



Amaha: Your First Step to Holistic Wellness

Amaha is your online destination for mind, body, and soul well-being. Whether you're looking to relieve stress, improve physical health, or nurture your inner self, Amaha has simple tools and guidance to get you started.

1. Mind – Calm & Clarity

- **Mini Mindfulness Exercise:** Take 3–5 deep breaths, noticing the rise and fall of your chest.
 - **Daily Reflection Prompt:** “One thing I’m grateful for today is...”
 - **Tip:** Even short mindful pauses bring clarity and emotional balance.
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2. Body – Energy & Vitality

- **Gentle Stretch Routine:** Neck rolls, shoulder shrugs, and wrist rotations — 5 mins daily.
 - **Hydration Reminder:** Drink water consistently; add lemon or herbs for an extra boost.
 - **Movement Prompt:** Try walking mindfully for 10 minutes each day.
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3. Soul – Inner Balance

- **Connect with Nature:** Observe the sky, trees, or flowers for 5 minutes.
- **Creative Expression:** Sketch, journal, or doodle what you feel — no rules.



- **Daily Affirmation:** “I honor my body, mind, and soul.”
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Quick Start Checklist

- ☐ 3–5 minute mindfulness
 - ☐ Gentle stretches or movement
 - ☐ Hydration
 - ☐ Gratitude journaling or creative expression
 - ☐ Daily affirmation
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Next Steps

- **Explore Amaha’s live sessions:** Physio, Yoga, art therapy, counseling and many more.
- **Order your Amaha Wellness Box:** A curated kit with tools to support your mind-body-soul practices.
- **Stay connected & supported:** Join our **WhatsApp community group** for ongoing tips, exercises, and wellness guidance: Join Here
https://chat.whatsapp.com/CFoS0hMATSqHBwjMt4VB7P?mode=ems_copy_t