

## Day Eight | Part Two B



5:45 AM Wake Time | 10 PM Sleep Time

YOGA	AM AYURVEVA	EVENING ROUTINE
Short Pranayama	Splash face cold water	Chant Meditation
So Hum Meditation	Tongue Scraping	Ginger Turmeric Honey Tea
Morning Stretches	Kavala (oil mouth)	
Namaskar	8 oz hot water	
	Nasya	

### DIETARY | HERBAL INTAKE

Mono Diet	MEALS	TEA
The goal is to strengthen Agni	Follow Recipes Cleanse Detox and Evolve Recipe Book ONLY	Sip Agni tea with meal 8 oz with lunch and dinner
Resting digestive system	Your lunch and dinner should be same meal. Digest the same thing all day long is BEST.	Drink 10oz hot water

### AYURVEDA SELF-CARE

<b>Best done away from food. Some are best in the evening.</b>
Full Body Abhyanga and Herbal Bath

HERB	DOSAGE	PART 2B
<b>Triphala</b>	2 at bedtime	x
<b>Hingvastak Powder</b>	¼ tsp on tongue before lunch and dinner	x
Blood Cleanse or Liver Formula	2 with meals	x
Tranquil Mind	2 @bedtime	x
Healthy Skin	2 with lunch + dinner	x
Avipattikar	1/4 tsp on tongue with meals	x