

Day Four | Part Two A



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) | |
| | 8 oz hot water + ¼ fresh lemon juice | |

DIETARY | HERBAL INTAKE

| FASTING DAY | MEALS | TEA |
|--|--|---|
| Only tea and hot water until 12 pm Rest + Rest more | ALL MEALS: soup. Mung Bean Soup or Maria's Masala Soup | Sip Agni tea with meal 8 oz with lunch and dinner Drink 10oz hot water |

AYURVEDA SELF-CARE

Best done away from food. Some are best in the evening.

Full Body Abhyanga + herbal bath
Karana Purna (oil ears) + Oiling Eyes (at bedtime)

| HERB | DOSAGE | PART 2B |
|--------------------------|---|---------|
| Triphala | 2 at bedtime | x |
| Hingvastak Powder | ¼ tsp on tongue before lunch and dinner | x |
| Avipattikar (Pitta) | 1/4 tsp on tongue with meals | x |