

## Priorities

Be flexible about life- *go with the flow*

Chose things/people to uplift and motivate- LAUGH!

Come up with a life plan for the year

Engage in social activities

### Detox

Release pent up anger (try EFT or expelling the venom qi gong exercise)

Move your body!

## Detox

### Food

Thoughts (meditate, set intentions for the year)

Body (Detox bath, sauna, aromatherapy massage. try tongue scraping, neti pot, coconut oil pulling)

Home- clean/de-clutter, reduce chemicals in home, reduce EMF's in home- turn off wifi at night

### Thoughts for spring

Put yellow or green items in the house

New beginnings

Start something new this month

## Spring

### Wood element

Liver (governs detox) and Gall bladder (governs balancing energy through hormones)meridians

### Focus

New and rising energy

Smooth flow

Soft and strong in yoga postures

## Daily habits

Be kind to someone

Do something detoxifying

Practise making decisions

Laugh!

Change 'stuck' areas in your life

Set a challenge each morning

Go outside (grounding!)

Eye exercises(Bates method, palming, near/far focus)

## Yoga

Work on foundation to give strong 'roots'- mountain pose/tree pose/warrior/ side angle/horse stance

Cleansing postures/ emphasis on eyes/ soft and strong/twists- triangle/seated twists

