

## Day Three | Part One



5:30 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	Ginger Turmeric Honey Tea
Morning Stretches	Sip 8oz hot lemon water ¼ 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
NO ALCOHOL		10 oz hot water in afternoon

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