



7 day
YOGIC STRESS
RELIEF PLAN
BY

----- JENIL DHOLAKIA YOGA -----

A PRACTICAL GUIDE TO MANAGING STRESS
THROUGH YOGA, MINDFULNESS,
AND CONSCIOUS LIVING.



Stress is a part of life — but how we respond to it can truly transform everything.

Over the years, I've experienced how stress shows up — in the body, in the breath, in the mind, and in the little ways we disconnect from ourselves. Through my own journey of healing, especially navigating hormonal imbalances and burnout from a fast-paced media career, I discovered that yoga isn't just movement — it's medicine.

I've curated this 7-day plan straight from my heart and my own lived experiences. These are tools, techniques, and soulful practices that have helped me regulate my nervous system, come back home to myself, and gently hold space for the chaos of life — without being consumed by it.



I hope you not only enjoy this journey but find something within it that stays with you... even long after the 7 days are over.



With love and calm,

Jenil Dholakia



Day 1

GROUNDING & SELF-AWARENESS

STRESS LIVES IN THE FUTURE; CALM LIVES IN THE PRESENT

On Day 1, we return to the body and the breath. Grounding postures and mindful movement help you feel safe, supported, and present in the now. This foundational step brings you out of mental chaos and into embodied awareness. You'll notice that as your breath deepens, your mind begins to slow down. When you're grounded, your nervous system relaxes, and that's where healing begins

AFFIRMATION

"I am present, I am grounded, I am here."

YOGA ASANA PRACTICE

A grounding practice to begin your day. Feel your feet rooting into the earth, your spine elongating, and your breath steadying.

<https://www.youtube.com/watch?v=ZpGqXUsgu6k>

PRANAYAMA / MEDITATION PRACTICE

This guided meditation will give you the mental clarity to ground yourself & start your day on a positive note

<https://www.youtube.com/watch?v=8h4P6CP1LYU>

JOURNAL PROMPT

Reflect on where you feel the most stress in your body and life. Write down the sensations, thoughts, and emotions that arise

RITUAL

Morning Tea Ritual: Brew a cup of calming herbal tea (chamomile, peppermint) and take a few moments to savour it, paying attention to the warmth, aroma, and taste.



Day 2

RELEASE & RESTORE

LET GO OF WHAT'S WEIGHING YOU DOWN

Day 2 is about emotional detox. Through gentle hip openers and calming practices, you release tension stored in the body and subconscious. When you allow the body to soften, the mind follows. Deep rest activates the parasympathetic nervous system—the “rest and digest” state—and restores energy. You'll feel lighter, more emotionally spacious, and ready to receive ease.

AFFIRMATION

"I let go of all tension, and I invite deep rest."

YOGA ASANA PRACTICE

Enjoy this juicy hip opening flow

<https://www.youtube.com/watch?v=ZpGqXUsgu6k>

PRANAYAMA / MEDITATION PRACTICE

A calming technique that reduces stress and helps restore balance to your mind.

<https://www.youtube.com/watch?v=VL7DsJcM9vI>

JOURNAL PROMPT

Write about any areas of tension you've been holding in your body. How can you begin to consciously release them?

RITUAL

Evening Breathing Ritual: Before bed, lie down and practice deep belly breathing for 5 minutes. Let go of the day's stresses and prepare for restful sleep.



Day 3

BREATHE & BALANCE

YOUR BREATH IS YOUR MOST POWERFUL TOOL

Breath is the bridge between body and mind. On **Day 3**, you'll explore how conscious breathing can instantly shift you out of stress mode. We balance both sides of the nervous system, bringing harmony to your energy. This is the day you'll begin to see how stress is a signal, not your identity—and how breathwork becomes your inner anchor in daily life.

AFFIRMATION

**"With each breath, I find my center.
I am calm and balanced."**

YOGA ASANA PRACTICE

A simple yet effective sequence to release tension from your chest, shoulders, and upper back—areas where stress often builds—so you can move freely and breathe with ease.

https://www.youtube.com/watch?v=2Z0_4HwLlzk

PRANAYAMA / MEDITATION PRACTICE

A calming, grounding breath technique that helps to calm the nervous system

<https://www.youtube.com/watch?v=Mhfa7x8k90M>

JOURNALING

Reflect on how your breath affects your state of mind. How does your breath change when you're stressed? Practice using your breath to find calm.

RITUAL

Breath Awareness Practice: Sit in a quiet place, close your eyes, and take 5-10 minutes to simply observe your breath. Allow each inhale and exhale to slow your thoughts.



Day 4

MOVE & RELEASE BLOCKED ENERGY

YOUR BREATH IS YOUR MOST POWERFUL TOOL

On Day 4, we use dynamic movement and energizing breath to shake out the stagnancy—physically, emotionally, energetically. Often, stress piles up because we don't give it an outlet. Today's practices are invigorating yet healing, helping you shift internal heaviness through conscious movement. Expect to feel more alive, clear, and emotionally lighter after this release.

AFFIRMATION

"I release any blocked energy and create space for flow."

YOGA ASANA PRACTICE

Cat-Cow (Marjaryasana-Bitilasana) — A dynamic movement that stretches the spine and releases energy in the back and shoulders.

https://www.youtube.com/watch?v=2Z0_4HwLlzk

PRANAYAMA / MEDITATION PRACTICE

A powerful breath technique that clears energy and stimulates the nervous system

<https://www.youtube.com/watch?v=z1wzCYhZBnU>

JOURNALING

Write about any emotions or tensions that feel "stuck" in your body. Are there specific areas you are holding on to? How does moving help you release this?

RITUAL

Dance it Out: Put on your favourite music and dance for 5-10 minutes. Allow your body to move freely and expressive



Day 5

SOFTEN & SURRENDER

THERE'S POWER IN PAUSING

Day 5, reminds you that you don't need to do it all. Rest is revolutionary. Through restorative postures, gentle breath, and meditative stillness, you create space for your nervous system to recalibrate. You'll learn that true healing happens when you allow rather than force. Today teaches you the sacred art of slowing down, tuning in, and choosing softness over stress.

AFFIRMATION

**"I surrender to the flow of life,
letting go of resistance."**

YOGA ASANA PRACTICE

A gentle, restorative practice that helps you soften and release tension.

<https://www.youtube.com/watch?v=abeYMVxiyaU>

PRANAYAMA / MEDITATION PRACTICE

A soothing technique to cool the body and calm the mind, ideal for times of stress.

<https://www.youtube.com/watch?v=7tw7jobYen0>

JOURNALING

Reflect on the things in life that you're trying to control. How can you soften and surrender to the flow of life today?

RITUAL

Guided Relaxation: Before bed, lie down and listen to a guided meditation to help you fully surrender and relax.



Day 6

OBSERVE & REWIRE

AWARENESS IS THE FIRST STEP TO TRANSFORMATION

On Day 6, we begin noticing the inner patterns that fuel our stress. What are the stories we keep repeating? Through mindful movement and meditative reflection, we observe without judgment—and from that space, we begin to rewire. You'll leave this practice feeling mentally clearer, emotionally empowered, and more in control of your inner world.

AFFIRMATION

**"I observe my thoughts with compassion,
and I choose to rewire my responses."**

YOGA ASANA PRACTICE

This full-body stretch and cool-down yoga routine is perfect to support recovery, enhance flexibility, and leave you feeling light, open, and refreshed.

https://www.youtube.com/watch?v=f70nBv2fK_k

PRANAYAMA / MEDITATION PRACTICE

A powerful guided Yoga Nidra meditation that brings deep relaxation by calming both the conscious and subconscious mind, helping you fully let go of stress and tension.

<https://www.youtube.com/watch?v=IRsuXMXRCkw>

JOURNALING

Write down any recurring stressful thoughts you've noticed today. How can you reframe them with compassion and awareness?

RITUAL

Evening Reflection: Sit quietly and reflect on your day. Observe your thoughts and emotions without attachment.



Day 7

INTEGRATE & RADIATE

PEACE ISN'T SOMETHING YOU FIND— IT'S SOMETHING YOU CULTIVATE

Our final day is about integration. You've practiced grounding, releasing, breathing, moving, softening, and observing. Now it's time to bring it all together and root it in gratitude. Today's heart-opening flow helps you embody a new frequency—from stress to serenity. You'll walk away with tools, insights, and rituals to carry this peace into your everyday life.

AFFIRMATION

**"I am at peace, and I radiate calm
wherever I go."**

YOGA ASANA PRACTICE

Savasana (Corpse Pose) — A final resting pose to allow your body to fully integrate the week's practices.

<https://www.youtube.com/watch?v=eb7pz2LoRTs>

PRANAYAMA / MEDITATION PRACTICE

Begin your day with powerful affirmations—shift your mindset, boost your energy, and feel the change

<https://www.youtube.com/watch?v=Y4kFpDgG4JU>

JOURNALING

Write about the transformation you've experienced over the last 7 days. What has changed? How will you continue to carry this calm forward?

RITUAL

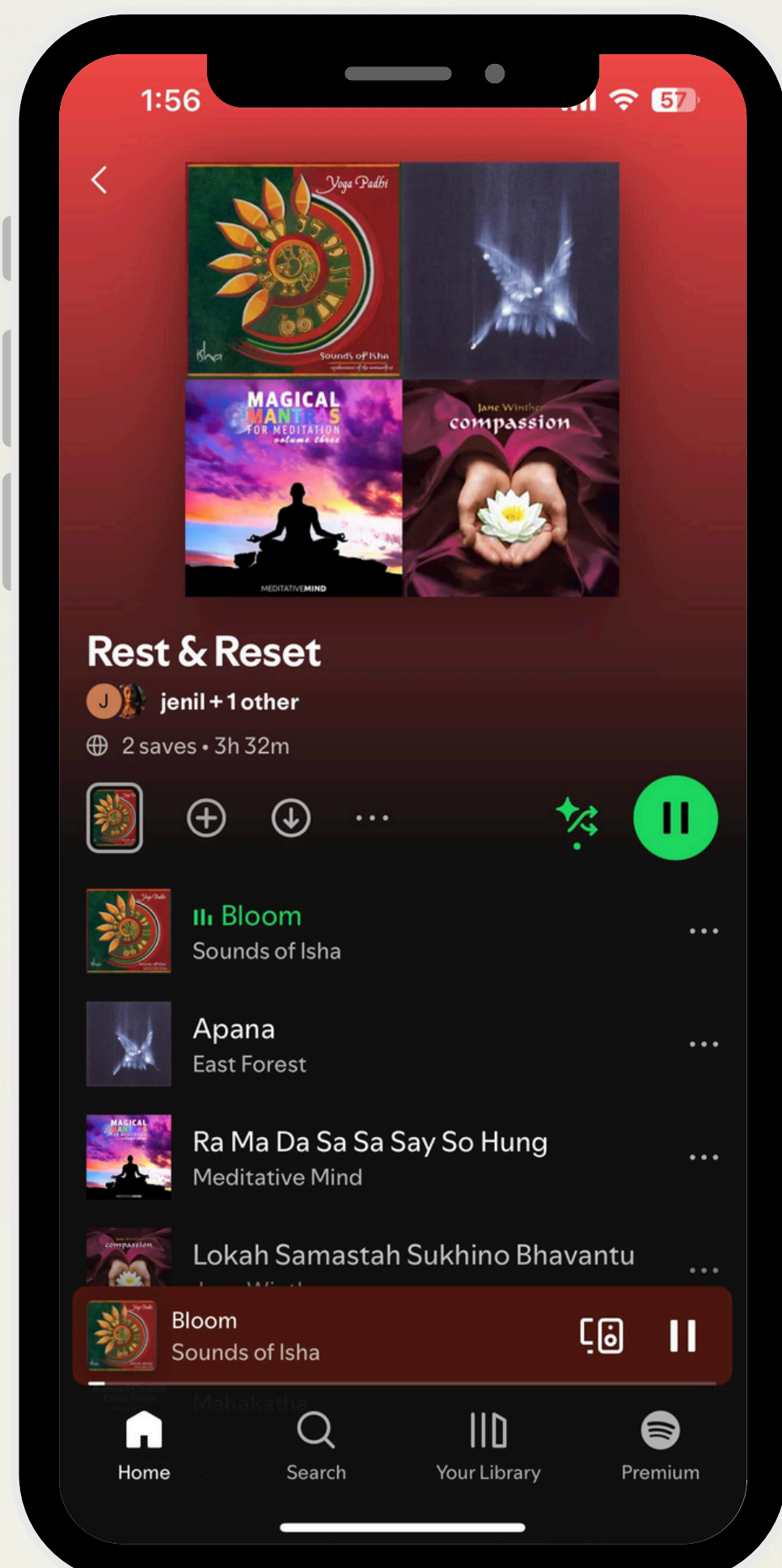
Gratitude List: Write down 10 things you're grateful for right now. Allow this practice to remind you of the peace and abundance in your life.



PLAYLIST FOR THE WEEK

Here's a curated playlist that complements your stress-relief journey. It includes soft, calming sounds to soothe your mind and heart during your practices. You can find the playlist here:

<https://open.spotify.com/playlist/3wMPVjQIzUOwlm4AqcuD8w?si=XXr89SaGSqS-QeCJS5ctuw>





I hope this 7-Day Yogic Stress Relief Plan brings you the peace and grounding you deserve. May it serve as a reminder that you have the power to calm your mind, soothe your body, and transform your stress into strength.

WITH LOVE AND CALM,
JENIL DHOLAKIA