



YOUR AT-HOME

# LONGEVITY IMMERSION GUIDE

BROUGHT TO YOU BY  
MERRYBODY



# Welcome!

We're so excited you're here.

We believe that longevity isn't built by doing more. It's built by caring for yourself, again and again. It's not about doing everything perfectly. It's about small, consistent practices that help you feel strong, mobile, calm and connected... for life.

This at-home immersion is designed to meet you where you are. You can move through it in one session or spread it across a few days. There's no rush, this time is yours.

We're Carla and Emma, sisters, co-founders of MerryBody, The School of MerryBody and Yoga, Pilates and Meditation teachers.

At 35 and 38, we're already thinking about longevity, because everything we do at every age contributes to it. We're deeply inspired by our Mum and Dad (67 and 70), who move daily, prioritise self-care and continue to live active, strong, healthy lives. Seeing this reminds us that how we care for ourselves truly matters.

No matter your age, experience, or current level of health, there is always something small you can do to support your wellbeing. Sometimes it's as simple as a few deep breaths to begin your day.

We believe in simple, doable practices, because the most powerful ones are the ones you actually do. Tune into yourself, move at your level, and know that you are amazing just as you are, right here, right now.

Emma + Carla

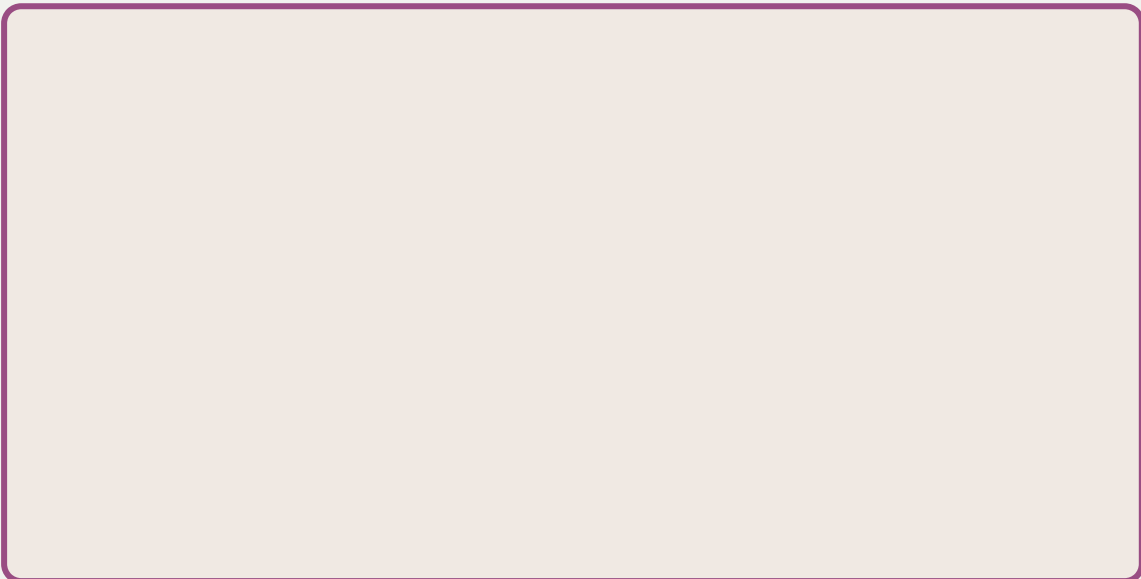


# Set the Scene

Before you begin your Longevity Immersion...

- Choose a quiet, comfortable space in your home.
- Roll out your mat, grab a blanket or cushion if you like.
- Light a candle, diffuse essential oils, or simply create a space that feels a little bit sacred to you.
- Take a moment to set an intention for your immersion. Keep it simple, perhaps it's just one word, or something like "I choose nourishment today" or "I am grateful for this time for me".

**MY INTENTION IS...**



## Why Strength, Mobility and Balance Matter Now and as We Age

Longevity isn't just about living longer, it's about living well.

Strength, mobility, and balance support your ability to:

- Move through daily life with ease
- Get up and down from the floor
- Reduce the risk of falls and injury
- Maintain confidence and independence

As we age, we naturally lose muscle mass, joint range, and balance if we don't support them. The good news? These qualities are trainable at any age.

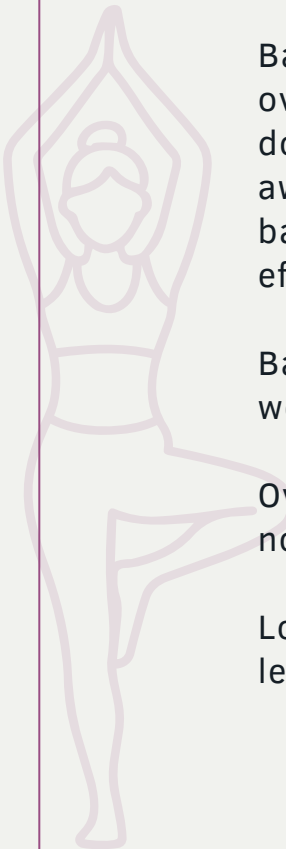
Mindful movement helps your body stay capable, resilient, and supported, now and into the future.

Balance is one of the most important, and often most overlooked, elements of healthy ageing. Yoga balance poses do more than strengthen muscles. They train focus, body awareness and nervous system coordination. Each time you balance, your brain and body learn to communicate more efficiently.

Balance work also teaches patience and presence. You'll wobble. You'll reset. And that's the practice.

Over time, these small moments of balance build resilience, not just physically, but mentally too.

Longevity isn't about never losing balance. It's about learning how to find it again.



## What We Can Learn from the Blue Zones

The world's longest-living populations don't chase extreme fitness routines.

Instead, they share a few common threads:

- Regular, natural movement
- Strong social connections
- A sense of purpose
- Lower stress
- Time to rest

Longevity thrives when we stay connected... to movement, to people and to life itself.

Community, joy, and a sense of ease matter just as much as exercise.

However, modern life is more stressful than ever! So what do we do?! We don't all live in Blue Zones after all!

### **The Nervous System and Long-Term Health**

A calm, regulated nervous system is foundational for longevity. Chronic stress keeps the body in survival mode, which can impact sleep, digestion, immunity and recovery over time.

Practices like breathwork, meditation, and Yin Yoga help shift the body into a rest-and-restore state, where healing and regeneration can occur.

## Why Yin Yoga Supports Longevity

Yin Yoga is a powerful (and underrated) longevity practice.

We put it on weekly rotation because it:

- Supports joint and connective tissue health
- Encourages hydration and mobility in the body
- Calms the nervous system
- Builds patience, awareness, and presence.

As we age, connective tissue can become stiff and dry. Yin's longer, gentle holds help counter this, especially around the hips, spine and pelvis.

Just as importantly, Yin teaches us how to slow down without guilt. Longevity isn't only built through effort, it's also built through rest and regulation.

## Consistency Over Intensity

Longevity isn't built in one workout or one perfect week.

It's built through:

- Returning to your mat
- Choosing movement that feels supportive
- Listening instead of forcing
- Allowing rest to be part of the process

Even just 5-10 minutes done consistently is more effective than 2 hours once every month.

This immersion is an invitation to reconnect with movement as something that supports your life, not something you have to "keep up with." It's about doing what you can with the time you have.

# Complete your Longevity Immersion...

You can complete the immersion session after session, or spread it out to suit your life. This is the JOY of online practices. They work WITH YOU and your life.

01

## YOGA + PILATES

Start with an under 20 minute fusion class of Yoga and Pilates. Work on your strength, mobility and most of all... balance!

02

## YIN YOGA

Now it's time to actively choose rest. Enjoy this Yin Yoga class, you'll enjoy long holds of restorative poses that leave you feeling rejuvenated.

03

## BREATHWORK

Control your breath to create clarity in your mind and balance in your nervous system.

04

## MEDITATION

Find your seat, find your stillness. This is where you'll learn to create presence, to integrate and amplify your practices and energy.

05

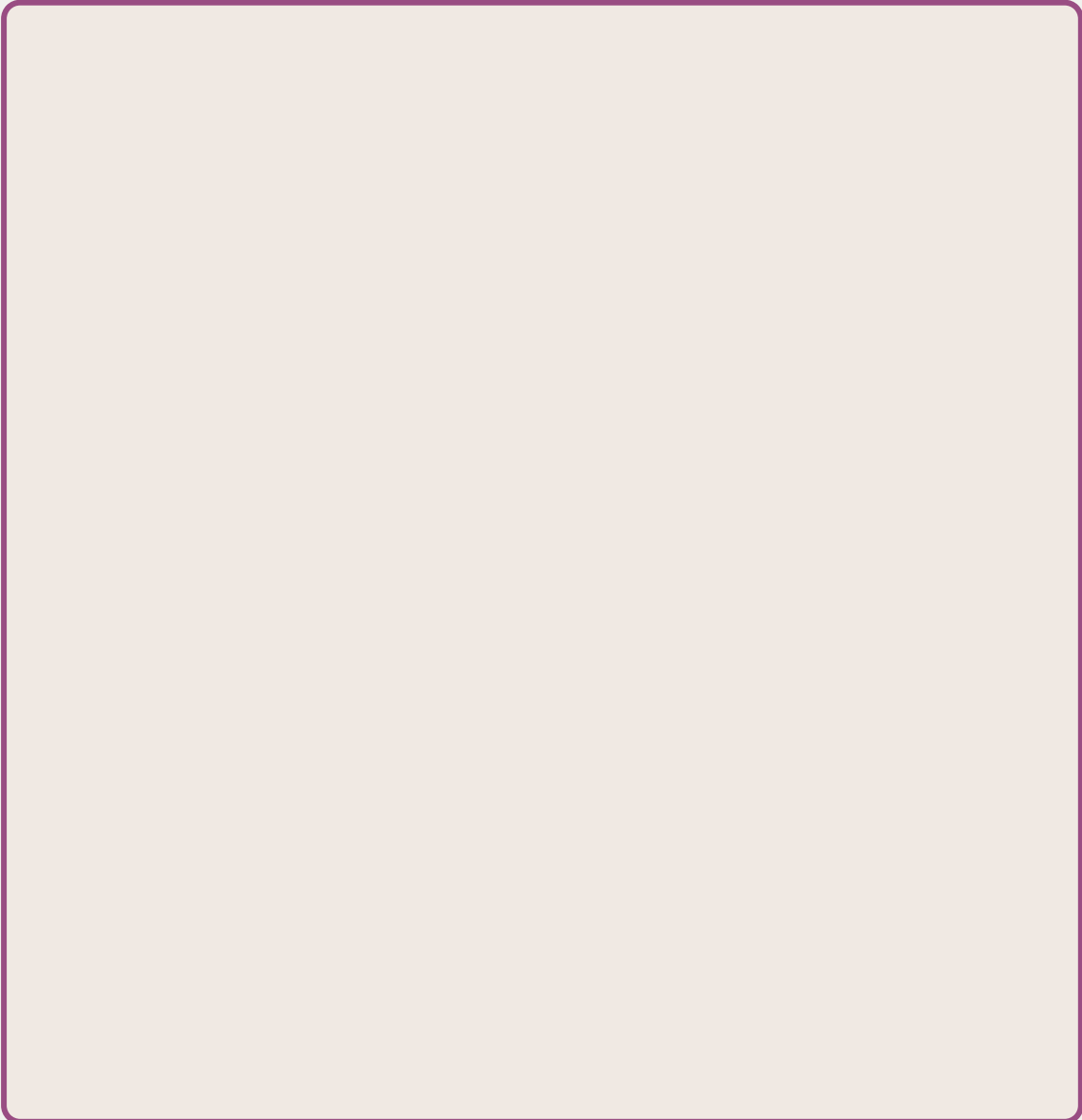
## JOURNAL

Take a moment to reflect on how these practices have impacted you and anything you want to carry forward into the future.

# Journal

After completing your immersion, take a few minutes to answer:

- How does my body feel
- What thoughts or emotions came up
- Any insights or intentions I want to carry forward.



The practices you've explored in this immersion are not "extras" or trends. They are the foundations that support you through every stage of life.

Strength to support your joints and bones. Balance to help you stay steady and confident as you move through the world. Mobility to keep your body feeling open, capable, and free. And nervous-system-supporting practices that help you stay calm, present and connected.

**The most powerful longevity practice isn't intensity. It's consistency.**

It's choosing movement that feels supportive, enjoyable, and sustainable... movement you actually want to return to.

This is exactly why we created [MerryBody](#).

Inside MerryBody, we blend Yoga, Pilates, Barre, Yin, meditation, and mindset practices to support your strength, balance, mobility and mind... in a way that fits real life.

Short classes when time is tight. Longer practices when you have the space. Always guided with care, compassion, and longevity in mind.

*Emma + Carla*