

Daily Routine Check In

A successful and supportive daily routine is all about consistency and finding what is feasible for you. After all, this is your routine! Try integrating one new practice every week, building your daily routine over time. Use this weekly check list to get inspired and help you stick to your goals, but remember to stay flexible and listen to the needs of your body.

M T W T F S S

Drink Warm Water

Upon rising, rehydrate with a glass of pure water.



Clean Tongue

Scrape back to front 3-5 times to remove buildup.



Oil Pull

Swish oil in the mouth for 5-20 minutes for oral hygiene.



Self-Massage

Moisturize your skin, support circulation, and ease tension.



Bathe

Keep the soap to a minimum to preserve your natural oils.



Nasya

Lubricate the nasal passage with 3 drops per nostril.



Take Herbs

Herbs are most effective when taken every day.



Eat Regular Meals

Enjoy your largest meal mid-day.



What would you like to focus on? This is **your** routine!



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