

## Day Nine | Part Two A



5:00 AM Wake Time | 10 PM Sleep Time

YOGA	AM AYURVEVA	EVENING ROUTINE
So Hum Meditation	Splash face cold water	Chant Meditation
	Tongue Scraping	Oiling feet
	8 OZ HOT WATER	

## A DAY OF REST

Purgation day is a day to be inside, be protected and allow the tenderness of lightness that comes with so much release. Enjoy lightness and letting go. Notice attachment and desire as you continue.

### DIETARY | HERBAL INTAKE

PURGATION DAY	MEALS	TEA
You will begin to purge sometime in the middle of the night	Morning purgation while fasting is best. Drink Mung Bean Soup or Maria's Masala Soup.	Ayurvedic Gatorade. Fennel Tea, Ginger Cardamom Fennel Tea.
Allow yourself for relax and go to toilet when needed	Evening Meal should be kitchari.	Drink 20 oz hot water throughout the day

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

### AYURVEDA SELF-CARE

Full Body Abhyanga + Herbal Bath  
Evening ear and eye oiling