

Ayurveda basic practices

- Wake before sunrise
- Cleanse the sense organs (tongue scrapping, wash teeth) - neem toothpaste
- Glass of water upon wakening
- Poop daily
- 5 minutes of Pranayama (Nadhi Sodhana, Soham, Kapalabhati)
- 5-10 minutes of meditation
- Breakfast small, warm, sitting down
- 1 cup of coffee a day maximum
- Foods that balance the Dosha
- Lunch at noon, biggest meal of the day
- Dinner lighter than lunch, at 6 p.m. (no later than 7 p.m.)
- No screens 1 hour before bedtime
- 10 things we are grateful for
- Bed by 10 p.m.

Ayurveda advanced practices

- Pranayama/Meditation 15-30 minutes before sunrise
- Daily Abhyanga prior to showering
- Omit sodas and carbonated drinks
- Prayer before each meal
- Mostly vegetarian diet
- Neti 1x a week
- Nasya 3x a week
- Screen/media detox for 3-5 days once a year

- Kitchari cleanse seasonally 3x during Ritusandhi (changing of seasons)
- Practice compassion
- Do something nice for someone every day
- No microwave

Ayurveda yogi practices

- 60-90 minutes Yoga
- Chanting mantras
- 20-30 minutes Meditation/Pranayama before sunrise
- Scalp and sole massage with warm oil
- Daily 15 minute Abhyanga with warm oil, 15 soaking in, shower off
- All six tastes in every meal
- Meals are freshly cooked consumed on the same day
- Vamakukshi (laying on right side for 20 minutes) after lunch
- Volunteer to assist someone else 30-60 minutes a day
- Panchakarma 1x year:
 - Vamana, vomiting for Kapha problems;
 - Virechana, purgation for Pitta problems;
 - Basti, enema for Vata problems;
 - Nasya;
 - Raktamoksha, blood letting for Pitta problems