

*Welcome to the*

# **Simple Ayurveda Community Circle**

**SIMPLE**  
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# Simple Ayurveda Community Reflection

What went well this year?

What was challenging?

What theme resonated most?

What are you releasing in 2021?

What are you taking with you for the rest of the year? Into 2022?

What would you like more of?

# 2021 Themes

Dharma

Ojas

Tejas

Prana

Family Foundations

Soma

Chakras

Weekly Rituals

Nourishment (Dhatus)

Simplicity

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# 2022 Themes

Annual Rituals

Ether

Air

Fire

Water

Earth

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