

Daily Wellness Routine for Two-Spirit Beings & Women

Grounded in plant-based, alkaline nutrition, yoga, strength, herbal teas, and intentional living.

By Tu'uwata (thatmeanstruth.com)

Daily Structure (Mon–Fri)

Time	Practice
7:00 AM	Wake with deep breath, intention, and gentle stretch
7:15 AM	Herbal tea: Peppermint, Chamomile, or Mullein (no sweeteners)
7:30 AM	Light spiritual check-in, journaling, or morning affirmations
8:00 AM	Gentle morning yoga flow or walk
11:00 AM	Yoga Session: Warrior + Feminine Flow (see below)
12:00 PM	Break fast with herbal tea + light, plant-based alkaline meal
2:00 PM	Optional herbal tea (Milk Thistle, Red Clover, or Turmeric)
5:00 PM	Strength Workout (glutes, thighs, core, chest)
6:00 PM	Nourishing dinner with grounding plant-based foods
7:30 PM	Herbal tea: Mullein, Chamomile, or Rose
8:00 PM	Begin fast, light breathwork, reflection, rest

Herbal Tea Schedule

Time	Tea Options	Purpose
7:15 AM	Peppermint, Chamomile, Mullein	Calm wake-up, digestive start
12:00 PM	Chamomile, Red Clover	Gentle break-fast, hormonal
2:00 PM	Milk Thistle, Turmeric, Ginger	Liver support, inflammation
7:30 PM	Mullein, Chamomile, Rose	Calm nervous system, sleep prep
Fasting Arrowweed or Greasewood (monthly)		Deep colon detox

Eating Pattern (16:8 Intermittent Fasting)

- **Fasting Window:** 8:00 PM – 12:00 PM
- **Eating Window:** 12:00 PM – 8:00 PM

Meal Flow:

12:00 PM (Break Fast)

- Quinoa/brown rice + avocado, herbs, greens
- Herbal tea (Red Clover or Chamomile)

3:00 PM Snack (Optional)

- Papaya, mango, or light herbal brownie

6:00 PM Dinner

- Sautéed veggies (squash, peppers, onions)
 - Plant-based protein (tempeh, lentils)
 - Healthy fats (avocado, hemp, olive oil)
 - Root-based or sea veggie add-ons for grounding
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Notes for Weekend Flexibility

- **Saturday:** Rest or nature walk, intuitive movement, light tea and stretching
- **Sunday:** Meal prep, long yoga stretch, herbal bath, journaling ritual

11 AM Yoga Schedule for (Monday–Friday)

MONDAY – Glutes, Thighs & Grounding

Theme: Root Chakra | Strength, Stability

Movement	Instructions and Sets / Reps
Chair Pose	Stand tall, feet together. Raise arms overhead, bend knees as if sitting. Keep chest lifted, weight in heels. 3 sets, hold 30 sec.
Warrior II	Step back with one foot, front knee bent 90°, arms extended. Gaze over front hand. 3 sets per side, hold 30 sec.
Goddess Squats	Feet wide, toes turned out. Bend knees to 90°, engage thighs and glutes as you squat and rise. 3 sets of 12 reps.
Donkey Kicks	On hands and knees, lift one leg bent at 90°, sole to ceiling. Squeeze glute at the top. 3 sets of 15 per leg
Glute Bridge	Lie on back, knees bent. Lift hips, squeeze glutes, then lower slowly. 3 sets of 15 reps.
Malasana (Yogi Squat)	Feet wider than hips, toes out. Sink hips low, hands at heart. Elbows push knees open. 1 set, hold 1 min.
Seated Meditation	Sit comfortably. Close eyes, focus on breath. 1 set, 3–5 min. Affirm: “I am grounded.”

TUESDAY – Core Fire & Confidence

Theme: Solar Plexus | Core Power

Movement	Instructions and Sets / Reps
Plank Hold	Hands under shoulders, body in straight line, abs tight. 3 sets, hold 30 sec
Side Plank	Shift to one hand, rotate body sideways, stack feet. 2 sets per side, hold 20 sec
Boat Pose	Sit, lean back slightly, lift feet, extend legs if possible, arms forward. 3 sets, hold 30 sec
Mountain Climbers	From plank, alternate knees to chest quickly. 3 sets of 20 (10 per leg)

Russian Twists	Sit with feet lifted or grounded. Twist torso, tapping floor side-to-side. 3 sets of 20 (10 per side)
Supine Twist	Lie on back, drop knees to one side, arms in T-shape. 1 set per side, hold 1 min
Seated Forward Fold + Affirmation	Legs extended, fold from hips. 1 set, hold 1 min. Affirm: "I move with purpose."

WEDNESDAY – Chest Open & Feminine Energy

Theme: Heart Chakra | Self-Love, Openness

Movement	Instructions and Sets / Reps
Cobra Pose	Lie face down, hands under shoulders. Press chest up gently, elbows bent. 3 sets, hold 20 sec
Upward Dog	Press palms into floor, lift thighs and chest. Shoulders down, heart forward. 3 sets, hold 20 sec
Camel Pose	Kneel, place hands on back or heels. Push hips forward, lift chest. 2 sets, hold 30 sec
Chaturanga Push-ups	From plank, lower halfway down, elbows close. Option: knees down. 2–3 sets of 8 reps
Supported Fish Pose	Lie back over a cushion or rolled blanket. Arms open, chest lifted. 1 set, hold 1–2 min
Reclined Butterfly	Lie on back, soles together, knees wide. 1 set, hold 2 min
Heart Meditation + Affirmation	Hands over heart. Slow breath. 1 set, 3–5 min. Affirm: "I receive and give love freely."

THURSDAY – Twist, Tone & Detox

Theme: Sacral & Solar Plexus | Release & Clarity

Movement	Instructions and Sets / Reps
Revolved Chair Pose	From Chair, twist torso and hook elbow over opposite thigh. 3 sets per side, hold 20 sec
Revolved Triangle	Step back, front hand to opposite foot, twist torso open. 2 sets per side, hold 20 sec
Bicycle Crunches	Lie on back, alternate elbow to knee. 3 sets of 20 reps
Seated Knee Drops	Sit, knees bent, feet flat. Drop knees side to side. 3 sets of 10 per side
Supine Twist	Lie down, knees to chest, drop to one side. 1 set per side, hold 1 min

Legs Up the Wall	Lie on back, legs extended vertically against wall. 1 set, hold 2–3 min
Meditation + Affirmation	Relax on back or seated. 1 set, 3–5 min. Affirm: “I release what no longer serves me.”

FRIDAY – Full-Body Flow & Spiritual Alignment
Theme: Crown Chakra | Wholeness & Vision

Movement	Instructions and Sets / Reps
Warrior III	From standing, lift back leg straight, arms forward. Hips square. 3 sets per side, hold 20 sec
Tree Pose	Foot to inner thigh or calf, hands at heart or overhead. 2 sets per side, hold 30 sec
Eagle Pose	Cross one thigh over the other, arms cross too. Sink low. 2 sets per side, hold 30 sec
Dancer’s Pose	Grab ankle behind you, lift chest, extend opposite arm forward. 2 sets per side, hold 30 sec
Boat Pose	Sit and lift legs + chest. Arms forward. 2 sets, hold 30 sec
Glute Bridge	Lie down, lift hips, squeeze glutes. 2 sets of 15 reps
Chaturanga	Lower halfway from plank, elbows close. 2 sets of 8 reps
Forward Fold	Fold over legs from standing. Let head relax. 1 set, hold 1 min
Savasana + Meditation	Lie on back, completely still. 1 set, 5 min. Affirm: “I am whole. I trust my path.”

5 PM Bodyweight Workout Routine (Monday–Friday)

Monday – Glutes & Thighs (Strength Flow)

- Warm-up (5 min): Glute bridges x20, Bodyweight squats x20, Hip circles x10 each side
- Main Set (Repeat 3x):
 - - Bulgarian split squats (each leg) x12
 - - Glute bridges with pause x15
 - - Wall sit hold: 45 seconds
 - - Side-lying leg lifts x20 (each side)
- Core Finisher: Leg raises x15 + Flutter kicks x30 sec
- Cool-down: Seated forward fold + Pigeon stretch

Tuesday – Chest & Arms (Feminine Power)

- Warm-up (5 min): Arm circles, Push-up holds, Wrist rolls
- Main Set (Repeat 3x):
 - - Incline push-ups x15
 - - Triceps dips (on low surface) x15
 - - Push-up pulses x10
 - - Arm circles forward/backward x30 sec
- Core Finisher: High plank with knee taps x20 + Side plank dips x10 each side
- Cool-down: Shoulder stretch + Chest opener

Wednesday – Glutes & Core (Flow Day)

- Warm-up: Cat-cow, Fire hydrants x15, Downward dog walk-outs
- Main Set (Repeat 3x):
 - - Donkey kicks x20 (each leg)
 - - Glute bridge march x16
 - - Squat to side kick x12 each side
 - - Side plank leg raises x10
- Core Finisher: Hollow hold x30 sec + Russian twists x20
- Cool-down: Happy baby pose + Supine twist

Thursday – Thighs & Chest (Strong Feminine Warrior)

- Warm-up: Jog in place, Arm swings, Air squats
- Main Set (Repeat 3x):
 - - Sumo squats x20
 - - Incline push-ups x12
 - - Step-back lunges x12 each leg
 - - Narrow push-ups x10
- Core Finisher: Sit-ups x20 + Toe taps x20
- Cool-down: Forward fold + Shoulder rolls

Friday – Core & Glutes Burnout (End Strong)

- Warm-up: Hip rolls, Glute bridges, Jumping jacks
- Main Set (Repeat 3x):
 - - Wall sit hold x60 sec
 - - Glute bridge pulses x30
 - - Frog pumps x25
 - - Mountain climbers x30 sec
- Core Finisher: Plank x1 min + Bicycle crunches x30
- Cool-down: Deep glute stretch + Child's pose