



Sonal Bhatia, MD
The source of healing is within you

The Inner Restoration Method

A 14-Day Reset to Come Home to Your Body

By **Dr. Sonal Bhatia MD** | Physician & Integrative Healing Guide | Founder of Ojas Vida



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Welcome to the Inner Restoration Method.

If you're here, it's likely because something in you knew it was time to pause — not to fix yourself, but to listen more closely. This is not a program about doing more.

It's a gentle return to what your body has been asking for all along:
warmth, rhythm, breath, and safety.

Over the next fourteen days, you'll be invited into small, steady practices that help your nervous system soften and your natural intelligence come back online. You won't be asked to push, perform, or perfect anything. There is no catching up here, and nothing to get right.

Some days you may write a lot.
Some days just a few words.
Some days you may simply sit with the question and notice what arises.

All of it counts.

This workbook is not a place to analyze or judge your experience. It's a place to witness it — kindly, patiently, and without force. If you miss a day, simply return to the next one. If a prompt feels tender, go slowly. If something feels nourishing, stay with it a little longer. Your body sets the pace.

My hope is that by the end of these fourteen days, you don't feel like you've learned something new — but that you've remembered something essential. A sense of trust. A sense of rhythm. A sense of coming home to yourself. Take a breath. Turn the page when you're ready.

We begin gently.

Sonal Bhatia



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How to Use This Workbook

This journal is a living tool designed to flow with you, not against you. Here is how to navigate this practice:

One Page Per Day:

Each day offers a dedicated space to check in with your energy, your digestion, and your spirit.

Write a Little or a Lot:

Some days your "Inner Intelligence" will have much to say; other days, a single word or a sketch is enough. Both are profound.

Skipping is Allowed:

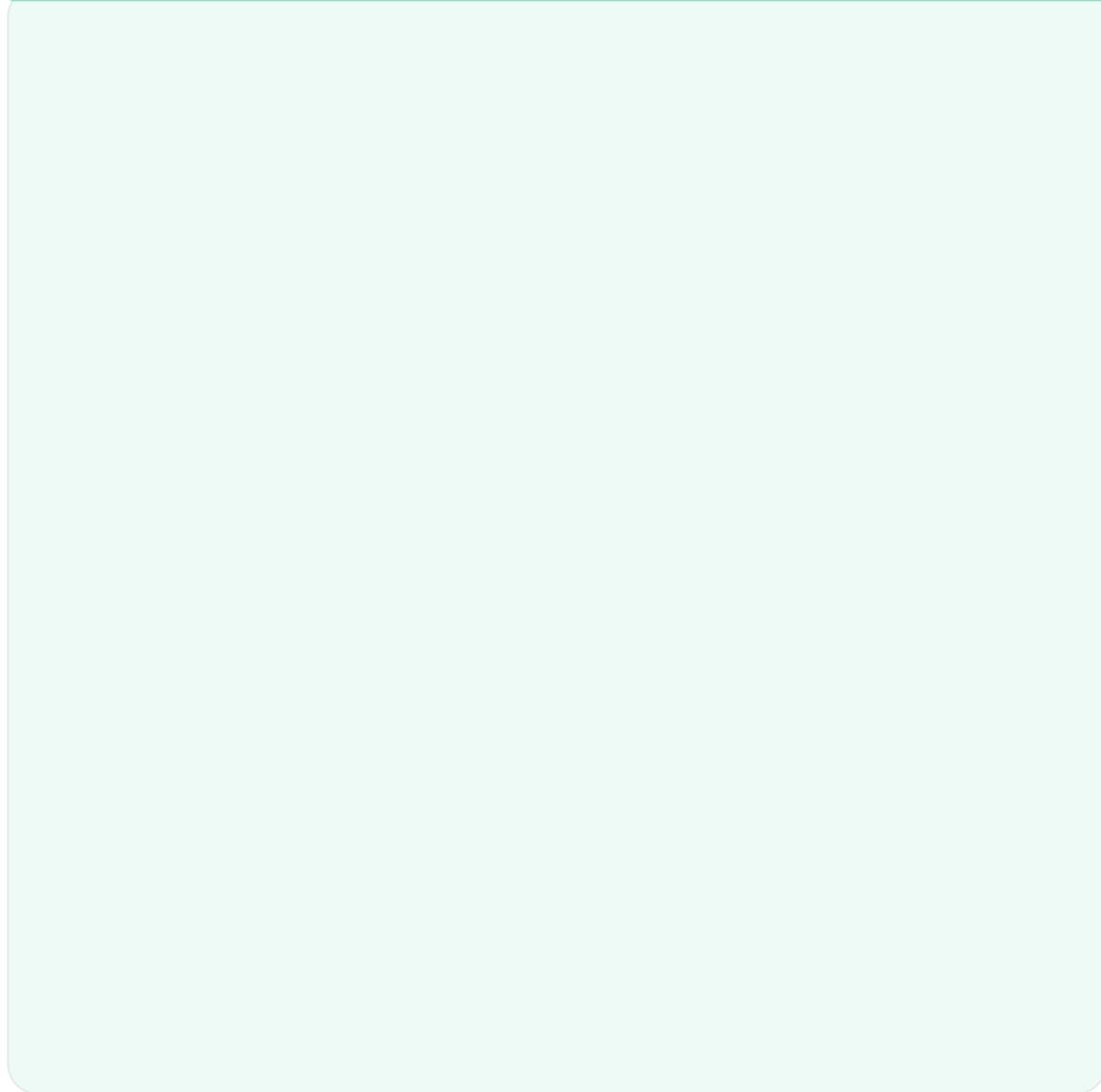
If you miss a day, simply turn to the next blank page. You cannot fall behind on your own healing journey.

Your body sets the pace:

If you feel tired, rest. If you feel inspired, move. This workbook follows your lead—never the other way around.

Day 1: Listening Begins

Where does my body feel tired right now?



One word to describe today: _____ Gentle Check-In: *Energy* *Digestion* *Mood*

Day 2:

Puffiness, Inflammation & Safety

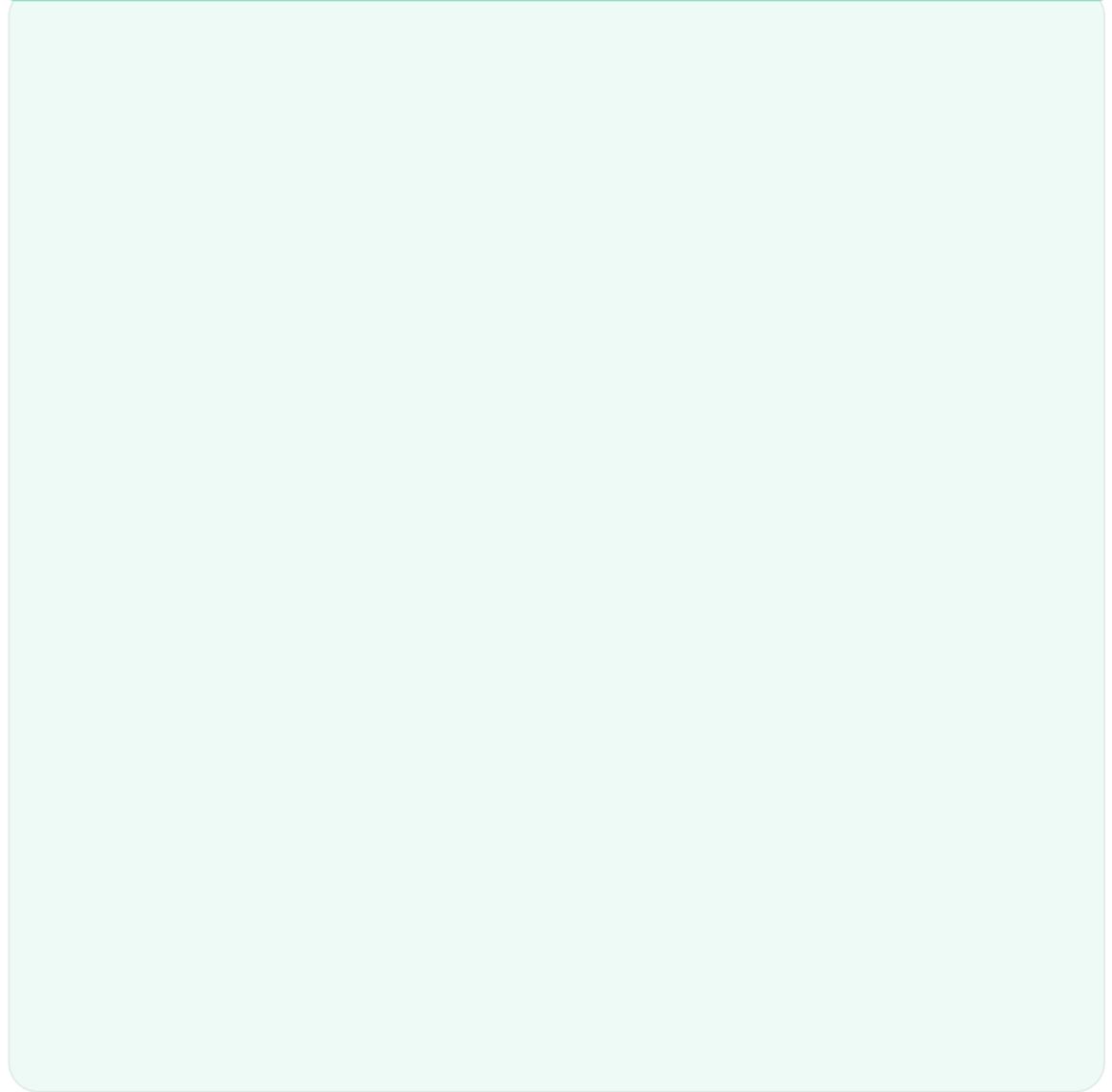
What does my body seem to hold onto when I'm under stress?

One word to describe today: _____ Gentle Check-In: *Energy* *Digestion* *Mood*

Day 3:

Understanding My Rhythm (Vata / Pitta / Kapha)

Which energy pattern feels most like me right now — and how do I notice it in my body?



One word to describe today: _____ Gentle Check-In: *Energy* *Digestion* *Mood*

Day 4:

Warmth as Medicine

What happens in my body when I bring warmth into my day?

One word to describe today: _____ Gentle Check-In: *Energy* *Digestion* *Mood*

Day 5:

Digestive Support Through Spices

Which spice or scent made me pause today — and why?

One word to describe today: _____ Gentle Check-In: *Energy* *Digestion* *Mood*

Day 6:

Hydration as Rhythm

How does my body feel when I sip slowly versus when I rush hydration?

One word to describe today: _____ Gentle Check-In: *Energy* *Digestion* *Mood*

Day 7:

Integration & Rest

How does my body feel today compared to seven days ago?

One word to describe today: _____ Gentle Check-In: *Energy* *Digestion* *Mood*

What feels different in my body?

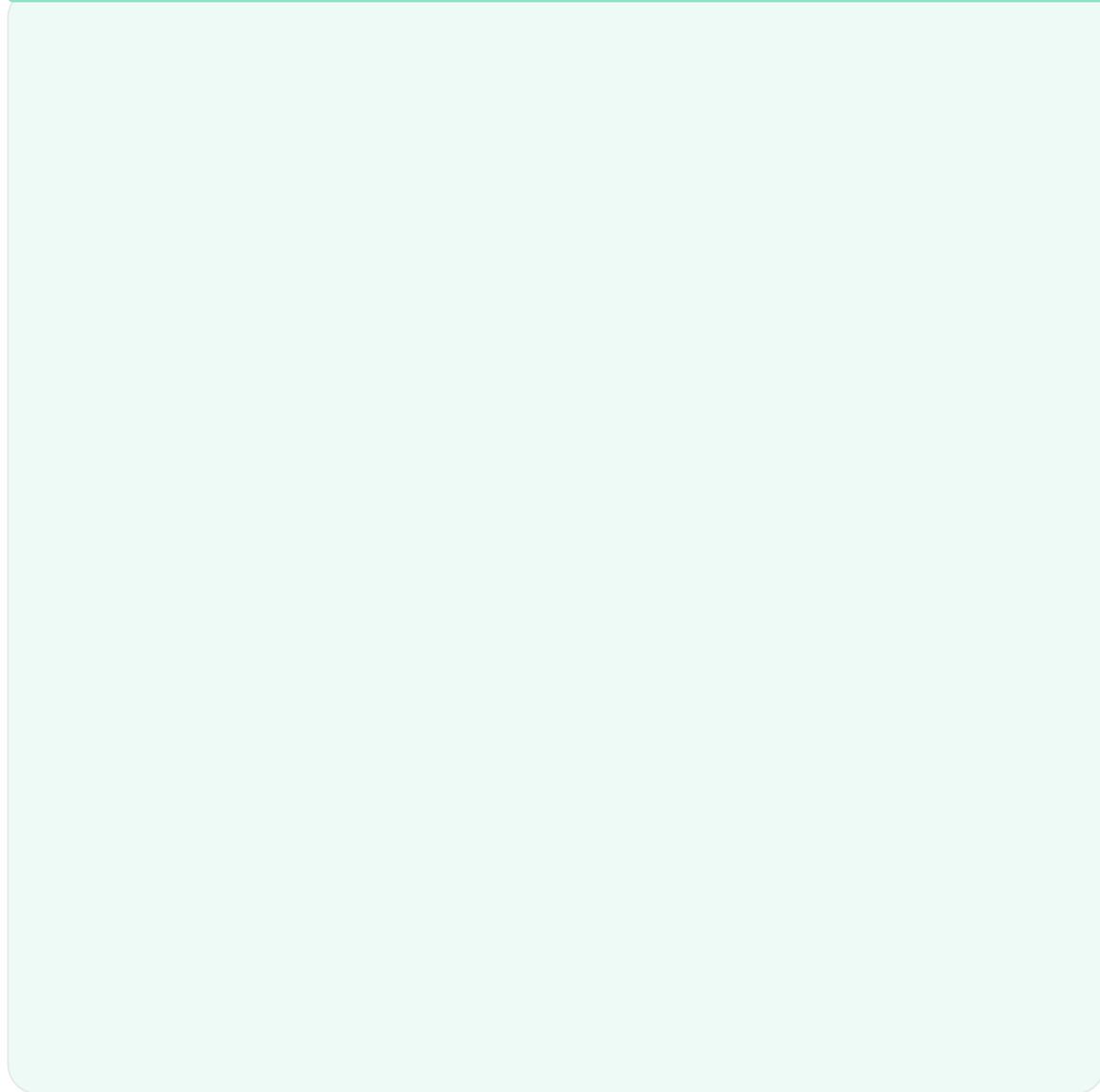
What feels softer?

What do I want more of next week?

Day 8:

Tired but Wired

When do I feel wired even though I'm tired — and what usually triggers it?

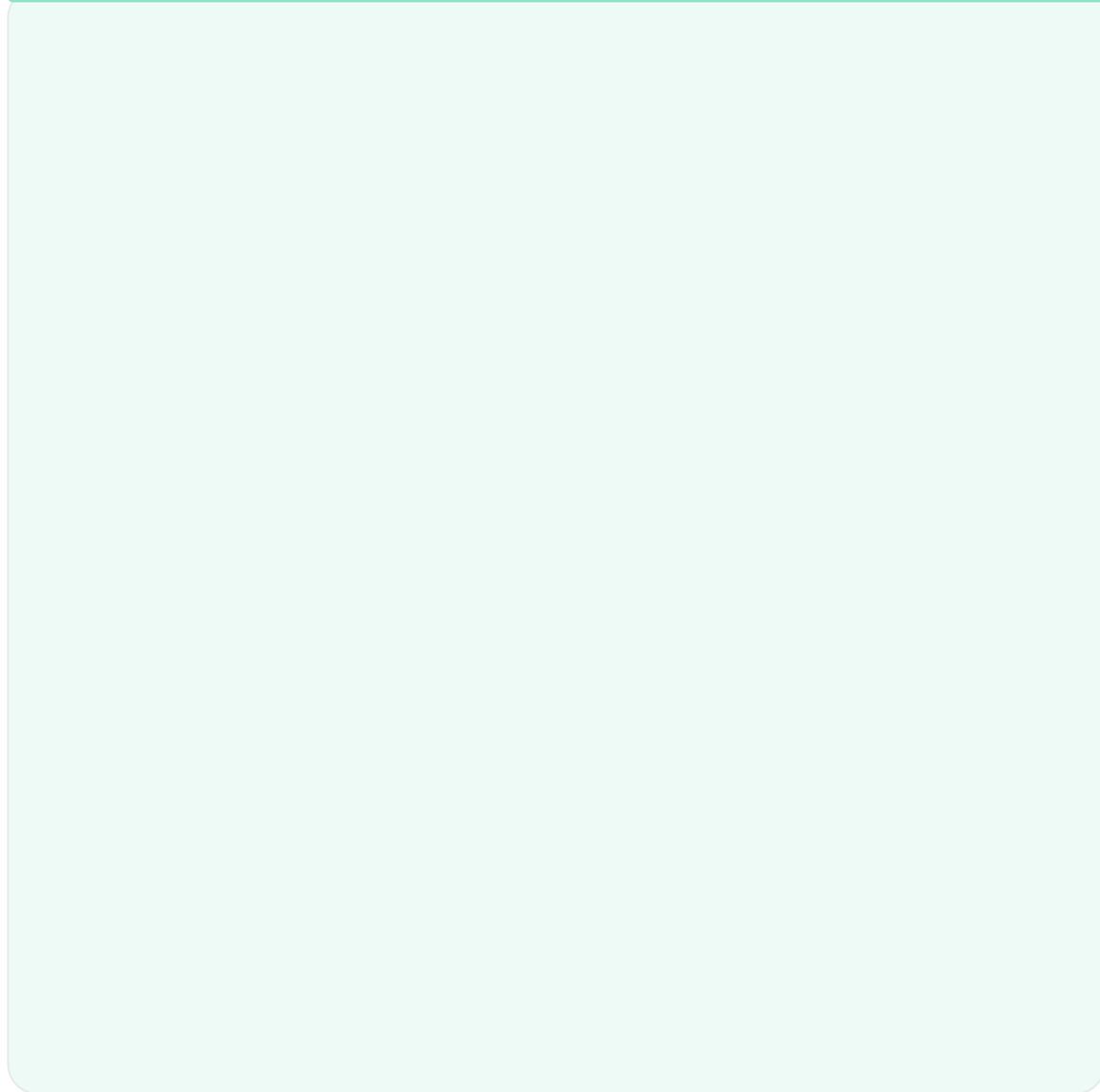


One word to describe today: _____ Gentle Check-In: *Energy* *Digestion* *Mood*

Day 9:

Breath for Softness

How do I feel after one minute of breath? What changed?



One word to describe today: _____ Gentle Check-In: *Energy* *Digestion* *Mood*

Day 10:

Move for Energy, Not Exhaustion

Which type of movement felt most nourishing today — and why?



One word to describe today: _____ Gentle Check-In: *Energy* *Digestion* *Mood*

Day II:

Grounded on the Go (Travel & Social Support)

What helps me feel “at home” when I’m away from home?



One word to describe today: _____ Gentle Check-In: *Energy* *Digestion* *Mood*

Day 12:

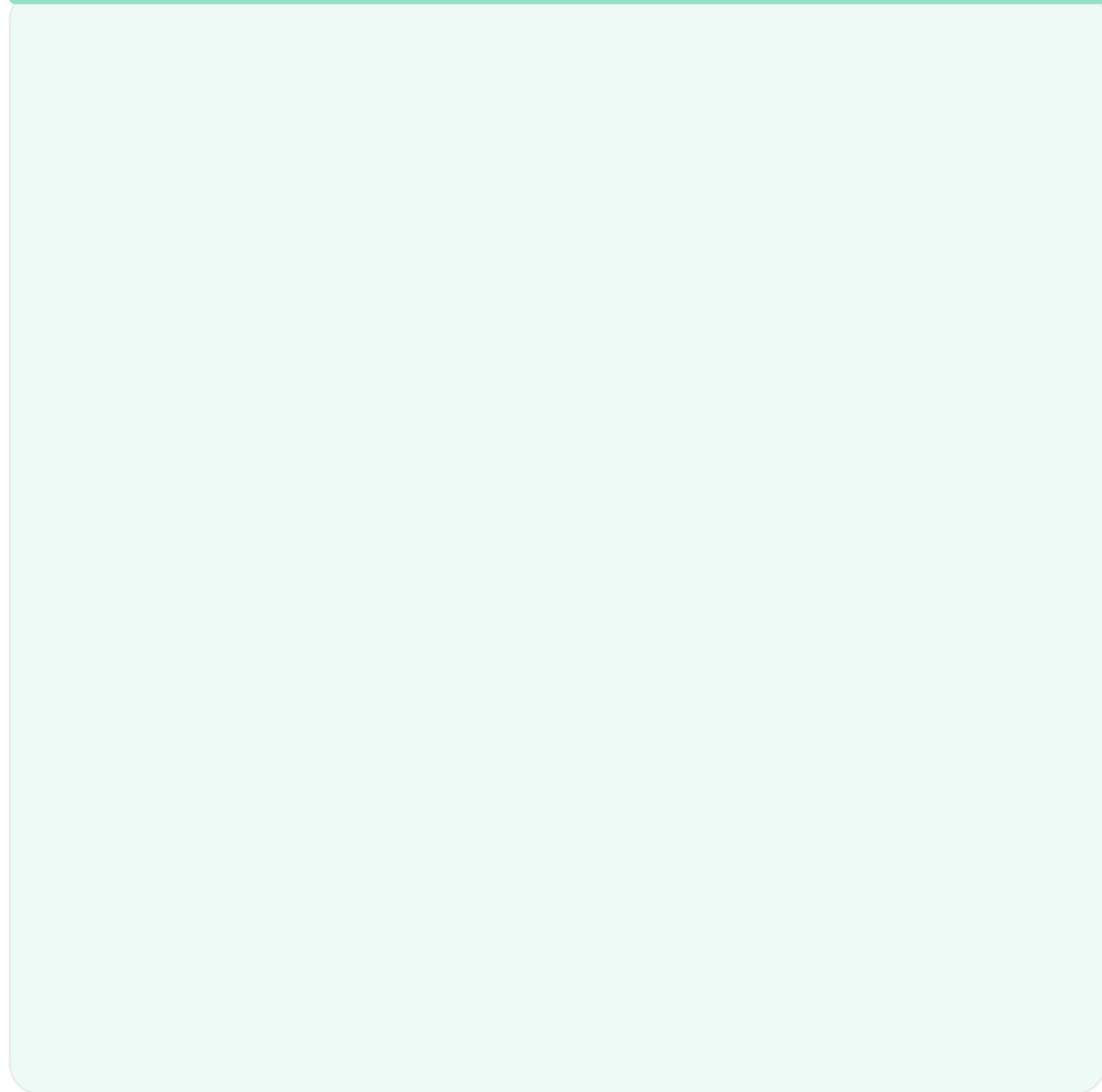
Emotional Energy Boundaries

Where in my life do I give away energy that I could keep with love?

One word to describe today: _____ Gentle Check-In: *Energy* *Digestion* *Mood*

Day 13: Evening Reset & Sleep

How do I feel when I end my day with softness instead of screens?



One word to describe today: _____ Gentle Check-In: *Energy* *Digestion* *Mood*

Day 14:

The Return to You

What have I reclaimed in these fourteen days — energy, presence, or peace?

One word to describe today: _____ Gentle Check-In: *Energy* *Digestion* *Mood*

A note to myself going forward...

A large, empty rectangular box with rounded corners, intended for writing a note to oneself.



You are your own restoration.

You've reached the end of these fourteen days, but more importantly, you've strengthened a relationship. Not with a program or a routine, but with your own body.

You learned how to listen without urgency.

How to respond without fixing.

How to create safety through warmth, rhythm, breath, and presence.

None of this was about perfection. It was about attention.

What you've practiced here isn't meant to stay on these pages.

It's meant to travel with you — into your mornings and evenings, into movement and rest, into workdays and quiet moments. There will be times when life speeds up again.

That doesn't mean you've lost anything.

You know how to return. If you choose to continue this work — with deeper personalization, guidance, or support — do so because it feels aligned, not because you're lacking. Your body already holds the wisdom.

Thank yourself for the time, care, and honesty you brought to this process.

And remember:

You are not something to fix.

You are something to tend.

Take one final breath here.

Carry this rhythm forward.

Sonal Bhatia





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If these 14 days helped you feel more connected to your body, you may be ready for deeper, personalized support.

In my 1:1 work, you get:

- Personalized practices based on your body, not general advice
- Support for digestion, energy, sleep, hormones, and stress
- Guidance that adapts to your work life, travel, and routines
- A calm, supportive space to understand what your body is asking for
- Ongoing refinement instead of starting over every time

This is for you if you want:

- More clarity around what actually works for you
- Consistency without rigidity
- Support that meets you where you are

There is no pressure to continue.
This is simply an invitation.

If it feels aligned, book a 1:1 Discover Session to talk through what has been unfolding for you and explore next steps.

Continue Your Journey, Book a call here:

<https://calendly.com/sonal-bhatia-pdmr/30min>

