

## Day One | Part One



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	Sip 8oz hot water	
Namaskar		

### DIETARY | HERBAL INTAKE

ELIMINATION PLAN	MEALS	TEA
50% less caffeine	ALL MEALS: pick meals from recipe book or grocery list	Sip Agni tea with meal 8 oz with lunch and dinner
50% less alcohol		
	Stick to grocery food list and recipes to ensure you eat pre-cleanse friendly foods.	

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