



THE MIDLIFE RESET BLUEPRINT GUIDE

10 Simple Rituals to Restore Your Energy
& Feel Alive Again

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Welcome! I'm Irana Jian, Integrative Life Alignment Mentor specializing in Midlife Burnout Recovery. I help midlife women (40-65) who are burnt out, exhausted despite rest, and running on empty—reset their nervous system, restore their energy, and reclaim their radiance.

WHY I DO THIS WORK:

I've been a yoga teacher for 25 years. I founded Yoga Shala Paros, and AnapnoeYoga® Awareness through the body.- trained hundreds of teachers globally, and from the outside, looked like I had it all together. But inside?

I was burnt out. Completely. Exhausted despite sleeping 8 hours. Brain fog. Emotional overwhelm. Feeling disconnected from my feelings and myself.

The first time I burnt out, I pushed through. Because that's what we do, right? The second time? My body forced me to stop. I had to close my yoga studio. That's when I learned: Burnout isn't just tiredness. It's a dysregulated nervous system stuck in fight-or-flight mode. And massages, bubble baths, and "self-care Sundays" won't fix it.

You need to retrain your nervous system and reset your body/system at the root level. That's what I do now. I combine 25+ years of yoga therapy expertise with nervous system science, somatic practices, breathwork, and Ayurvedic wisdom to help midlife women restore balance—physically, mentally, emotionally, and energetically.

MY SIGNATURE PHILOSOPHY: NS Balance = Radiance

When your nervous system is regulated, your energy returns, your mind clears, and your natural radiance shines through. This guide gives you the foundation.

The 10 daily rituals I share here are the same lifestyle practices that brought me back to life—and have helped 800+ women do the same. Ready for the full transformation?

I see you.

YOGA | INTEGRATIVE WELLBEING MENTOR

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THE THE MIDLIFE RESET BLUEPRINT
FIND FREEDOM THROUGH BALANCE

4 PILLARS OF WELL-BEING

**INTEGRAL
PURIFICATION**

CLEARING TOXINS of
your body, mind & psiche
is essential for overall
well-being.

**EMPOWERING
HABITS**

HEALTHY LIFESTYLE
that is aligned with
natures cycles.

BALANCE

INTEGRAL BALANCE:
Harnessing the Elemental Balance
& interconnectedness of Body-
Mind-Vital Energy & Psiche

**REGULATED
NERVOUS SYSTEM**

BREATH AWARENESS:
Balancing your Sympathetic
& Parasympathetic Nervous
System.

10- DAILY RITUALS TO RESTORE YOUR ENERGY & FEEL ALIVE AGAIN

Small shifts, BIG impact! The key to sustainable wellbeing isn't about complicating your life—it's about small changes and finding small pockets of possibility within your existing routine while prioritising being well.

When your nervous system is dysregulated, it's stuck in fight-or-flight mode—running on overdrive 24/7. This exhausts your adrenals, disrupts your hormones, and depletes your vital energy. These 10 daily rituals help retrain your nervous system to cycle properly between energy and rest—bringing you back into balance. Start with just 2–3 rituals today and build from there.

1-Rise with the Sun

Wake up before sunrise—it gives you joy and vitality, aligns you with nature's rhythms—your circadian rhythm— while boosting your immunity and energy. Gives you shine.

2-Morning Elixir Ritual

Start with a healing elixir. Drink a glass of warm water with honey and turmeric—it reduces inflammation and boosts your energy. Remain fasting for at least 2 hours while hydrating your body (3 glasses of water). Delay your coffee for at least 2.5 hrs from the time you wake up. Did you know your body needs this time to detox? ?

3-Wise Movement & Vitality Ritual

Move & Breathe mindfully: practice my 'Joint Clearing & Hormone Vitality Practices* each morning on an empty stomach. Make this ritual non-negotiable. In just 20 minutes a day, you'll activate your metabolism, improve mobility, and stimulate your lymphatic system—helping you stay light, agile, and connected to your body and self.

4-Mindful Eating

Intentional nourishment: Eat mindfully to nourish your body and only two meals a day. Avoid snacking. Last meal before sunset to support your natural digestive cycle: by going to bed on empty stomach you allow your vital organs to regenerate during sleep. One powerful habit shift? Simply pausing for 20 seconds before eating to acknowledge your food with gratitude. This tiny practice has helped clients reduce digestion issues by 30%.

5. Nature Connection

Take a 2-minute walk in nature daily. Ground yourself by connecting with nature—it's the ultimate balancing force that activates your senses. It helps you rediscover serenity and keeps your legs strong to stay youthful. Your legs are your foundation for your health and are made for walking.

6-Clear your energy

Take at least two showers daily or immerse yourself in water. Remember to wash your face frequently. During these water rituals, close your eyes to enhance the experience. Let water purify, reset, and renew you. Drink a full glass of water every hour rather than sipping throughout the day. Simply increasing your water intake by 16oz daily can boost energy levels by up to 25%!

7-Silence Sanctuary

Sit in silence daily for at least 7 minutes. Close your eyes and focus on your breath or the sounds around you. This simple meditation practice helps cultivate inner peace and stillness. It's amazing how a 10-minute morning mindfulness practice can transform your entire day. One client started with just 3 deep breaths before checking her phone and noticed reduced anxiety within a week!

8-Rejuvenating Sleep

Create a conscious evening routine by unplugging from devices one hour before bedtime. Sleep before 10 PM—this is when your organs perform their vital regeneration. During this time, your body enters its physical repair stage. Between 10 PM and 2 AM, **your body focuses on repairing tissues, muscles, bones, tendons, ligaments, skin, and hair.**

Go to bed on an empty stomach and drink water beforehand to ensure quality sleep and optimal hydration.

9-Gentle Release through Journaling

Free your mind and heart by writing a few lines without judgment or overthinking before going to bed —simply let your pen flow from the heart. Afterward, write down your tasks for tomorrow. This practice helps you release mental clutter, allowing you to sleep peacefully and wake up refreshed, with clear eyes and an open heart ready to embrace the day. The research is clear—one week of consistent better quality sleep can improve immune function by 40%, enhance cognitive performance, and significantly reduce inflammation.

10-Holistic Reset

Cleanse to reset and rebalance every 6 months.* Taking twice a year for intentional purification helps maintain optimal health & vibrant energy. These Spring & Autumn Cleanse & Reset combines a gentle physical cleansing through holistic nutrition and gentle Ayurvedic recipes with mental and emotional clearing through meditation, mindful movement, and self-reflection. This comprehensive approach rebalances your entire being, mind, body, and psyche, helping you release unhealthy patterns of habits and restore your natural state of immunity, vitality and harmony.

READY TO RESET YOUR ENERGY?

This guide gives you the foundation—10 daily rituals to start restoring balance and reclaiming your vitality. But if you're ready for the full transformation...

NEXT STEP 1: Start Your 3-Day Nervous System Reset (€17)

Get immediate relief from burnout with my signature 3-Day Reset:
Somatic practices to release stored tension

- * Breathwork to activate vagal tone
- * Ayurvedic rituals to restore energy
- * Simple practices you can do in 20 minutes/day This is the fastest way to feel a shift in your nervous system.

GET INSTANT ACCESS

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NEXT STEP 2: Join My Waiting List (FREE)

I'm opening the doors to my signature 8-Week Reset Process in September—limited to 10-15 women only.

Join the waiting list and get:

- * Weekly exclusive masterclasses on nervous system regulation
 - * 20-minute Mikro Yoga Therapy practices
- * First access when doors open This is for midlife women ready to fully reset their nervous system and reclaim their radiance.

JOIN THE RESET PROCESS WAITING LIST



NEXT STEP 3 : Let's Talk (FREE) 45-Minute Session Call on Zoom.

Want to understand your burnout more deeply and get personalized guidance? Watch this 8-minute video first:

WATCH:

[Why Successful Women in Their 40s-60s Secretly Struggle. How to Break Free](#)

Then if my approach resonates with you., book a complimentary 30-minute clarity session with me. We'll explore:

- * Your current burnout symptoms and nervous system state
- * What's blocking your energy restoration
- * Which reset approach is best for your situation.

This is a gift—not a sales call. I simply want to support you.. Ready to create your personalised wellness rituals?

[Book your call with me.](#)