions, stillness unfolds naturally. Vipassana invites you into this space - where awareness gently steps between you and your thoughts, softening suffering, easing fear, and opening the door to real freedom. This is where life begins to feel fuller, richer, and more worth exploring.

Vipassana Reset: Two Paths

Traditional Vipassana Retreat

Silent retreat (usually 10 days) in a retreat center.

Hours of daily seated meditation, no movement or extras.

No talking, no reading, no phones, no distractions.

Deep immersion, profound inner transformation.

Rooted in the original lineage of Vipassana.

Best for:

Those ready for full stillness and discipline.

Multi-Modal Reset (this guide)

Flexible format - half-day, 1 day, 3 days, or more - can be done at home.

Combines Vipassana meditation with supportive practices (breathwork, Yin, Yoga Nidra, journaling, cleansing).

Gentle integration into daily life - silence optional, reflection encouraged.

Accessible entry point for beginners, adaptable to lifestyle.

Inspired by Vipassana but broadened to include holistic resets for body, mind, and energy.

Best for:

Anyone wanting a taste of retreat life and gradual building of practice.

Why Vipassana is at the Center of this Reset

This retreat weaves together fasting, movement, chakra resets, and lymphatic cleansing - but Vipassana is the thread that ties it all together:

- It helps the body rest deeply by quieting the stress response.
- It brings awareness to cravings, emotions, or discomfort during the fast.
- It teaches us that everything is temporary - hunger, restlessness, fatigue, even joy.
- It cultivates compassion for yourself as you move through challenge and release.

When your mind quiets, your whole system realigns. This is why Vipassana is the anchor: it makes the reset not just physical, but mental, emotional, and spiritual.



For the Purists:

A traditional Vipassana retreat is practiced in silence for 10 days or more, with many hours of seated meditation each day. There are no distractions, no talking, no books, no devices - just you, your breath, and the steady unfolding of awareness.

This depth of silence is profoundly transformative. It teaches you to meet life exactly as it is, without filters, and can open the doorway to deep healing and freedom from suffering. It is both challenging and life-changing - a reset on the deepest level.

While this guide offers multi-modal ways to reset - blending Vipassana with movement, cleansing, breathwork, and reflection - I also honor and practice the traditional path. If you ever feel called, know that the doorway to a full Vipassana retreat is always there, waiting for you.



03

Practicing Vipassana in --- Your Reset

“ *All human beings have an innate desire to overcome suffering, to find happiness. Training the mind to think differently, through meditation, is one important way to avoid suffering and be happy.*

~Dalai Lama

Sample Sitting Practice

Morning

Body Scan
(15–30 minutes)

- Sit comfortably, spine tall but relaxed.
- Close your eyes and begin at the crown of your head.
- Slowly move awareness down the body: forehead, jaw, neck, shoulders, arms, chest, belly, legs, feet.
- Notice sensations: warmth, tingling, pressure, or even absence of feeling. Label as: pleasant, neutral, or unpleasant.
- Simply observe, without trying to change anything.

Evening

Mindful Awareness
(10–20 minutes)

- Sit or lie down with ease.
- Focus on the natural rhythm of the breath.
- When thoughts arise, label them gently: “thinking, planning, remembering” - then return to the breath.
- If emotions surface, name them softly: “sadness, joy, restlessness.” Stay with the truth of the moment.

Journaling Prompts After Sessions

- ✓ What sensations did I notice most strongly?
- ✓ What emotions or thoughts kept repeating?
- ✓ Where did I feel the most resistance? The most ease?
- ✓ How am I different now compared to before I sat?
- ✓ What small wisdom do I want to carry forward?

VIPASSANA TROUBLESHOOTING: WHEN IT FEELS HARD

Meditation is simple, but it isn't always easy. In fact, it's rather difficult at times! If you notice challenges, know that they're a natural and expected part of the practice - not a sign you're doing it wrong. Here's how to meet them with kindness and compassion:

Restlessness

"I can't sit still. My body just wants to move."

- Try shortening your sit by 5 minutes and gradually building up.
- Notice the restlessness as a sensation - buzzing, itching, shifting - and simply observe it.

Sleepiness

"I keep nodding off."

- Sit with your spine upright instead of lying down.
- Open your eyes slightly and let light in while gazing downwards.
- Take 3 deeper breaths to re-energize.

Racing Thoughts

"My mind won't stop thinking."

- Gently label what's happening: "thinking, remembering, planning."
- Don't try to push thoughts away - acknowledge and return to the breath.

Emotional Waves

"Old feelings or memories are surfacing."

- This is a sign the practice is working - the body and mind are releasing stored emotions.
- Place a hand on your heart, belly, or another place on your body and breathe through it.
- If needed, pause to journal or take a short walk before returning.

Self-Judgment

"I must not be good at this."

- Remember: there is no "good" or "bad" meditation. Every sit is valuable.
- Each time you notice you've wandered, just gently return; that's the practice.

*Above all, be patient with yourself. The mind is like a puppy - it needs gentle, repeated guidance.
With time, it will learn to rest at your side.*



Note:

These frameworks are meant to be adaptable. You don't need to do it all. Choose your anchor practice (Vipassana) + 1 or 2 supportive resets that feel most nourishing each day. The beauty of this rhythm is its adaptability. Some days you may do more, some days less.

Sample Daily Rhythm

Time of Day	Practice	Details & Suggestions
Morning	<ol style="list-style-type: none"> 1. Wake + Hydrate 2. Vipassana Sit 3. Journaling 4. Self-Massage / Dry Brushing 5. Lymphatic Movement 	<ol style="list-style-type: none"> 1. Warm lemon water or mineral-rich tea 2. Body scan meditation 3. Note sensations, emotions, and set intention for the day 4. Gentle stimulation to awaken circulation 5. Rebounding, shaking, or light stretches
Midday	<ol style="list-style-type: none"> 1. Nourishment 2. Mindful Pause 3. Optional Elemental Cleanse 	<ol style="list-style-type: none"> 1. According to fasting/feeding phase 2. 3–5 minutes of simple breath awareness 3. Quiet outdoor walk for grounding
Afternoon	<ol style="list-style-type: none"> 1. Yin Yoga 2. Reflection Prompt 3. Nourishment 	<ol style="list-style-type: none"> 1. Target chakra or body area of the day 2. What do I want to release today? 3. Herbal tea or broth (per phase)
Evening	<ol style="list-style-type: none"> 1. Vipassana Sit 2. Yoga Nidra 3. Reflection / Gratitude Journaling 4. Self-Care Ritual 	<ol style="list-style-type: none"> 1. Mindful awareness meditation 2. Deep rest guided practice 3. "Brain Dump" or "Thankful Threes" - list 3 things you're grateful for 4. Bath, candle gazing, or foot soak

04

Reset Pillar I: Fasting & Nutrition

“Fasting is not a moment of deprivation;
it's a gift you give yourself that will allow your body and brain to recover
from the stressors of the modern world.”
~Dr. Mindy Pelz



Fasting is one of the oldest and most natural ways to reset the body. When digestion gets a break, your system can rest, repair, and renew. This retreat takes a gentle, supported approach to fasting - always honoring your body's wisdom.

Dr. Mindy Pelz teaches in *Fast Like a Girl* that women's bodies perform differently across the cycle, so our fasting rhythm should, too. For instance:

- Follicular Phase (anywhere from days 1–13): Estrogen gradually begins to rise, building energy and resilience. Best for longer fasts (14–16 hours or more) with preparation and awareness.
- Mid-Cycle (Ovulation): Surge in energy and clarity. Moderate fasting (12–15 hours) can feel supportive.
- Luteal Phase (anywhere from days 15–28): Progesterone rises to its peak before a sharp drop; the body is more sensitive. Shorten fasting windows (12–14 hours) or pause fasting to protect hormonal balance.

This cycle-syncing approach - what Pelz calls hormone-fasting cycling - helps women gain the benefits of fasting without disrupting hormonal health.

Why It Matters

- Gives the digestive system deep rest and renewal
- Supports autophagy (the body's cellular "spring cleaning")
- Clears mental fog and sharpens focus
- Cultivates mindfulness around hunger, habits, and emotions tied to food

1. Pre-Phase Fast (1-3 days)

Ease into fasting by gently tapering foods:

- Reduce processed foods, caffeine, and sugar
- Focus on whole foods: vegetables, fruits, herbal teas, mineral broths, water
- Hydrate well: 2–3 liters of water or herbal infusions daily
- Light meals: soups, steamed veggies, simple proteins (if included in your diet)

2. The 72 Hour Fast

For 3 days, give your digestion a deep rest:

- Drink plenty of water throughout the day
- Support with mineral-rich broths, herbal teas, and electrolytes (optional)
- Rest more, move gently, and journal often
- Notice cravings or emotions that arise - they are part of the reset

3. Refeeding Phase (3 days)

Breaking a fast is just as important as the fast itself. This is when the body absorbs nourishment most deeply.

- Day 1: Steamed veggies, clear broths, herbal teas
- Day 2: Add cooked grains (quinoa, rice, red lentils), steamed root vegetables, light stewed fruits (apples or pears), gentle proteins if desired (boiled eggs)
- Day 3: Transition back to balanced, whole-food meals. Avoid dairy, heavy, processed, or fried foods

Reflection Prompt:

What do I learn about myself when I pause from eating?



See the Appendix for your detailed Grocery List + Simple Recipes to support this process.

05

Reset Pillar 2: Lymphatic & Energy Flow

Our lymphatic system is the body's natural cleansing and defense network - constantly working to clear away waste, toxins, and excess fluid while supporting immunity.

Unlike the heart, which has its own pump, the lymphatic system depends on movement, breath, and gravity to stay active. Without regular stimulation, lymph can become sluggish, leaving us feeling heavy, puffy, or low in energy.

That's why this reset places special focus on full-body lymph drainage practices. Rebounding (gentle bouncing) is one of the most effective ways to activate lymph flow. As health educator Dr. Barbara O'Neill explains, the rhythmic up-and-down motion creates a natural pumping effect, helping lymph circulate and enhancing detoxification.

Even without a trampoline, you can simulate this effect through toe bouncing, jogging in place, or shaking out the arms and legs. Paired with deep breathing, this becomes a powerful daily reset.

Did You Know?: NASA first studied rebounding as a way to help astronauts rebuild strength after losing muscle and bone density in zero gravity. Just 10 minutes of gentle bouncing can feel like the equivalent of a 30-minute run, only softer on your joints and much more fun. Think of it as a playful way to wake up your lymphatic system, energize your muscles, and reset your whole body in minutes.

Why It Matters:

- *Supports detoxification and reduces inflammation*
- *Boosts immune function and circulation*
- *Prevents stagnation, heaviness, and fatigue*
- *Creates an energizing daily rhythm without depletion*



DAILY REBOUNDING-INSPIRED ROUTINE (5–10 MINUTES)

NO TRAMPOLINE NEEDED - JUST YOUR BODY.

BEST TIME: MORNING, MIDDAY SLUMP, OR PRE-SHOWER

WHAT YOU NEED: A SOFT MAT (OPTIONAL)

1. Gentle Bounce (2 min)

- Stand with feet hip-width apart, knees soft
- Lift and drop heels in a subtle bounce
- Arms hang loose, shake gently
- Imagine bouncing on an invisible trampoline.
- Optional Breath: Inhale for 3 bounces, exhale for 3 bounces.

2. Shaking Practice (2 min)

- Shake hands → arms → shoulders → chest → hips → legs
- Keep knees soft, jaw loose; exhale audibly if needed

3. Heel Drop Pulses (1 min)

- Stand tall, lift heels, then drop firmly
- Repeat 30–60 times
- Stimulates lymph, strengthens bones, grounds energy.

4. Breath & Tap (2 min)

- Tap collarbones, chest, arms → then sides, back, thighs
- Inhale through the nose, exhale with a sigh or “haaa”
- Resets the vagus nerve + moves lymph.

5. Lymph-Drainage Foot Pumps (1 min)

- Lie on your back, legs stretched long
- Point & flex feet quickly for 60–90 seconds
- Pumps lymph upward from the lower body.

6. Finish with Stillness (1–2 min)

- Sit or stand quietly, eyes closed
- Hands on belly or heart

Closing Affirmations:

“My body knows how to flow and release.

I am clearing. I am alive. I am thriving.

My body knows how to heal. I trust the process.”

Tip:

Pair movement with music you love.
It should feel playful, not like a chore.

Optional Add-On

Morning Flow Combo (5–10 min)

- 3–5 Cat/Cow waves
- 1 min Child's Pose, Downward Dog, or Legs-Up-the-Wall
- 5 Sun Breaths (inhale arms up, exhale fold) or 3-10 Sun Salutations A & B
- 1–2 min alternate nostril breathing (Nadi Shodhan Pranayama)



Gentle Face Massage Ritual

A soothing way to awaken lymph flow + calm the nervous system. Wash your face, neck, and chest, apply oil or moisturizer, then follow these steps:

- Collarbones → Sweep fingertips outward above collarbones
- Sides of Neck → Glide upward from the collarbones to the ears, then reverse
- Jawline → Trace from chin to ears, then down the neck
- Cheeks → Sweep outward from nose to temples, then down the neck
- Eyes & Brow → Trace along brows outward, circle under eyes
- Forehead → Crown → Glide upward from forehead to hairline

Tip:

Keep movements slow and light - think "inviting release," not pressing - oils for self-massage: sesame (grounding), coconut (cooling), lavender-infused (soothing).





06

Reset Pillar 3: --- Elemental Cleansing

“

*Meditation is the cleansing of the mind so that
the mind can tell you who you are. You are supposed to remain you,
come what may.*

That is the actual strength of your mind when it is clean and clear.

~Yogi BhaJan



What Is It

Cleansing is not only about fasting or releasing - it's about realigning with the five elements that sustain life: earth, water, fire, air, and space. In Ayurveda, these elements are the building blocks of the body and mind, shaping our unique constitution (doshas) and influencing how we feel each day.

Modern science echoes this wisdom. Grounding on the earth regulates cortisol and supports nervous system balance. Ritual bathing can reduce stress and improve sleep by activating the parasympathetic system. Breath practices shift brainwave patterns, improving focus and easing anxiety. Stillness practices, such as Yoga Nidra, increase vagal tone and expand awareness.

Each element offers a doorway into renewal. Through simple, time-tested rituals - some from Ayurveda, some from yoga, and some from universal human tradition - we invite balance back into body, mind, and spirit. These practices transform ordinary routines into sacred acts of care, helping you return to your natural state of clarity, energy, and calm.

Which Element Needs More Balance Today?

- ✓ I feel heavy, sluggish, or stuck.
→ You may need more Fire & Air to spark energy and movement.
- ✓ I feel restless, anxious, or scattered.
→ You may need more Earth & Water to ground and soothe.
- ✓ I feel overheated, irritable, or driven.
→ You may need more Water & Space to cool and soften.

Try choosing one ritual from that element to restore balance today.



Rituals by Element

Earth - Grounding

- Abhyanga: Warm oil self-massage calms the nervous system and roots awareness in the body.
- Earthing Ritual: Place a stone on your belly to anchor thoughts and reconnect with stability.
- Grounding Ritual: Walk barefoot on the earth.

Water - Releasing

- Ayurvedic Bath: Soak with tulsi, rose, or lavender to cleanse and soothe emotions.
- Jala Neti: Use a neti pot to clear nasal passages and refresh prana.
- Water Meditation: Sit by a river, lake, or water source and breathe with its flow to release tension.

Fire - Focusing

- Trataka (Candle Gazing Meditation): Steady your gaze at a flame to sharpen clarity and burn away distraction.
- Agni Sara Pranayama: Belly-pumping breath that stokes digestive fire and awakens vitality.
- Sun Salutations: Flowing movement to energize and honor the fire within.

Air - Refreshing

- Nadi Shodhan Pranayama: balances the nervous system and clears the mind.
- Wind Walk: Step outside and let the breeze carry away heaviness as you breathe deeply.
- Bhramari Pranayama: creates vibrations in the skull that help ease anxiety and mental fog.

Space - Expanding

- Yoga Nidra: A guided journey into deep rest that expands awareness.
- Star Gazing Trataka: Gaze at the night sky to reflect inner vastness.
- Mauna (Silence): Practice stillness and discover the spaciousness that holds everything.

Why It Matters

- *Activates circulation and supports lymphatic flow*
- *Grounds you in your body before meditation*
- *Symbolically and physically “washes away” what no longer serves you*
- *Creates a sense of ritual, reminding you that this retreat is sacred*

Journaling Cue:

What do I want to wash away today?

A thought pattern?

A feeling?

An old story about myself?



Optional Ritual

Create a small evening altar with:

- A candle (fire)
- A bowl of water (water)
- A stone from nature (earth)

This physical reminder anchors your daily cleansing practice, making it both tangible and sacred.

07

Reset Pillar 4: Chakra & Nervous System Balance

The nervous system is our body's command center - constantly responding to stress, rest, and everything in between. When it's balanced, we feel calm, resilient, and steady. The chakra system (an ancient yogic map of energy centers) mirrors this beautifully, offering another lens for alignment.

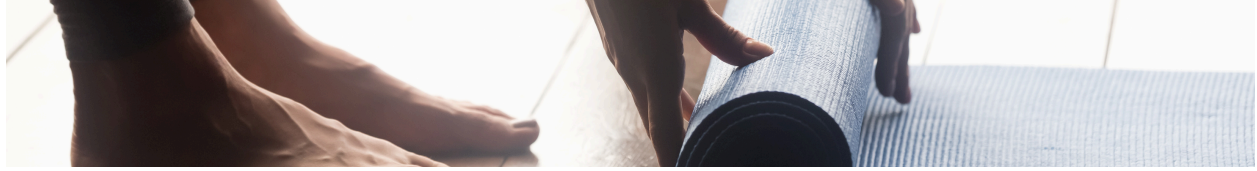
Together, Yin Yoga and Yoga Nidra are powerful tools for restoring both systems:

- Yin unwinds deep physical tension and subtle energy channels
- Yoga Nidra (often called "yogic sleep") guides the mind into profound rest and reprogramming

In Yin, we soften into shapes for several minutes, nourishing fascia (the body's connective web) and stimulating meridians - energy pathways recognized in Chinese medicine that overlap with chakras. This opens blocked energy, dissolves tension, and restores flow in body and mind.

Yoga Nidra works through the mind. Backed by modern research, it reduces anxiety, supports better sleep, and improves emotional regulation. Ancient and modern wisdom agree: the body and mind repair themselves when given deep rest.





Yin Practice

Suggested rotation: focus on one chakra each day of your retreat

Root (Muladhara)

Grounding & Safety

Focus: hips, legs, feet - stability, connection to earth.

- Butterfly Pose (Baddha Konasana) – opens hips, calms nervous system.
- Toe Sit – stimulates meridians in the feet, builds resilience.
- Squat (Malasana, yin style with props) – grounds energy, digestive support.

Sacral (Svadhishthana)

Flow & Creativity

Focus: pelvis, hips, lower back - emotions, sensuality, creativity.

- Dragonfly (Wide-Legged Forward Fold) – opens inner thighs, supports emotional release.
- Prone Spinal Twist – wrings out spine, aids digestion and circulation in lower abdomen.
- Frog Pose – deep groin stretch, stimulates reproductive/urinary organs.

Solar Plexus (Manipura)

Power & Will

Focus: core - digestion, self-esteem.

- Sphinx Pose – stimulates digestive organs, opens solar plexus.
- Supine Spinal Twist – massages abdominal organs, reduces tension.
- Child's Pose with a block under the belly – gentle stimulation of the solar plexus, calming effect.

Heart (Anahata)

Love & Connection

Focus: chest, shoulders, upper back - compassion, openness.

- Melting Heart (Puppy Pose) – expands chest, reduces anxiety.
- Seal Pose (elbows lifted from Sphinx) – opens chest while supported.
- Supported Fish (on bolster) – opens heart + lungs, improves breathing.

Throat (Vishuddha)

Expression & Truth

Focus: neck, throat, shoulders - communication, authenticity.

- Thread the Needle (arm under chest) – releases shoulders, neck tension.
- Supported Bridge (block under sacrum) – opens throat gently.
- Shoulderstand (yin style, supported with props) – stimulates thyroid, calms mind.

Third Eye (Ajna)

Intuition & Clarity

Focus: forehead, eyes, mind - intuition, insight, wisdom.

- Seated Forward Fold (with eyes closed) – inward focus, calms mind.
- Deer Pose (gentle twist with gaze inward) – encourages self-reflection.
- Supported Reclined Butterfly (eyes covered) – deep rest, enhances intuition.

Crown (Sahasrara)

Unity & Spiritual

Connection

Focus: whole body integration, surrender.

- Legs Up the Wall (Viparita Karani) – calms the nervous system, restores energy.
- Savasana – ultimate integration + spiritual opening.
- Seated Meditation Pose (Siddhasana, yin style) – stillness, connection to higher self.

Stay 3–5 minutes per pose. Use props for comfort. Allow gravity to do the work. If sighs, moans, or tears come - let them!

This is a release.

Yoga Nidra

Best done before sleep. Lie down comfortably, close your eyes, and follow a guided practice.

The practice typically moves through:

- Body awareness
- Breath
- Visualization
- Sankalpa (heartfelt intention)



Why It Works:

- *Neuroscientists like Dr. Andrew Huberman describe Yoga Nidra as a form of **Non-Sleep Deep Rest (NSDR)**, a state shown to restore dopamine levels, reduce stress, and improve focus. Research indicates that Yoga Nidra can lower cortisol, balance the autonomic nervous system, and even support neuroplasticity - helping the brain reset more efficiently than ordinary rest.*
- *Practicing in the evening not only prepares the body for deep sleep but also clears residual stress patterns from the day. Studies show that guided Nidra supports emotional regulation, boosts parasympathetic activation (the “rest and digest” state), and can improve sleep quality even in people with insomnia.*

Think of Yoga Nidra as a reset switch for the nervous system: it’s like giving your brain and body a full night’s rest condensed into a 30–40 minute practice.



Why It Matters

- *Nervous system - Activates parasympathetic state (“rest + digest”), lowering cortisol and calming the vagus nerve*
- *Subtle energy - Yin poses gently open chakras, encouraging balance across the body-mind spectrum*
- *Mental clarity - Nidra supports rest equal to hours of sleep, while Yin builds tolerance for stillness*
- *Emotional release - Both create a safe space for stored feelings to surface and dissolve*

Reflection Prompts:

Yin

Root (Muladhara)

What helps me feel safe, grounded, and connected to the earth?

Sacral (Svadhithana)

How did I allow creativity, joy, or emotions to flow today?

Solar Plexus (Manipura)

Where did I feel strength or resistance in my core energy?

Heart (Anahata)

What softened, opened, or healed in my heart space?

Throat (Vishuddha)

What truth is ready to be spoken or expressed?

Third Eye (Ajna)

What clarity, intuition, or inner vision arose in stillness?

Crown (Sahasrara)

How did I sense connection to something greater than myself?

Nidra

What shifted in my body or energy field today?

What truth surfaced from my inner stillness?

How can I carry this sense of rest and clarity into tomorrow?

Suggested Flow:

20–30 minutes Yin
(chakra of the day)

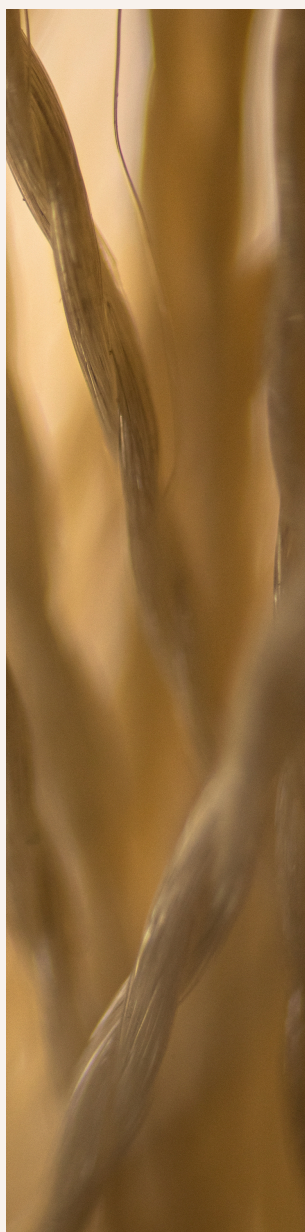
25–40 minutes Yoga Nidra
(ideally in bed)

Recommendations:

Guided Yoga Nidra & Yin playlists are included at the end of this guide.

08

Reset Pillar 5: Affirmations & Reflections



Your mind is like a garden.

Thoughts are seeds - some grow into flowers, some into weeds.

With awareness, you can “weed out” what doesn’t serve and plant new ones.

Affirmations and reflections are like the golden thread weaving this retreat together.

- Vipassana anchors awareness
- The other practices reset your systems
- Affirmations & gratitude shape the mindset you carry forward

They gently retrain the mind toward compassion, resilience, and joy.

CBT (Cognitive Behavioral Therapy) shows:

- The thoughts we repeat influence how we feel and act.
- By practicing affirmations and structured reflections, you’re reshaping patterns - creating supportive inner dialogue and resilience in meeting challenges.

Key Affirmations

Repeat one in the morning, one during practice, and one before bed. Or write your own. Inspired by teachers like the Dalai Lama, CBT practices, and my own journey:

- “May I be patient with myself and others.”
- “I trust the wisdom of my body and breath.”
- “Each pause is a gift of clarity.”
- “I allow joy to move freely through me.”
- “I am both grounded and free.”

CBT Twist:

When you notice a self-critical thought → pause, write it down, and replace it with compassion. Example: “I can’t do this” → “I am learning, and each step counts.”

Reflection Practices

The “Thankful Threes”

Every night before bed, write down:

- 3 things you’re grateful for
- 3 moments that made you smile or feel supported
- 3 things you’d like to invite tomorrow (energy, focus, ease, etc.)

This shifts the nervous system toward calm & abundance before sleep.

Journaling Prompts for Integration (CBT-style)

- What motivated me today?
- Where did I feel freedom?
- What was most challenging, and what did it teach me?
- Did I notice any negative thought patterns? How can I reframe them?
- What do I want to carry forward from this retreat into everyday life?

Closing Ritual:

Light a candle or incense

Read through your reflections

Choose one or multiple affirmations as your anchor going forward

Affirmation for Completion:

“This reset is not an ending, but a beginning. I walk forward lighter, clearer, and open.”

Bonus Practice: The Thought Reframing Game

This CBT-based practice makes reframing light and doable. How to play:

- **Catch It** - Notice a thought that feels heavy or self-critical.
Example: "I'll never get this right."
- **Check It** - Ask: Is this 100% true? Is there another way to see it?
Example: "I've struggled before, but I've also succeeded in many things."
- **Change It** - Replace with something compassionate and supportive.
Example: "I am learning. Every step forward matters."

Reflection Prompt (Game Journal Style)

- *What thought did I catch?*
- *How did I reframe it?*
- *How do I feel after planting the new thought?*

Tip: Try this once a day during your retreat (or anytime you feel stuck).

Over time, your mind naturally starts reaching for the lighter, truer thought.





09

Sample Schedules

“

Think of your mind like water. Channeled properly, it powers turbines and generates electricity. Left unchecked, it floods and destroys. Discipline is the dam that channels mental energy toward elevation. Without discipline, the same mind that could lift you to greatness drowns you in distraction and desire.

~Bhagavad Gita

Make it feel like a retreat:

These rhythms are invitations - not rigid rules.
Start small, expand as you're ready, and let
each schedule feel like a sacred gift.

HALF DAY RESET

weekend morning

Time/Phase	Practice	Notes
Rise	hydrate, stretch	wake gently
Morning	lymphatic routine	rebounding/ shaking
Mid-morning	vipassana sit	awareness reset
Noon	warm broth, journaling (1-2 pages)	nourish & reflect
Afternoon	restorative yin or cleansing bath	deep release
Close	yoga nidra	mental rest

Feels like a full-day reset in just a few hours.



FULL DAY RESET

Time/Phase	Practice	Notes
Rise	vipassana, rebounding, broth	silence, no tech
Midday	journaling, light walk, yin	ground & reset
Evening	vipassana, nidra, reflection	integration

Beautiful rhythm for once a month.

3-DAY MINI RETREAT

fasting supported

Days	Focus	Practices
1	prep	light meals, hydrate, vipassana am/pm, lymphatic drainage, intentions or affirmations
2	fast	vipassana am/pm, journaling, bath ritual, chakra yin, yoga nidra
3	refeed	vipassana am/pm, steamed veggies & rice congee, gratitude journaling, light yin, reflection ritual

In 3 days, a full reset of body + mind.



1-DAY VIPASSANA RESET

Time/Phase	Practice	Notes
Rise	vipassana sit, journaling	silence, no tech
Midday	broth/tea, gratitude walk, yin	gentle movement
Evening	vipassana, nidra, reflection	deep inner quiet

Perfect for beginners - one day shifts your week.

5-DAY HOME RETREAT

Days	Focus	Practices
1-2	pre fast	clean meals, hydration, vipassana am/pm, lymphatic reset, yin/nidra
3	fast	vipassana am/pm, hydration, broth/teas, journaling, yin, nidra
4	deepen	vipassana am/pm, affirmations, chakra yin, cleansing bath, hydration, nidra
5	refeed	rice congee/ steamed veggies, vipassana am/pm, reflection, closing ritual

5 days - a lifetime of renewal.

10-DAY IMERSION

Days	Focus	Practices
1-3	pre fast	taper meals, hydrate, vipassana am/pm, rebounding, evening nidra
4-6	fasting core	vipassana am/pm, broth/teas, chakra yin, cleansing rituals, nidra
7-8	refeed	broths/congee, vipassana am/pm, journaling, restorative yin
9-10	integration	full meals of whole foods, vipassana am/pm, reflections, affirmations, closing ritual

Closest to a traditional retreat - a journey into silence +
deep healing.

Reminder: Start where you are. Even a half-day
reset matters. Every step counts, and every
reset is a gift to your body, mind, and spirit.



10

Closing the Retreat

As your reset comes to a close, remember:
this is not the end, but a beginning.
The space you've created through stillness,
nourishment, movement, and reflection
is not something you leave behind - it lives within you.
Think of this retreat as a gentle reminder of what is
always available inside.

Integrating Back Into Daily Life

Re-entry can feel tender, so move slowly. Treat the first day or two as a soft bridge, not a hard stop.

Integration Tips:

- Ease into routine → Avoid screens, heavy foods, and long to-do lists. Give yourself a transition day if possible.
- Eat with awareness → Chew slowly, savor flavors, pause to feel gratitude.
- Protect your clarity → Limit noise, social media, and news for 24 hours to preserve spaciousness.
- Anchor with breath → Each morning, before getting out of bed, for 3 days, take 12 deep breaths to remind your nervous system: I carry this calm with me.

Carrying the Practices Forward

Even when life feels full, hold onto 1–2 supportive practices:

- Vipassana → 10 minutes daily to anchor in clarity.
- Journaling → One page before bed: a “brain dump” or Thankful Threes.
- Lymphatic Reset → 5-10 minutes of shaking, rebounding, or face massage.
- Micro-pauses → Use small daily cues (boiling water, brushing teeth, waiting for a page) to take one conscious breath.

Small, steady practices often change us more than big, occasional ones. This retreat is not a one-time event - it is your reset button. Return whenever your body, mind, or spirit calls for it.



Closing Affirmation:

“I step back into daily life with clarity, softness,
and strength. I know how to reset.
I know how to return home.”



Appendix & Resources

The Fasting Aspect (Complete Guide)

Pre-Fast Phase (1–3 Days Before Your Fast)

Goal: Gently lighten your digestive load and increase hydration & electrolytes. Think: fiber-rich, anti-inflammatory, minimally processed foods, with gradually smaller portions.

DO eat:

- Steamed or roasted veggies (zucchini, carrots, sweet potatoes, leafy greens)
- Cooked grains (quinoa, rice, millet, oats)
- Soups and broths - especially homemade veggie or seaweed broth
- Healthy fats (avocado, tahini, flax, olive oil)
- Fermented foods (sauerkraut, kimchi, coconut yogurt - in moderation)
- Fresh fruits (papaya, berries, apple, mango – not overly sugary)

Reduce or avoid:

- Caffeine (taper gradually to prevent headaches)
- Refined sugar
- Gluten & dairy
- Processed snacks, meat, heavy starch
- Alcohol

Hydration focus:

- Coconut water
- Lemon water with a pinch of sea salt
- Herbal teas (nettle, ginger, fennel, rooibos, chamomile)
- Trace mineral drops in water
- Homemade seaweed or veggie broth

Your body will enter the fast with less resistance if it isn't clearing out heavy "junk" first.

During the Fast (72-Hour Window).

Goal: Rest digestion, hydrate cells, and maintain calm, steady energy.

Choose water-only or a modified fast with mineral-rich liquids. Many people thrive on broths + electrolyte water during a 72-hour reset.

Liquids you can drink:

- Spring or filtered water (alternate warm and cool)
- Seaweed or mineral broth (light, strained)
- Homemade electrolyte water: 1 L water + pinch sea salt + splash lemon (+ optional trace minerals)
- Coconut water
- Optional: black coffee or green tea if you're already accustomed or need caffeine

Supportive extras:

- Splash of apple cider vinegar in water
- Diluted chlorophyll or aloe vera juice (unsweetened)
- Pinch of Celtic or pink salt under tongue if lightheaded

Optional mineral enhancers:

- Shilajit resin or drops (fulvic acid)
- Trace mineral drops
- Seaweed broth 1–2x/day if water-only feels depleting



The 3-Day Refeeding Plan

Goal: To reawaken digestion, nourish cells, and rebuild gently without shocking your system.

Day 1 - The Gentle Wake-Up

Ease digestion, hydrate cells, support gut lining, prevent blood sugar spikes.

Eat/Drink:

- Warm mineral broth (seaweed, ginger, celery)
- Aloe vera or chlorophyll water, coconut water (1 cup max)
- Steamed zucchini or carrots with olive oil or tahini
- Well-cooked white rice or congee
- Stewed apples or pears with cinnamon
- Avocado slices with lemon + sea salt
- Unsweetened coconut yogurt (non-dairy)

Optional: digestive enzymes, trace minerals, probiotic capsule, or fermented veggie brine

Avoid: raw veggies, beans, nuts, eggs, heavy fats, meat, dairy, sugar, caffeine.

Day 2 - Rebuild with Intention

Reintroduce protein, balance blood sugar, restore minerals, support liver + gut repair.

Eat/Drink (anything from Day 1 plus):

- Steamed greens (spinach, chard, bok choy)
- Quinoa or millet
- Lentil soup or soft-boiled egg
- Cooked sweet potato with tahini + cumin

Optional: miso broth, chia/flax pudding, bone broth (if not vegan)

Focus on warm, simple meals - chew slowly.



Day 3 - Nourish & Energize

Add variety, fiber, and protein while stabilizing metabolism.

Eat/Drink (anything from Days 1 + 2 plus):

- Small salad with olive oil, lemon, and herbs
- Sautéed mushrooms, onions, broccoli
- Protein: soft tofu, tempeh, mung beans, or wild-caught fish (sardines or salmon)
- Fermented foods (sauerkraut, kimchi, coconut yogurt)
- Fruits (papaya, mango, berries)

Optional support: gentle yoga/walking, journaling, Epsom salt bath.

Key Mineral-Rich Additions

- Seaweed broth (kombu, wakame, dulse)
- Nettle or horsetail tea (calcium, silica)
- Miso or fermented veggie juice (gut microbiome support)
- Shilajit drops or fulvic acid (trace minerals)
- Tahini, pumpkin seeds, hemp seeds (magnesium + zinc)



What You'll Likely Feel

- Deep calm or emotional clarity
- Glowing skin + improved digestion
- Natural, steady energy
- Clear hunger signals
- Creative ideas + sense of renewal

grocery list by phase

Phase 1: Pre-Fast (1–3 Days Before)

Fiber-rich, anti-inflammatory, easy-to-digest foods:

- **Vegetables:** zucchini, carrots, sweet potatoes, leafy greens, celery
- **Fruits:** papaya, apples, berries, mango, pears (for stewing)
- **Grains:** quinoa, rice, millet, oats, red lentils
- **Fermented foods:** sauerkraut, kimchi, coconut yogurt (unsweetened)
- **Healthy fats:** avocados, olive oil, flax, tahini
- **Pantry/bases:** seaweed (kombu, wakame, dulse), ginger root, coconut water, trace minerals

Phase 2: During the Fast (72 Hours)

Hydration + minerals:

- Spring/filtered water, seaweed broth, ginger, lemons, Celtic/Himalayan salt
- Optional: apple cider vinegar, liquid chlorophyll, aloe juice, shilajit

Phase 3: Refeed (3 Days After)

Day 1 → steamed zucchini, carrots, rice/congee, celery, stewed apples/pears, avocado, coconut yogurt, cinnamon, aloe/chlorophyll water

Day 2 → add spinach, bok choy, quinoa, sweet potatoes, tahini, cumin, lentils, eggs, miso paste, chia/flax seeds

Day 3 → add mushrooms, onions, broccoli, herbs, lemons, tofu/tempeh/mung beans, fish (opt), sauerkraut, kimchi, papaya, mango, berries

Pro Tip:

Buy Pre-Fast + Fast bases first.
Shop fresh for Refeed days.



SIMPLE RECIPES



MINERAL BROTH

- 1 onion, 2 carrots, 2 celery
- 1 piece of kombu or wakame
- Parsley, sea salt

Simmer 1–2 hours, strain, sip warm

CONGEE (RICE PORRIDGE)

- ½ cup white rice + 6 cups water
- Optional: ginger, pinch of salt

Cook on low until creamy. Top with sesame oil or steamed veggies



CHIA PUDDING

- 3 tbsp chia + 1 cup coconut yogurt/plant-based milk
- ½ tsp cinnamon

Refrigerate overnight, add berries before serving



PLAYLISTS & CHANNELS

Here are a few of my favorite teachers/channels for free guided practices:

Yin Yoga:

1. *Kassandra Reinhardt*
 - a. *Reset Yin by each Chakra*
 - b. *1 Hour Chakra Reset*
2. *Devi Daly*
3. *Travis Eliot*

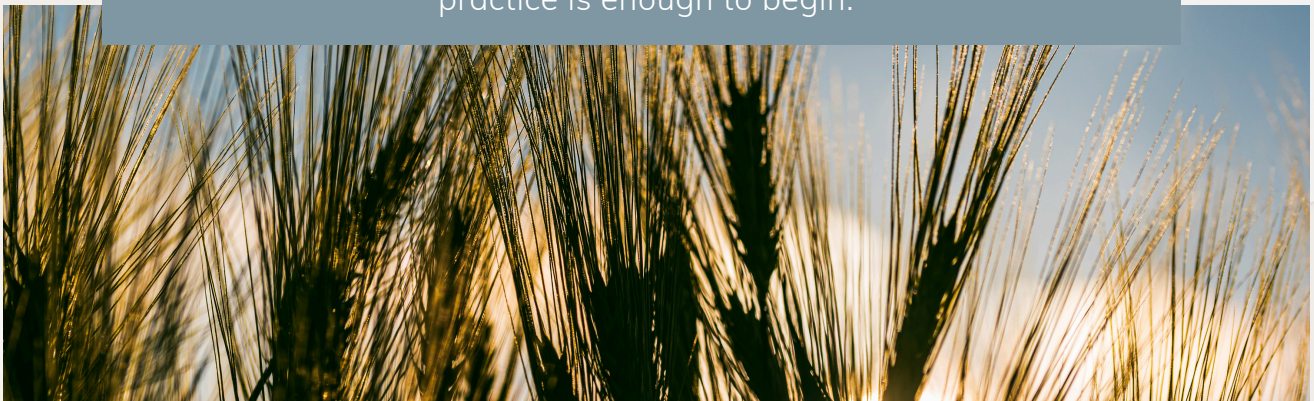
Yoga Nidra:

1. *Ally Boothroyd*
 - a. *Reset Nidra by each Chakra*
 - b. *1 Hour Chakra Reset*
2. *Swami Jnaneshvara* (traditional, simple Nidra recordings and other meditations)

Face Massage / Lymphatic Drainage:

1. *Beauty Shamans*
2. *Anastasia Beauty Fascia*

This appendix is designed to keep your retreat practical and nourishing.
You don't need everything on the list - even one broth or one Yin practice is enough to begin.



About Me



Hi! I'm a lifelong student of yoga, mindfulness, and holistic healing. My path has always been about learning through practice, refining through trial and error, and then sharing what truly works with others.

I'm an E-RYT with Yoga Alliance and a Continuing Education Provider, with a Master's in Education and almost two decades of experience teaching in private schools internationally. Alongside yoga and mindfulness, I've developed curricula, guided workshops & retreats, and woven in tools from cognitive behavioral therapy to help others create meaningful and lasting change.

My heart is in teaching and sharing - from guiding children in yoga, mindfulness, and social-emotional learning, to leading adults through deeper practices that bring balance and clarity. I believe we rise together: when one of us heals, grows, and finds peace, we all benefit.

What you've experienced in this Reset Retreat is simply the best of what has supported me - offered with warmth and care in the hope that it may also support you.

May this guide be a lantern on your journey - and a reminder that you already know the way home to yourself.

Let's Stay Connected

Instagram → [\[@jaxyoga\]](#) - reflections, practices, and community

Work with me → workshops, classes, and courses

Coming soon → *Yoga for Every Child: A Guide to Nurturing Mind and Body* - my upcoming book weaving children's yoga and social-emotional learning

Jacqueline