

LOUISE SAITH

6-DAY MINI SUKHA CHALLENGE



Awaken the Sukha (happiness, balance, and ease)
within you.

INTRODUCTION

Welcome to the 6-Day Mini Sukha Challenge, a transformative journey designed to awaken the Sukha (happiness, balance, and ease) within you. This guide provides a blend of daily focuses, mantra practices, Ayurvedic tips, yoga poses, chakra alignments, and beautiful illustrations to enhance your experience. Let's begin this journey together and cultivate inner harmony and well-being!



DAY 1: GROUNDING IN SUKHA

Focus

Establish stability and set your intention for the challenge.

Mantra Practice

Repeat the mantra “I feel good, I am happy” with deep breaths.

Ayurvedic Tip

Start your day with a glass of warm water and lemon to cleanse and energize.

Yoga Practice

Sukhasana (Easy Pose) – Sit cross-legged, relax your shoulders, and focus on your breath.

Chakra Focus

Root Chakra (Muladhara) – Represents grounding and stability. Visualize a glowing red light at the base of your spine.





DAY 2: PRESENCE IN THE MOMENT

Focus

Cultivate mindfulness and connect with the present.

Mantra Practice

Inhale deeply, repeat the mantra “I feel good, I am happy”, and focus on your breath.

Ayurvedic Tip

Practice mindful eating—savor each bite and eat without distractions.

Yoga Practice

Tadasana (Mountain Pose) – Stand tall, press evenly into the ground, and feel steady.

Chakra Focus

Root Chakra (Muladhara) – Anchor yourself in the present moment with stability.





DAY 3: JOYFUL CREATIVITY

Focus

Recognize and celebrate moments of happiness.

Mantra Practice

Repeat the mantra “I feel good, I am happy”, and journal three things that brought you joy.

Ayurvedic Tip

Add a splash of orange or warming spices (like cinnamon) to your meals for creativity and vitality.

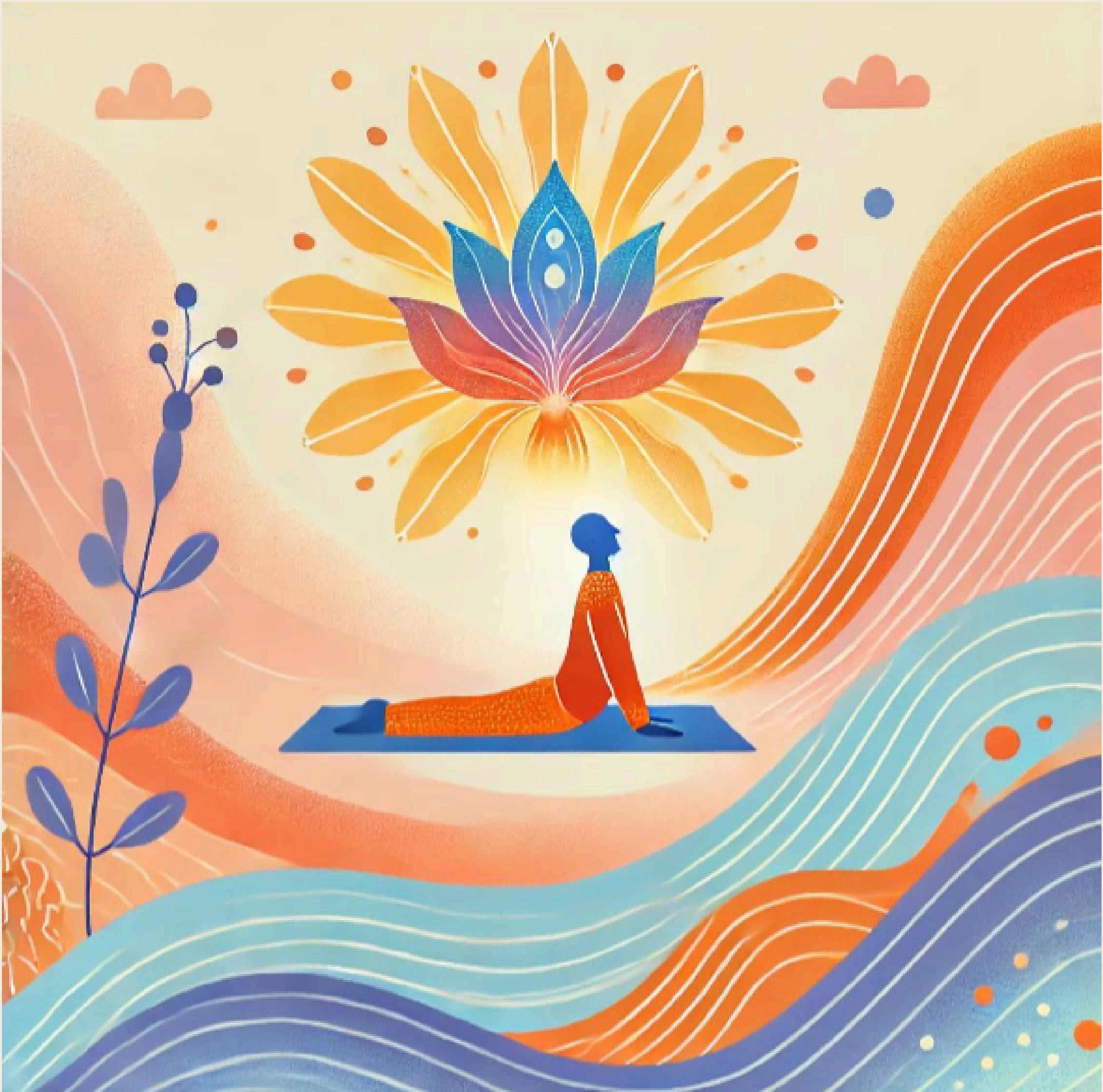
Yoga Practice

Bhujangasana (Cobra Pose) – Lift your chest and open your heart.

Chakra Focus

Sacral Chakra (Swadhisthana) – Represents creativity and emotional balance. Visualize a warm orange light in your lower abdomen.





DAY 4: EASE AND BALANCE

Focus

Embrace effortless ease in daily activities.

Mantra Practice

Relax your shoulders and repeat the mantra: “I feel good, I am happy.”

Ayurvedic Tip

Try Nadi Shodhana (Alternate Nostril Breathing) to balance your energy.

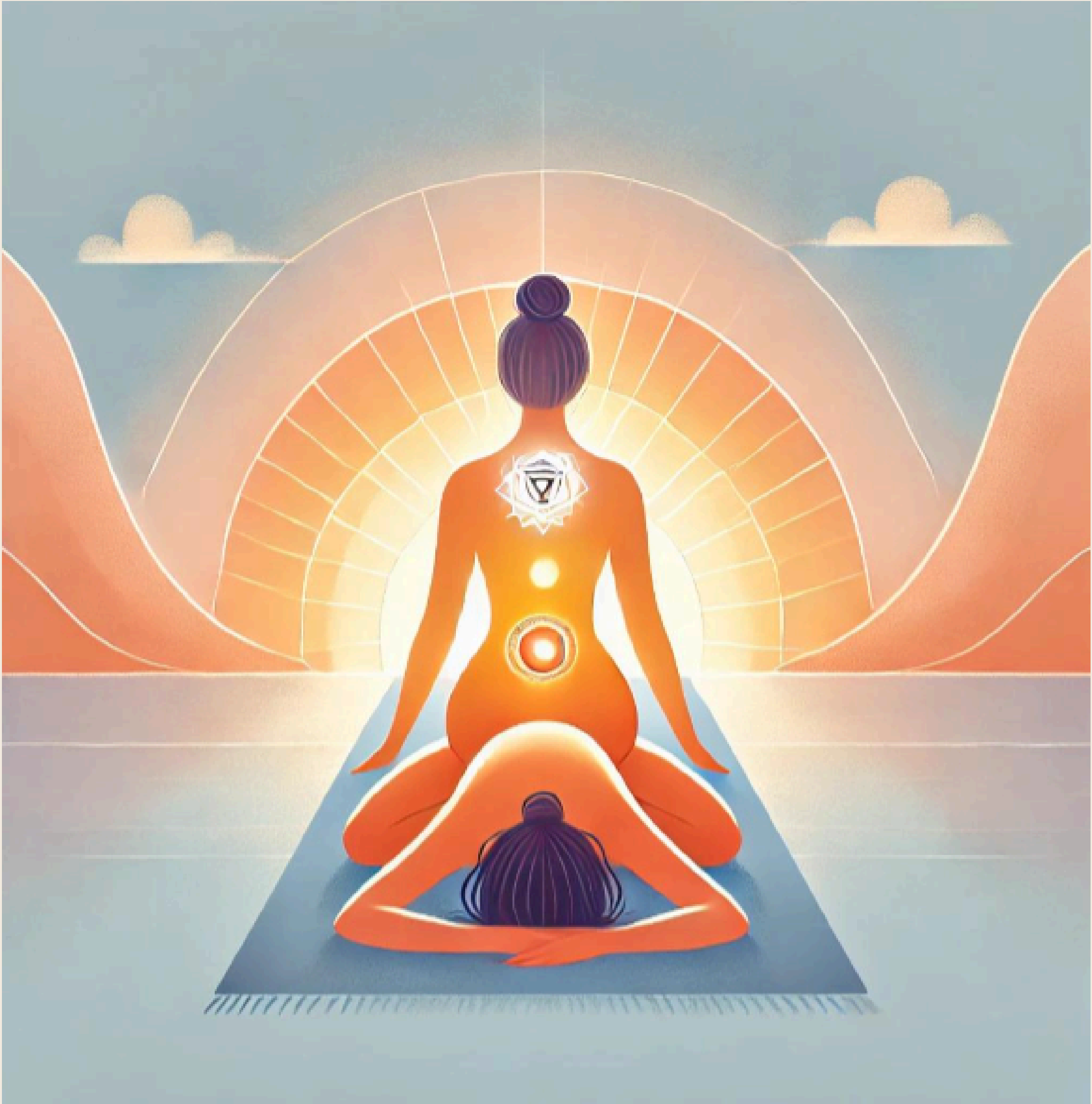
Yoga Practice

Balasana (Child’s Pose) – Stretch forward and rest your forehead on the mat.

Chakra Focus

Sacral Chakra (Swadhisthana) – Release tension and connect with inner peace.





DAY 5: INNER STRENGTH

Focus

Discover your inner power and confidence.

Mantra Practice

Visualize a golden light and affirm your strength.

Ayurvedic Tip

Eat foods rich in yellow hues (like turmeric or bananas) to boost vitality.

Yoga Practice

Setu Bandhasana (Bridge Pose) – Engage your core and lift your hips.

Chakra Focus

Solar Plexus Chakra (Manipura) – Represents confidence and personal power. Envision a bright yellow light in your core.





DAY 6: GRATITUDE AND REFLECTION

Focus

Reflect on your journey and the happiness cultivated.

Mantra Practice

Write down one thing you're grateful for each day of the challenge.

Ayurvedic Tip

Wind down with a calming herbal tea, such as chamomile or tulsi.

Yoga Practice

Anjali Mudra (Prayer Pose) – Bring your palms together at your heart and bow gently.

Chakra Focus

Heart Chakra (Anahata) – Represents love and compassion. Visualize a vibrant green light radiating from your heart.





CONCLUSION

This 6-day journey has provided tools to ground yourself, connect with joy, and embrace inner peace. Continue cultivating Sukha by practicing mindfulness, exploring your creativity, and sharing gratitude. Share your experiences with others to inspire their own journey toward balance and happiness. Together, we can create a more harmonious world.

