

Suggestions for Vibrant Living

- Rise early -ish
- Drink 1-4 cups of hot lemon water (perhaps with psyllium)
- Support your body's cleansing processes: bowel movement, brush teeth, scrape tongue, neti wash, dry brush
- Massage yourself with a good-quality, edible oil
- Stretch/do yoga asanas for 30-45 minutes (include *Agni Sara*)
- Relax in *shavasana* (corpse pose) for 5-10 minutes
- Practice Diaphragmatic breathing, breath awareness, nadi shodanam
- Meditate for 10-30 minutes
- Eat whole foods at regular times of day
- Have your largest meal at midday; rest for 10 minutes afterward
- Exercise (walk, bike, dance, swim, workout.) followed by stretching
- Eat a light supper (before 7 pm)
- Unplug an hour before sleep
- Wind down with a warm bath; foot massage; chamomile tea; inspiring reading; contemplation/journaling; relaxation; and/or meditation
- Sleep at a regular time; wake at a regular time.
- Aim to get 7-9 hours of sleep
- Consider taking Triphala and/or Chyavanprash seasonally
- Take other supplements/vitamins as needed
- Contemplate your life; do what makes you happy
- Nurture positive relationships