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Rooted Rituals

The quiet logic of a nourishing morning.

The Nourished Roots

GOODNESS WITHIN

By Pooja Kothari

Founder & Curator, The Nourished Roots

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Everyone wants a better morning routine — but we've overcomplicated the start of our day.

Somewhere along the way, we stopped starting our mornings. We started reacting to them. Instead of beginning with intention, we begin with input — notifications, messages, noise. Before we've even checked in with ourselves, the world has already set the tone.

“A truly nourishing morning isn't about adding more to your routine. It's about taking your mornings back.”

Move & Calm

A grounded morning can be simple. I think of it in four quiet parts.

- Move — gentle movement to wake and energise the body.
- Calm — a few quiet moments to breathe, reflect, and create mental clarity.

Connect & Nourish

- Connect — through prayer, gratitude, or the comfort of small, tangible things, like a quiet view or a familiar companion.
- Nourish — a warm drink, grounding food, and a steady pace to begin the day.

“

*It doesn't have to be complicated.
Just intentional.*



III.

Rooted Rituals

This is the philosophy behind Rooted Rituals.

*“Simple habits.
Deep nourishment.”*

Pooja Kothari

Founder & Curator, The Nourished Roots

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Thank you for reading.

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