

## Day Twelve | 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 Kavala   Nasya 8 OZ HOT WATER	Oiling Eyes + Ears

## REST and TAKE it EASY

As you oil and massage the body post purgation along with simple diet, a tenderness enters into our being. We feel and are more sensitive. Like a white rose. Take care to rest and do nothing!

### DIETARY | HERBAL INTAKE

MONO DIET	MEALS	TEA
We now slowly fortify our digestive system	Breakfast options from Cleanse Detox and Evolve Recipes	Ayurvedic Gatorade. Fennel Tea, Ginger Cardamom Fennel Tea.
A simple easy to digest diet	Lunch and Dinner Kithcari	Drink 20 oz hot water throughout the day

### AYURVEDA SELF-CARE

Full Body Abhyanga + Herbal Bath
Evening ear and eye oiling

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