

## Daily Routine

1. Wake early (at the same time everyday).
2. Clean your face, teeth and mouth. Brush your teeth, scrape your tongue and gargle with some warm salt water.
3. Drink a glass of warm water.
4. Eliminate
5. Use a neti pot to irrigate the nasal cavities with salt water.
6. Meditate. Journal, engage in quiet contemplation or read inspirational material for 15 to 60 mins.
7. Enjoy *abhyanga* (self-oil massage).
8. Bathe and dress.
9. Take a brisk 30 minute walk followed by 5 to 10 minutes of gentle yoga.
10. Do 5 to 15 minutes of *nadi shodhana* (gentle alternate-nostril breathing).
11. Cook. If you won't have time to cook later in the day, cook in the morning for the rest of the day. If you will have time to cook later, then just cook breakfast.
12. Have breakfast, lunch and dinner at the same time every day.
13. Spend the evening quieting the mind and body, in preparation for bed.
14. Retire at the same time each evening.