

HYGGE

Pronounced as ‘hu - gah’ refers to the Danish way of living. It is also referred to as slow living. Hygge is a way of celebrating life and its simplicity.

The core of Hygge is consciously and intentionally creating coziness.

Make your house a cozy place. Light candles in the evening, grab a hot cup of chocolate or tea and spend some time with your loved ones.

Slow living is saying “yes” to life. It’s appreciating the simple things around us. Minimalist living is the essence of Hygge

Reuse or recycle. If you don’t like things lying around your house, don’t throw them away. Instead, donate it so someone less fortunate can reuse it.

The slow way of living includes reading books. Limit your exposure to TV shows and read books that inspire, build or take you on a journey to a magical land.

Disconnect from your phones and reconnect with your loved ones. Cherish these moments as time moves fast.

MAKE YOUR DAY JOYFUL.

