



MORNING ROUTINE

1. Upon waking - wake up early, start the day with an open heart, a loving attitude toward yourself and others. Choose to live the day fully.

2. Say a prayer or affirmation. Feel grateful for the day in front of you.

Dear God, you are inside of me

Within my very breath

Within each bird, each mighty mountain.

Your sweet touch reaches everything
and I am well protected.

Thank you God

for this beautiful day before me.

May joy, love, peace and compassion
be part of my life

and all those around me on this day.

I am healing and I am healed.

– Dr. Vasant Lad

3. Go into the bathroom and attend to natural urges of elimination.

4. Clean your teeth and scrape your tongue from the base forward.
This stimulates digestion and removes bacteria.

5. Brush your teeth with a soft toothbrush.

6. Clean your nostrils with a neti pot and oil your nostrils with sesame oil.

7. Oil your body with warm oil and leave on for a few minutes.

8. Take a warm shower or bath.

9. Do a yoga/pranayama and meditation practice.

10. Eat breakfast according to your hunger, the season, and your agni.