

Day Three | 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	8oz hot lemon water (1/4 lemon)	
Namaskar		
Asana		

DIETARY | HERBAL INTAKE

ELIMINATION PLAN	MEALS	TEA
NO caffeine	ALL MEALS: pick meals from recipe book or grocery list Stick to grocery food list and recipes to ensure you eat pre-cleanse friendly foods.	Sip Agni tea with meal 8 oz with lunch and dinner
10% less alcohol		

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