



**EMPOWERED  
WARRIOR MONTHLY**

*Spring Renewal - Body, Mind & Spirit*

# EMPOWERED WARRIOR



## A Note From Trinette

*Spring is here, bringing with it a sense of renewal and fresh energy. As the days grow longer and the flowers begin to bloom, it's the perfect time to reflect, reset, and rejuvenate. This month, I'd love to share some simple ways to embrace the season of renewal – whether it's nourishing your body with wholesome meals, calming your mind, or nurturing your spirit.*

*With love and light,  
Trinette*

# Wellness Focus: Spring Renewal

## BODY



Spring is the perfect time to lighten your meals and support your body's natural detox pathways.

Start your mornings with warm lemon water to gently wake up digestion, and include plenty of fresh herbs like parsley, mint, and coriander to aid liver function.

Focus on seasonal greens, asparagus, and berries — vibrant foods that help reduce inflammation and boost energy.

## MIND



As the days lengthen and light returns, it's a wonderful opportunity to clear mental clutter.

Try decluttering one physical space — your desk, a drawer, or even your inbox — and notice how this lightens your mind.

Pair this with simple breathwork: inhale for 4, hold for 4, exhale for 6, repeat for five rounds. This resets your nervous system and brings mental clarity.

## SPIRIT



Spring is often associated with renewal, growth, and new beginnings.

Spiritually, it's a time to set intentions and reconnect with what feels meaningful.

You might create a small spring ritual — placing fresh flowers on your table, lighting a candle at sunrise, or simply sitting outside and feeling the warmth of the sun on your face.

# Recipe of the Month: Greek Chicken Quinoa Salad Bowls

## Greek Chicken Quinoa Salad Bowls

### INGREDIENTS

- 4-6 cups mixed leafy greens
- 1-2 cups quinoa, uncooked
- 1 rotisserie chicken, shredded (or 2 large chicken breasts, grilled/cooked)
- 1 large capsicum, seeded + thinly sliced
- 1 cup cherry tomatoes, cut in half
- 1 small cucumber, chopped
- ½ cup kalamata or green olives, option to pit/slice
- Optional: high quality feta cheese, pine nuts or fresh herbs like dill/parsley/oregano

### DIRECTIONS

1. Cook the quinoa according to package instructions. I like to cook a large batch (2 cups uncooked) to re-use for leftovers/other meals throughout the week.
2. If cooking/grilling chicken, begin as well.
3. While quinoa is cooking, whisk together dressing ingredients in a medium-sized bowl and set aside.
4. Chop and assemble veggies and set aside.
5. Once quinoa and chicken have cooked and cooled, layer large salad bowls with quinoa, chopped veggies, shredded chicken, herbs, pine nuts and optional feta cheese.
6. Drizzle or toss with dressing and serve.
7. Keep components separate (quinoa, veggies, dressing, etc.) in fridge to reuse/eat up throughout the week.

### For the Dressing:

- ½ cup extra virgin olive oil
- ¼ cup tahini
- ¼ cup apple cider vinegar
- Juice of 2 large lemons
- 2 tbsp dijon mustard
- 2 tbsp honey
- 1½ tsp sea salt
- fresh black pepper to taste



### Health Benefits

*Packed with quinoa, lean chicken, vibrant vegetables, and healthy fats, these bowls deliver balanced protein, fiber, and antioxidant-rich nutrients that support digestion, heart function, and satiety. The combination of whole-grain quinoa and lean protein stabilizes blood sugar and energy levels—beneficial for hormone balance. With Mediterranean flavors like olive oil and fresh herbs, they help reduce inflammation and nourish overall wellbeing.*

**Tip: Cook a large batch of quinoa on Sunday – it will save you time and give you a base for lunches all week.**

# Supplement of the Month: Magnesium Glycinate

## Why I love it:

- Supports nervous system balance: As we shift seasons, longer days and busier schedules can leave the body in “go mode.” Magnesium helps regulate cortisol, supporting calm and resilience during seasonal transitions.
- Better sleep: Spring often brings lighter, more restless sleep. Magnesium glycinate helps relax muscles and mind for deeper rest.
- Energy & renewal: It plays a key role in ATP production (cellular energy), so you feel less fatigued and more vibrant as the season lifts.
- Muscle recovery: If you're increasing outdoor activities (walking, yoga, netball, gardening), magnesium eases tightness and helps prevent cramps.
- Mood support: Low magnesium is linked with anxiety, low mood, and irritability. Glycinate is one of the most calming forms, supporting emotional balance.

## Signs you might need more magnesium:

- Muscle cramps, twitches, or restless legs
- Difficulty falling or staying asleep
- Feeling “tired but wired” at night
- PMS or menopausal symptoms (hot flushes, mood swings)
- High stress or anxiety
- Afternoon energy crashes

# Spring Reset Package



## Why a Spring Reset?

After the heaviness of winter, our bodies and minds often hold on to tension and stagnant energy. Spring is the season of renewal – a time to lighten, release, and step into fresh energy. This package is designed to help you feel restored, clear, and balanced so you can fully embrace the new season.

## What's Included

### *60-Minute Massage*

Melt away built-up tension, release sore muscles, and improve circulation. A massage in spring can feel like hitting the reset button for your body, easing aches and replenishing energy.

### *60-Minute Reiki Healing*

Clear away stagnant winter energy and restore inner harmony. Reiki gently balances your energy field, calms the nervous system, and leaves you with a deep sense of lightness and calm.

## Benefits You'll Notice

Release of physical tension and stiffness

A calmer nervous system – less stress, more ease

Feeling “lighter” both physically and emotionally

Improved sleep and energy flow

A renewed sense of clarity and calm moving into the season ahead

## Introductory Offer

For the month of September, you can enjoy this 2-hour Spring Reset experience for \$220 (save \$40).

Bookings available until 30th September.

[BOOK NOW](#) 

# Ritual of the Month

## Spring Cleansing Meditation

Sit comfortably, close your eyes, and breathe deeply.

Take three slow breaths, softening your shoulders and jaw with each exhale.

Visualise a soft spring breeze brushing against your skin. Imagine blossoms opening, the earth greening, and sunlight warming your body.

With every inhale, imagine drawing in fresh spring air – vibrant, light, and full of possibility. Let this energy travel into your lungs, your heart, and every cell of your body.

As you exhale, imagine letting go of stagnant winter energy, tension, and old habits. Picture them leaving your body as dark mist, dissolving into the air.

Bring both hands to your heart. Feel its steady rhythm. Whisper silently or out loud:

“I welcome renewal, light, and balance into my life.”

Finish by choosing one gentle intention for the season – maybe more rest, more play, or more self-nourishment. Hold it in your mind and carry it with you into your day.

# With Love & Light

Thank you for being part of the Empowered Warrior community.

If you're ready to step into spring with clarity, lightness, and renewed energy, I'd love to support you in the clinic this month.

Book Your Spring Reset

With gratitude,

*Trinette*

BOOK NOW 

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It's where I share behind-the-scenes clinic moments, seasonal self-care practices, and gentle reminders to keep you aligned and balanced.

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