



MIND-BODY HARMONY PACK

New Year Reset

10 days of Micro-Wellness & Recovery

Letter from the Founder

The New Year arrives with a mix of excitement and exhaustion.

A fresh calendar, big intentions, and the quiet question: How do I reset without burning myself out again?

After a season full of travel, celebrations, rich meals, late nights, and full hearts, our bodies and minds often crave something gentler. Not a drastic overhaul. Not another list of resolutions. Just space to recalibrate, reconnect, and begin again with clarity.

This digital pack was created as a soft-reset – a playful, low-pressure way to return to your body, restore your energy, and realign your focus as you step into a new year. Think micro moments of movement, breath, and reflection that fit into real life, not a perfect routine.

You don't need extra time.

You don't need equipment.

You don't need perfection.

You only need YOU, an open mind, and a curiosity for fun.

Daily activities included in the 10-day pack are (1) Bingo Card, (1) Scavenger Hunt sheet, (10) Daily Guides on micro-movements, mindful moments, and recovery hacks to try, and details to guide you each day. Complete them in any order, anytime, anywhere.

Think: small wins, joyful challenges, and a fresh-start to kickoff the new year.

Using this pack should help you:

- ❖ Shake off stress and exhaustion
- ❖ Recover from travel, rich foods, late nights, and constant social energy
- ❖ Reconnect with yourself through tiny, meaningful wellness actions
- ❖ Reset mentally + physically to start the new year

Thank you for allowing us to support you on your mind-body wellness journey.

xo
Marica





Welcome & Monthly Intention

Welcome to Your Mind-Body Reset 

This month, **our theme is Micro-Wellness & Recovery** with a focus on small intentional practices – micro-movements, mini-mindfulness, and quick recovery hacks that you can easily slide into even the most overloaded schedules. The more you reconnect with yourself through tiny, meaningful wellness actions, the more grounded, supported, and ready you'll feel for what's next.

Now, take a moment to set your intention for this month.

This month, I will _____
_____.

Remember, your small, daily choices lead to lasting harmony. We are grateful to be part of your wellness journey!

 Your LumiVibes Mind-Body Harmony Team





Mind-Body Practice Overview



Daily Practices at a Glance

Included in this pack are links to download your bingo card, scavenger hunt, and daily mini-guides, including instructions on how to complete micro-movements. We've also provided useful resources like [journal prompts](#) to use at the end for reflection, a [habit tracker](#) for noting progress, an [audio playlist](#), and [affirmations](#) to help support and encourage you.

If you miss a day, skip ahead - no guilt. Keep going!
Works for home and travel.

01

BINGO CARD

One card with 22 micro-wellness tasks to choose from per-day.

02

SCAVENGER HUNT

10 playful prompts to help you pause throughout the day

03

DAILY MINI-GUIDES

Micro-Movement Bursts (2-5 min), Mindful Moment pauses, and Recovery Hacks (1-min)

04

TRACKER & PROMPTS

Useful resources to help track progress and how you're feeling day to day



Bingo Card

This is a playful, non-demanding way to complete micro-wellness actions. Pick what fits your day. Any square counts.

Each square = one micro-wellness action

Aim to complete 2 squares per day. **Qualify for discounts on [store products](#) with the following completions*.**

- Complete 5 squares in a row for 10% off
- Complete an “L” shape for 15% off
- Complete the board for 20% off

*5 winners will be drawn. Only one discount qualification allowed per person. Cards must be submitted by January 12, 2026 to letsvibe@lumivibeswellness.com to qualify. Drawing will take place January 13th.



NEW YEAR RESET MICRO - WELLNESS

BINGO

| | | | | |
|---|---------------------------|---|-------------------------------|-------------------------------------|
| 3 DEEP BREATHES BEFORE A MEAL | DRINK WATER BEFORE COFFEE | DANCE FOR ONE SONG | LAUGH OUT LOUD | SHOULDER ROLL BREAK DURING TRAVEL |
|  | 2-MIN STRETCH BREAK | STAND IN THE SUNLIGHT | TAKE A QUIET PAUSE | WALK FOR 5-MINS |
| EAT SOMETHING GREEN | SAY NO ONCE | YOU'RE ALREADY DOING ENOUGH | SHAKE OUT TENSION FOR 30 SECS | GET 8 HRS OF SLEEP |
| WRITE ONE GRATITUDE NOTE | GO TECH FREE FOR 15 MINS | PAUSE. NOTICE SOMETHING SOFT | STRETCH YOUR HIPS | BREATHE & DO 1 SLOW EXHALE |
| HUG SOMEONE | HUM F OR 15 SECONDS |  | READ A BOOK | GIVE YOURSELF A HIGH FIVE IN MIRROR |

COMPLETE 2 SQUARES PER DAY.
COMPLETE A ROW TO QUALIFY FOR 10% OFF OUR STORE



Scavenger Hunt

A 10-day list of playful prompts designed to help you pause and notice your environment as you're interacting with the world in a mindful way.

Aim to complete 1 exploration per day.

Qualify for discounts on [store products](#) with the following completions*.

- Complete 5 for 10% off
- Complete all 10 for 20% off

*5 winners will be drawn. Only one discount qualification allowed per person. Cards must be submitted by January 12, 2026 to letsvibe@lumivibeswellness.com to qualify. Drawing will take place January 13th.



Micro-Wellness Scavenger Hunt

Place a check  next to each item you find.
The first one to find all the items wins

- Day 1:** Find something round and trace the circle slowly with your eyes - it anchors your nervous system.
- Day 2:** Spot the color green and take a hydration sip.
- Day 3:** Find something the same color as your eyes, smile and take 3 deep breaths.
- Day 4:** Find something warm (blanket, mug) and take a grounding breath while holding it.
- Day 5:** Find sunlight or bright indoor light - stand in front of it and stretch your arms up to the sky for 10-seconds.
- Day 6:** Find something tiny - this is your reminder that small habits matter.
- Day 7:** Find a leaf or plant with color - wrap your arms around yourself for a big hug to acknowledge your growth - you're becoming.
- Day 8:** Find a piece of art. Pause to admire it for 10 seconds.
- Day 9:** Find a porch or patio. Step onto it, breathe deeply, and reset.
- Day 10:** Find something that was gifted to you. Send a nice text to the person who gave it to you.





Daily Guide

 Day 1



DAY 1

MICRO-MOVEMENT

2-min posture reset:
Roll shoulders back,
Lengthen spine, Chin
tuck, Gentle side bend
each way

1

MINDFUL MOMENT

Ask yourself: How do I
want to feel this season?

2

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3

Take six deep belly
breaths before your
meal.

RECOVERY HACK

4

Find one soft texture
and brush your hands
over it. Now soften
your jaw.

FIND JOY



Daily Guide

 Day 2



DAY 2

MICRO-MOVEMENT

3-min standing twist +
side stretch flow

1

MINDFUL MOMENT

Pause and notice:
What is my body asking
for today?

2

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3

Two-Sips, One Stretch
rule for 24 hrs.

RECOVERY HACK

4

Appreciate one small
thing that went right.
Write it down in your
journal.

FIND JOY



Daily Guide

 Day 3



DAY 3

MICRO-MOVEMENT

Shoulder Release:
shoulder rolls forwards
& backwards, neck
circles, upper-back
squeeze

1

MINDFUL MOMENT

Repeat Affirmation:
I can step out and breathe
anytime.

2

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3

Ear-massage for 20
seconds each ear.

RECOVERY HACK

4

Smile at a stranger
today.

FIND JOY



Daily Guide

 Day 4



DAY 4

MICRO-MOVEMENT

3-min hips reset
(standing): March in
place, Hip circles,
Hamstring sweep

1

MINDFUL MOMENT

Ask yourself:
What can I release in my
body right now?

2

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3

Slow exhale for twice
as long as the inhale.

RECOVERY HACK

4

Notice something that
smells nostalgic.

FIND JOY



Daily Guide

 Day 5



DAY 5

MICRO-MOVEMENT

Wake Up Sequence:
Arm sweep overhead,
gentle bend forward,
spine roll-up, chest
opening stretch

1

MINDFUL MOMENT

Think: What tiny win can I
give myself today?

2

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3

Take 90-seconds to do
your favorite dance
move.

RECOVERY HACK

4

Admire a color or
pattern you love.

FIND JOY



Daily Guide

 Day 6



DAY 6

MICRO-MOVEMENT

Mini-Core + Back Reset:
Standing knee lifts,
Torso rotations, Upper
back shoulder squeeze,
side crunches

1

MINDFUL MOMENT

Repeat Affirmation:
Small is still progress.

2

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3

Hum for 15 seconds to
calm your nervous
system.

RECOVERY HACK

4

Notice something
sparkly.

FIND JOY



Daily Guide

 Day 7



DAY 7

MICRO-MOVEMENT

Dance it out for 2-3 minutes (wiggle, sway, bounce)

1

MINDFUL MOMENT

Ask: What feels joyful in my body right now?

2

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3

30-second calf stretch to support circulation.

RECOVERY HACK

4

Say "Thank You" to yourself for continuing to prioritize your wellness.

FIND JOY



Daily Guide

 Day 8



DAY 8

MICRO-MOVEMENT

Slow Mobility Flow: Cat-cow standing, Shoulder Sweeps, Slow side reaches, Ankle circles

1

MINDFUL MOMENT

Repeat Affirmation:
I soften today.

2

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3

Hand-warming technique: rub hands, cup over eyes.

RECOVERY HACK

4

Savor the taste of one sip or bite of your favorite treat.

FIND JOY



Daily Guide

 Day 9



DAY 9

MICRO-MOVEMENT

Standing Glutes + Back
Wakeup: Glute squeeze,
Hip Hinge, Back
Extension, Side sway

1

MINDFUL MOMENT

Ask: Where can I set one
gentle boundary today?

2

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3

Do the 4-2-6 breathe
(inhale 4, hold 2, exhale
6)

RECOVERY HACK

4

Observe something
that looks peaceful.

FIND JOY



Daily Guide

 Day 10



DAY 10

MICRO-MOVEMENT

3-min Reset Stretch:
Slow twists, Hamstring
sweep, Chest opener,
Overhead reach.

1

MINDFUL MOMENT

Ask: What am I leaving
behind in 2025? Set one
word for the new year.

2

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3

1-minute full-body
tense and release while
lying down on your
back.

RECOVERY HACK

4

Reflect on something
you're proud of. Write
one sentence in your
journal to celebrate.

FIND JOY



Detailed Movement Steps

DAY 1: 2-MIN POSTURE RESET



- Roll shoulders back
- Lengthen spine
- Chin tuck x 5
- Gentle slide bend each way

DAY 2: 3-MIN STANDING TWIST & SIDE STRETCH FLOW

- Start with standing twist) for 30 sec and then swap to side stretch for 30 secs and then repeat two more times
- Remember to activate your core, don't force the twist and breathe to maximize twist
- Standing Twist
 - Start: Feet hip-width apart, slight bend in knees, core engaged.
 - Arms: Extend arms overhead or out to sides, palms facing in.
 - Twist: Exhale and twist your upper body to one side, keeping hips facing forward; press fingertips in opposite directions.
 - Lengthen: Inhale to lengthen spine, exhale to twist deeper, feeling it in your obliques.
 - Return: Inhale to center, then exhale to the other side.
- Standing side stretch
 - Start: Feet hip-width apart, stand tall.
 - Arm Up: Place one hand on your hip, raise the other arm overhead.
 - Bend: Inhale to lengthen, exhale and bend to the side, feeling the stretch along your side body.
 - Breathe: Hold, keeping shoulders down and away from ears.
 - Return: Inhale backup and switch sides.



Detailed Movement Steps

DAY 2: TWO-SIPS, ONE STRETCH



Every time you drink water (outside of meal times) during the day...Take 2 sips → Do 1 simple stretch.

- Two Sips: ½ teaspoon at a time
- One Stretch options: neck roll, shoulder shrug, calf stretch, spinal twist
- Stop drinking fluids 30 minutes before a meal and wait 30 minutes after a meal to start drinking again.

Why it works:

- Hydration supports muscle recovery & circulation
- Frequent stretching keeps tissues loose
- Tiny movement breaks reduces stiffness from sitting or screen time
- 30-min rule helps keep solids and liquids separate, preventing fluids from flushing food out of the stomach too quickly or creating excess pressure in the pouch



DAY 3: EAR MASSAGE FOR 20 SECONDS

- Outer Rim: Use fingertips to trace and rub the entire outer edge from top to bottom, then repeat in circular motions.
- Ear Lobe: Gently pull the lobe downward and outwards, then release, repeating slowly.
- Behind the Ear: Massage the skin where the ear joins the head in circular motions to relieve tension and promote drainage.
- Outer Rim (Helix): Trace the entire outer curve of the ear with your fingertips for general relaxation
- Can relieve stress, anxiety, pain, headaches, and sinus pressure by stimulating nerve endings (including the vagus nerve) and improving circulation
- Stimulates the vagus nerve, shifting you into "rest and digest" mode, reducing stress.
-



Detailed Movement Steps

DAY 4: 3-MIN HIP STRETCH



- March in place
 - Stand tall with feet hip-width apart and arms relaxed at your sides
 - Lift one knee up toward hip height, then lower it and switch sides
 - Continue alternating legs at a steady, controlled pace
- Hip circles
 - Stand with feet slightly wider than hips and hands on hips
 - Gently circle your hips in a smooth, controlled motion
 - Complete 5 circles in one direction, then switch directions
- Hamstring sweep
 - Step one foot forward with heel on the floor and toes lifted
 - Hinge at the hips and sweep both hands down toward the front leg
 - Return to standing and repeat on opposite side



DAY 5: WAKE UP SEQUENCE

- Arm sweep overhead
 - Stand tall with arms by your sides and palms facing in
 - Inhale as you sweep both arms overhead
 - Reach gently through the fingertips, keeping shoulders relaxed
- Gentle forward fold
 - Stand with feet hip-width apart and soften your knees
 - Exhale as you hinge at the hips and fold forward
 - Let your head and arms relax toward the floor
- Spine roll-up
 - From the forward fold, slowly bend your knees slightly
 - Roll up one vertebrae at a time
 - Lift your head last and return to tall standing position
- Chest opening stretch
 - Stand tall and clasp your hands behind your back
 - Gently straighten your arms and lift them slightly
 - Open through chest while keeping shoulders down and relaxed



Detailed Movement Steps

DAY 6: CORE & BACK RESET



- Standing Knee lifts
 - Stand tall with feet hip-width apart and hands at your sides or on hips
 - Lift one knee up toward your chest with control
 - Lower the foot and alternate sides
- Torso rotations
 - Stand with feet hip-width apart and knees soft
 - Place hands at chest height or on hips
 - Rotate your torso side to side in a controlled motion
- Upper back shoulder squeeze
 - Stand or sit tall with arms bent at your sides
 - Gently squeeze your shoulder blades together
 - Hold briefly, then release and repeat
- Side crunches
 - Stand with feet hip-width apart and hands behind your head or at your sides
 - Lift one knee while crunching at the same-side elbow down
 - Return to standing and repeat on the opposite side

DAY 8: 3-MIN SLOW MOBILITY MOVEMENT

- Cat-cow standing
 - Stand with feet hip-width apart and hands on thighs
 - Inhale to lift chest and arch the spine
 - Exhale to round the back and tuck the chin
- Shoulder sweeps
 - Stand tall and lift shoulders up towards ears
 - Roll them back and down in a smooth, controlled motion
- Slow side reaches
 - Stand with feet hip-width apart and arms at sides
 - Reach one arm overhead and gently lean to the opposite side, then switch
- Ankle circles
 - Stand tall and shift weight to one leg
 - Lift the opposite foot and slowly circle the ankle in both directions



Detailed Movement Steps

DAY 9: GLUTES & BACK WAKEUP



- Glute squeeze
 - Stand tall with feet hip-width apart and knees soft
 - Squeeze the glutes together, hold briefly, then release
- Hip hinge
 - Stand with feet hip-width apart and hands on hips
 - Push hips back as you fold forward keeping a flat back
- Back extension
 - Stand tall with hands on lower back or hips
 - Gently lean back, lifting the chest and lengthening the front of the body
- Side sway
 - Stand with feet slightly wider than hips and arms relaxed
 - Gently sway side to side, allowing the body to move naturally



DAY 10: 3-MIN RESET STRETCH

- Slow twists
 - Stand tall with feet hip-width apart and knees soft
 - Slowly rotate your torso side to side with control
 - Rotate to each side 5 times
- Hamstring sweep
 - Step one foot forward with heel down and toes lifted
 - Hinge forward from hips, keeping back straight, until you feel a stretch.
 - Hold 10–30 secs, repeat 2-3 times per leg
- Chest opener
 - Sit or stand tall, extending arms straight out in front at shoulder height (palms facing)
 - Slowly draw arms back and out to the sides, squeezing shoulder blades together to lift your chest, inhaling deeply as you open. Hold for a few seconds.
 - Slowly exhale as you smoothly bring your arms back to the starting position in front of you (*reminder: keep your core engaged and shoulders relaxed*)
- Overhead reach
 - Stand with your feet hip-width apart, shoulders relaxed, and spine straight
 - Engage your core to keep your back flat and stable.
 - In a wide, arcing motion, extend your arms out to the sides and sweep them overhead, lifting your chest and fully extending your arms as you reach towards the ceiling
 - Slowly return to the starting position, and repeat 2-3 times.



Wrap Up Reflection

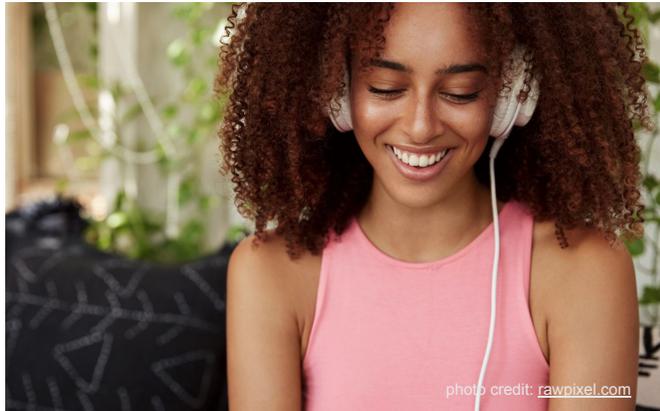
1. What shifted for you over these 10 days?

2. What small habits do you want to continue?

3. What's one thing you're releasing as the year begins?



BONUS:



Audio Toolkit

Tracks to support morning meditation and help with mood shifts throughout the day. [Listen to Playlist](#)



Affirmations

Stay encouraged each day by reciting positive words of affirmation about yourself and your wellness journey. (2-mins) [Printable Cards](#)



Micro-Habit Wellness Tracker

Use this habit tracker for check-ins with yourself, to celebrate small wins, and stay encouraged to keep going. [View Habit Tracker & Download](#)



photo credit: cookie_studio

Thank you for
showing up for
yourself this month!
You deserve it! 

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 www.lumivibeswellness.com

 404-921-8013





PRIORITIZE

MY WELL-BEING
EVERY DAY

•••••

The card is white with a purple border. It features the LUMIVIBES logo in the top left and bottom right corners. A vertical purple bar is on the left side, and a horizontal purple bar is at the top. A vertical line is centered at the top, and a horizontal line is on the right side. At the bottom, there are five blue dots.

EMBRACE

A LIFESTYLE THAT
PROMOTES VITALITY
& BALANCE

•••••

The card has a purple-to-blue gradient background. It features the LUMIVIBES logo in the top left corner. A vertical white bar is on the left side, and a horizontal white line is on the right side. A vertical line is centered at the top. At the bottom, there are five white dots.

NURTURE

MY MIND, BODY
& SOUL DAILY

•••••

The card has a light blue background. It features the LUMIVIBES logo in the top left corner. A vertical white line is centered at the top, and a horizontal white line is on the right side. At the bottom, there are five white dots.

BREATHE. RESTORE. FIND HARMONY