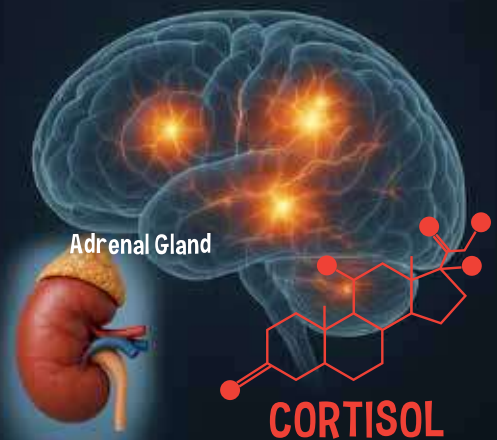




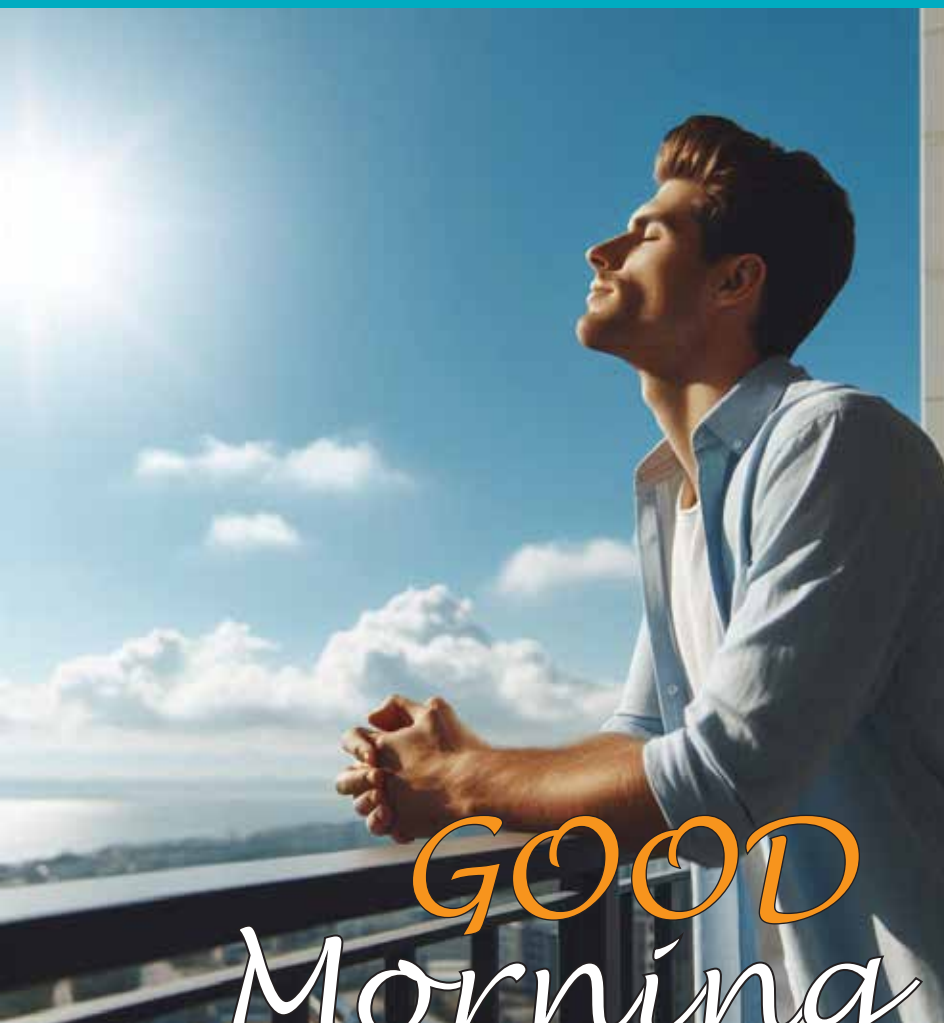
Sunlight, for a fresh start of the day!

Morning sunlight exposure is a simple yet powerful way to wake up, **boost energy**, and **enhance focus**. Light signals your brain to stop **melatonin** production, resets your circadian rhythm—the body’s natural **24-hour clock**—and triggers a healthy rise in **cortisol**, the hormone that helps you feel alert and **motivated** for the day.



While **high cortisol** from **stress** can be **harmful**, the small, natural boost you get in the morning is actually beneficial for wakefulness and motivation.

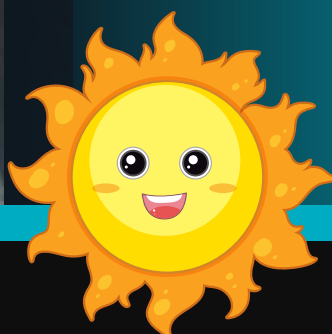
This aligns perfectly with **Ayurveda’s Athapasevanam**, which emphasizes mindful **sun exposure** to ignite energy and vitality.



GOOD
Morning

For **city folks**, soaking up a few **minutes** of **sun** on your **balcony** or near a **window** is an easy way to **harness** these benefits.

This **small ritual** supports your body’s **natural rhythms** and sets the tone for a **productive, energized** day.



**HAVE AN
AWESOME
DAY!**

For doubts and queries, please reach out:
wellness@quadratyx.com