

**BONUS:**

**Placing Your  
Resolution On The Free  
Range Wellness Wheel**



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FREE YOURSELF FROM THE

**RESOLUTIONS CAGE**





# WELCOME to the Free Range Wellness Wheel

The Wellness Wheel traditionally contains 6-8 different areas of life where people may wish to focus on improving their health and wellness. However, it's important to note that the wheel isn't static. Like the wheel on a car, the Wellness Wheel supports us, gets us moving in a direction, and hopefully helps us arrive at our destination. If the wheel isn't balanced--in other words if we're not working on all the areas of the wheel--then just like a car tire it will go flat. And a flat wheel indicates that something needs to be adjusted in our lives.

Sometimes the wheel goes flat due to outside forces. Where we live, our job, our income, if we are in a food or medical desert...all of these things affect the wheel. There are a few rules of the "wheel".

1. **We don't blame ourselves for things outside of our control.**
2. Focus on only one aspect of the wheel at a time.
3. **Working on the wheel is a conversation between us, our bodies, and the universe.**
4. The wheel is only a guide. It doesn't have all the answers. Adjust the sections so they're meaningful to you.



# The Wheel



The wheel has 6 sections. Each section holds an aspect of life, and when taken together, they create a balanced whole.

**Spiritual** - Our connection to one another as part of a global community, connection to the universe, and if believed in, a form of divinity.

**Environmental** - Your immediate surroundings as well as global

**Physical** - Your physical body, no matter your abilities.

**Emotional** - Your emotional and mental selves, no matter any illnesses or neurodivergent traits.

**Occupational** - If you're employed, this is your profession and immediate job. This also can be care taking roles and activities of daily living.

**Social** - Your social presence and self, online and offline.



# Where does your resolution sit on the wheel?

By now when you think about your resolution for change, you should see where on the wheel it finds it's primary home. It is possible your resolution will connect with multiple areas. Taking a class, for example, would be social as well as possibly mental/emotional and maybe physical. Knowing how your resolution connects to the wellness wheel is one more way to help uncage it from expectations because you can make it your own and make it work for you.



Think of the area on the wheel where your resolution lives as its domain. This is where it will feel most comfortable and be surrounded by other activities which support it, and it will also help you feel more comfortable about enacting these changes in your life. Don't worry if you're not sure where your resolution fits to begin with. Soon, it will settle into its home.



As your resolution settles into its domain, you'll find other areas of your life that it supports. You may even think of new ways to express this resolution for change in your life or how to implement it in different ways. The area on the wellness wheel for your resolution is making sure everything is in its place and helps keep order as the wheel goes around.



# The Chicken Yogi Philosophy

## *the chicken yogi way*

1. Be present in the moment
2. Don't be afraid to make noise
3. Always return to your resting place
4. Chase opportunities
5. Ruffle a few feathers for important things
6. Don't be taken for granted





# Free Range Wellness



**Free Range Wellness** means you are getting out of the box (or cage) that commercial wellness wants to put you in. It's removing labels and barriers to your health and wellness and finding what works for YOU.

## The characteristics of **Free Range Wellness**

1. Finding activities which nourish the body, mind, and soul
2. Discovering foods which nourish the body, mind, and soul
3. Inner compassion and self-love at all times
4. No judgement. No remorse. Take each moment as it comes.
5. While we seek to free ourselves from the cage, we also won't seek to put others in a cage. We are all happier when we're left to choose our own path.
6. Our path may not work for other people, and that's okay.
7. Free Range Wellness means working with professionals when necessary and when their expertise is needed.
8. We have the right to discern for ourselves what care is right for our situation.
9. We remain vigilant of systems which seek to confine us or label us in order to commodify our wellness.
10. Each of us is inherently valuable and deserving of wellness, whatever that means for us.





# Next Steps

## Join the Chicken Yogi Free Range Wellness Club

When you join the **Chicken Yogi Free Range Wellness Club**, you'll receive more than on-demand yoga and meditation videos. Our VIP members will also experience monthly journeys designed specifically around the Free Range Wellness format. and live classes to support those journeys. All members will have access to an on-demand library of yoga and meditation videos as well as an archive of informative webinars.

Our VIP membership is normally \$29/month, but right now we're launching a "grow with us" special and opening up one-time enrollment **at the low rate of \$10/month**. That saves you \$19 each month and the savings will grow the longer you remain a member.

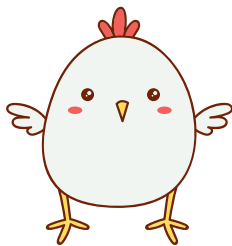
Join at:

<https://club.chickenyogi.com/GROWspecial>

**Don't hesitate to join because this special will be going away soon!**

When you join the Chicken Yogi Free Range Wellness Club, you'll also receive access to our community. Check out the page to see all your membership options.

If you have any questions, check out our support portal at  
<https://support.chickenyogi.com>



**As part of your Free Range Wellness Club membership we'll be having "Coop of Change" meetings twice a month for accountability, encouragement, and support. Not just for the new year, but all year round, because change doesn't just happen once a year.**



# About Kit Caelsto & Chicken Yogi

**Kit Caelsto** (they/them) is a health and wellness coach who is passionate about helping people who feel left out of traditional wellness spaces. With Chicken Yogi, they hope everyone can feel free to express their true and authentic selves and have a better relationship with wellness, even as their health may change from day to day (or even hour by hour).

To do this, they have devoted themselves to training, including a 500HR Yoga Teacher Training, 200HR Meditation Teacher Training, pranayama, plus size yoga, chair yoga, Yin Yoga, Reiki Master, Certified EFT-TFT Practitioner, Certified REBT Coach, Certified CBT Coach, Certified Confidence Coach and more to come.

They live on a homestead in the Missouri Ozarks where they can indulge their autistic special interests of horses and chickens, savor the seasons, and continue the healing journey which led them to Chicken Yogi.

**I am a nonbinary, trans, fat, queer, autistic, and neurodivergent farmer yogi with fibromyalgia who loves supporting people in a trauma-informed, safe manner so they can free range their way to radical wellness.**

**Chicken Yogi** took Kit's love of yoga and meditation and brought it to life through an 18 acre homestead teeming with wildlife which allows them to connect with nature and themselves in a spiritual manner. Chicken Yogi is for people who aren't afraid to be unique, to stand out in a crowd in whatever way that shows up for them, and for everyone who has ever walked into a gym feeling self-conscious and embarrassed. For those who want to go beyond the airbrushed images found in media and the perfect pretzel yoga pose to find the true, spiritual connection with yoga, wellness, and themselves, Chicken Yogi invites you to open the (barn) door and run free!

Your identities are welcome here. Your body is sacred. Your heart deserves love. Your soul deserves nurturing. And you are worthy, valid, and wonderful just the way you are. Come crow and flow with me!