

# *Ayurvedic Self-Care Checklist for Your Morning*

- WAKE UP EARLY
- MEDITATE/PRAY, PRANAYAMA, & EXERCISE
- ELIMINATION
- OIL PULL, BRUSH TEETH, & SCRAPE TONGUE
- ABHYANGA
- SHOWER & DRESS
- DRINK WARM WATER WITH LEMON
- EAT A WARM NOURISHING BREAKFAST