

## Day Sixteen | Part Three



5:45 AM Wake Time | 10 PM Sleep Time

YOGA	AM AYURVEVA	EVENING ROUTINE
Long Pranayama	Splash face cold water	Chant Meditation
So Hum Meditation	Tongue Scraping   Kavala	Ojas Rasayana Milk Drink
Morning Stretches	Sip 8oz hot water	Oiling of ears
Namaskar	Nasya	
Asana		

### DIETARY | HERBAL INTAKE

INTEGRATION	MEALS	TEA
Evaluate the integration plan to follow	ALL MEALS: pick meals from recipe book or grocery list	Sip Hot water 8oz with meals

HERB	DOSAGE	PART 3
<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
Healthy Vata, Pitta or Kapha	2 in the morning + 2 at bedtime	x
Avipattikar	1/4 tsp on tongue with meals	x
Chyanvanprash	1 tsp. With warm almond milk before breakfast	x