

Travel Secrets of a Yogi

by Melinda Thomas Hansen of thehouseholderspath.com

Ease of travel is one of the great joys of the modern age but the changes of food, activity, sleep, altitude and sometimes company can wreak havoc on your system, leaving you feeling ungrounded, unsupported and irritable. Bring along key bits of your daily routine to help you stay steady and nourished so you can enjoy the adventure.

Packing List

- ☐ Eye Mask or Small Towel
- ☐ Water Bottle and/or Thermos
- ☐ Pocket Book of Inspiration
- ☐ 4 oz bottle sesame or coconut oil
- ☐ Ginger Capsules
- ☐ Fennel Seeds
- ☐ Small Jar Cumin / Coriander/ Fennel
- ☐ Skin Friendly

Sleep Well

As much as possible, stick to your regular sleeping and waking times, but allow variation for special events. Too much light? Try a **sleeping mask or small towel** over your eyes.

Hydrate

Traveling can be very drying. Pack a **thermos and/or water bottle**. Drink hot water in cooler weather and on airplanes; room temperature water in warmer climates. Drink up to a quart of hot water first thing in the am...

before any coffee or tea... This will wake up your body, stimulate digestion and help stave off constipation.

Start Your Day with Silent Inspiration

Take a few quiet minutes to yourself to breath in and out. Read a passage from your **inspiring daily reader** or bit of poetry. You can do this anywhere, your hotel room, a bathroom, a back porch. Notice how this leaves you feeling more centered supported and able to go with the flow. Do the yoga routine on the flip-side of this card.

Oil to Avoid Getting Sick

Ever notice how your nose gets crusty and dry during travel especially on the plane? Dryness makes you more susceptible to infection from germs and other nasties. Put a small dab of **sesame or coconut oil** on your finger tip, rub it into your nostrils, maybe even your ears. While you're at it, rub the oil all over your body. Let it soak in then rinse off.

Terrific Tummy

Travel can be hard on the tummy. Take **ginger capsules** for motion sickness. Try two prior to starting travel, then as often as needed. Digestive issues? Mix equal parts **cumin/coriander/fennel** in a small jar and pack in your travel bag. Take up to a tsp full with water prior to meals. Or, jchew on a small hand-full of **fennel seeds** before meals or any time you have indigestion.

Save Your Skin

Commercial sunscreen is loaded with chemicals we don't metabolize well. Try switching to a **sunscreen made with non-nano zinc oxide**. GreenScreen® from kabanaskincare.com is good.

Enjoy the Ride

Taking a break from the daily views of life is a great joy. Relax, let go of rigid agendas and enjoy the flow of whatever comes along!

Next
Bringing You to Balance
Lifestyle Coaching
Course
starts Sept 2013!

Travel Sequence

for grounding and nourishing

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