



The INNER EXPLORER Guide

*A soft guide for staying connected to
your growth, your peace, and your curiosity*

I did not want my learning to stop just because I came home.
I wanted to keep investing in myself, keep growing,
and keep following what lights me up.
If you feel the same, this little guide is for you.
You do not need to have it all figured out.
You just need a place to begin.

This guide will help you



Deepen your self awareness



Create a gentle learning path



Stay connected to your inner world

With love, Nichola x



What I would focus on first

If I was starting properly from here, these are the three areas I would pour my energy into first. They all connect beautifully and help you grow from the inside out.

1

Yoga philosophy

This helps you understand yoga beyond the poses. It brings awareness to the mind, the heart, your values, and the way you want to live.

2

Ayurveda and feminine wellbeing

This is a beautiful place to learn more about your body, your energy, your hormones, your food, and your daily rhythms.

3

Breathwork, meditation, and the subtle body

This is where the inner side of the journey deepens through breath, stillness, nervous system support, and energy awareness.

Start here

Begin with the Eight Limbs of Yoga. It is such a beautiful foundation for understanding how yoga supports the way you move, breathe, think, feel, and live.





My simple WEEKLY RHYTHM

This is the kind of rhythm I would personally try to keep each week so my learning feels soft, consistent, and real.



Step 1 READ

Spend 10 minutes learning something new that genuinely lights you up.



Step 2 REFLECT

Journal what stood out and how it connects to your own life right now.



Step 3 PRACTISE

Move, breathe, stretch, or sit in stillness for a few minutes and let the learning land in your body.



Step 4 SHARE

Turn what you learned into a note, a caption, a voice memo, or a little reminder for yourself.



Journal prompts



What is calling me deeper right now?



Where am I already becoming more aligned?



What part of me needs more softness, trust, and attention?



You do not have to rush your becoming.
Small steps count. Gentle devotion counts.
Coming back to yourself counts.

With love, Nichola x



THE INNER EXPLORER GUIDE



The 8 Limbs of Yoga

A gentle guide to the path of yoga beyond the poses

The 8 Limbs of Yoga are a beautiful guide for living with more awareness, peace, and connection. They are not just about what we do on the mat. They help us understand how to live, how to feel, how to breathe, and how to come back home to ourselves.

1



Yamas

How we treat others and move through the world with kindness, honesty, and care.

2



Niyamas

How we treat ourselves through self respect, discipline, reflection, and trust.

3



Asana

The physical practice that helps us build strength, presence, balance, and connection to the body.

4



Pranayama

Breathwork that supports energy, calm, and nervous system balance.

5



Pratyahara

Turning inward and gently drawing the senses away from outside noise and distraction.

6



Dharana

Focused attention. Training the mind to stay with one point at a time.

7



Dhyana

Meditation and deep awareness. A steady flow of presence and inner stillness.

8



Samadhi

A feeling of oneness, peace, and connection to something greater than the self.

Why this matters

Yoga is so much more than movement. The 8 limbs remind us that the real practice is how we live, love, breathe, and return to our true self every day.

With love, Nichola x