



5 SIMPLE STEPS TO DAILY PEACE:

YOGA BEYOND THE MAT

5 SIMPLE STEPS TO DAILY PEACE:

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How to use this guide

Namaste!

Thank you for your interest in this document and our teaching. True and traditional yoga goes far beyond the mat - it's a way of living with awareness and intention and bringing body, mind and soul at the same place at the same time.

To help you experience this deeper dimension of yoga, we've put together this simple 5-step guide with small daily rituals. You won't find a single exercise requiring a yoga mat or special clothing. All steps are simple and easily integrate into your daily routine.

How to work with this guide?

- First, read through the detailed explanation of all steps on page 3
- Choose a week to try all five rituals daily
- Use the tracker on page 4 to monitor your journey
- Fill in the ॐ symbols after completing each ritual to track your daily progress
- Take a moment each evening to write your gratitude entry and reflect on your overall feeling
- Notice how these simple practices affect your wellbeing throughout the week
- After completing your week, join us for a free call to share your experiences and discuss any results or questions

Enjoy the journey,

Steffi & Som

"Yoga is the journey of the self, through the self, to the self."

(The Baghavat Gita)



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The 5 Steps of Practice beyond the Mat

1) Start Your Day with Warm Lemon Water

Each morning, before anything else, prepare your healing drink: a big glass of warm water with 1-2 tsp fresh lemon juice and 1 tsp honey. Stir, sit down and drink the whole glass of water at once. Do this every morning for one week and you will feel the impact. For more information on that topic, please check out my blog article: [Morning Routine](#)

2) Use your 5-Breath Reset Button

We all face stressful moments, whether in meetings, at home with kids, or during a busy workday. Your peace is just five breaths away: find a quiet spot, close your eyes, and take five deep, conscious breaths. When you open your eyes, notice the difference. (Little secret: the bathroom makes a perfect sanctuary for this practice during hectic workdays!)

3) Experience the Power of Purposeful Pause

In our busy lives, we rarely stop moving. Choose a specific time between activities for your daily 5-minute pause. Simply sit or lie down and allow yourself to do absolutely nothing. While your mind might resist at first, watch how this tiny break becomes your daily reset point.

4) Honor Your Sleep Rhythm

This week, experiment with consistency: choose a bedtime and wake-up time that you'll maintain for seven days. It's not just about how long you sleep—it's about training your body's natural rhythm. Notice how this regular pattern affects your energy and mood throughout the day.

5) Capture Daily Joy

End each day with a moment of reflection. Before bed, put away your devices, take a quiet moment, and write down one specific thing that brought you joy or gratitude today. No matter how small it seems, acknowledge it. By week's end, you'll have a beautiful collection of seven moments that illuminate the magic in your daily life.



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Now it's Your Turn

	Lemon Water	Breathing Practice	Purposeful pause	Sleep Rythm	Gratitude: what made me happy today? What brought me gratitude?	Overall feeling today
Day 1	ॐ	ॐ	ॐ	ॐ		<input type="checkbox"/> Peaceful <input type="checkbox"/> Neutral <input type="checkbox"/> Scattered
Day 2	ॐ	ॐ	ॐ	ॐ		<input type="checkbox"/> Peaceful <input type="checkbox"/> Neutral <input type="checkbox"/> Scattered
Day 3	ॐ	ॐ	ॐ	ॐ		<input type="checkbox"/> Peaceful <input type="checkbox"/> Neutral <input type="checkbox"/> Scattered
Day 4	ॐ	ॐ	ॐ	ॐ		<input type="checkbox"/> Peaceful <input type="checkbox"/> Neutral <input type="checkbox"/> Scattered
Day 5	ॐ	ॐ	ॐ	ॐ		<input type="checkbox"/> Peaceful <input type="checkbox"/> Neutral <input type="checkbox"/> Scattered
Day 6	ॐ	ॐ	ॐ	ॐ		<input type="checkbox"/> Peaceful <input type="checkbox"/> Neutral <input type="checkbox"/> Scattered
Day 7	ॐ	ॐ	ॐ	ॐ		<input type="checkbox"/> Peaceful <input type="checkbox"/> Neutral <input type="checkbox"/> Scattered

Your overall impression / experience after this week



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Continue Your Journey

Ready to deepen your practice?

During this week, you've experienced how simple yogic practices can bring more peace into your daily life. If you're curious to explore further, we offer several paths to support your journey::

- Quiet your mind, heal your body: our 90 days **1:1 coaching to a personalized Yogic Lifestyle Program** for Clarity, Strength and Inner Peace
- **Yoga & Explore**, our transformative 14-day journey to India, the Birthplace of Yoga
- **Yoga Day Retreats**, one day to experience yoga as a lifestyle (online or in person)
- **Satyam Yoga Community**: Our membership for regular online classes in Hatha Yoga, Asthanga Vinyasa Yoga, Pranayama, Indian cooking and Yoga Philosophy

Every journey is unique, and we'd love to help you find the path that best suits your needs and goals. Book your free discovery call today to share your experiences from this week and explore which approach would serve you best.

[Book your free call to discuss your results](#)



Somdutt Amoli ...

... is a highly skilled yoga master with almost 20 years of experience and a soon-to-be PhD in Yoga & Ayurveda. Together with Steffi, he offers transformative guidance, helping their students integrate yoga and Ayurveda into their daily lives for holistic well-being, lasting balance and a full-filled life.

Stefanie Augustine (PhD)...

... is a yoga teacher who has personally navigated the challenges of balancing life after some traumatic experiences. With this real-life experience and academic knowledge, Steffi helps people create lasting transformation through yoga, mindful living, and a personalized approach to personal well-being and inner freedom.