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## Ayurvedic Self-Care Checklist: Body, Mind & Soul

### Body

Category	Practice
<b>Morning Ritual</b>	Start the day with warm water to hydrate and kickstart digestion.
	Scrape your tongue to remove toxins (Ama) that accumulate overnight.
	Perform Abhyanga (self-massage) with dosha-appropriate oil.
	Engage in gentle stretching or yoga to activate the body and improve circulation.
<b>Mindful Eating</b>	Eat dosha-appropriate, fresh, seasonal, and locally sourced foods that are in harmony with your dosha.
	Practice mindful eating by chewing food slowly and avoiding distractions (like screens).
	Avoid overeating or eating too late, as this can disturb digestion (Agni).
<b>Exercise</b>	Choose physical activities that suit your dosha: gentle walks or dosha-appropriate yoga, invigorating exercise for Pitta, and steady routines for Kapha.
<b>Sleep</b>	Ensure 7-9 hours of quality sleep.
	Follow a consistent sleep routine, going to bed and waking up at the same time daily.
	Create a calming environment, dim lights and avoid screens before bed.

### Mind

Category	Practice
<b>Meditation/Pranayama</b>	Practice daily meditation to calm the mind, even for 5-10 minutes.
	Incorporate dosha-appropriate breathing exercises (pranayama) like Nadi Shodhana (alternate nostril breathing) to balance energy.
<b>Mental Nourishment</b>	Surround yourself with positive influences: uplifting books, music, and conversations.
	Engage in activities that foster creativity and joy, whether it's painting, writing, or spending time outdoors.

Category	Practice
<b>Stress Management</b>	Identify stress triggers and incorporate relaxation techniques like deep breathing, guided visualization, or yoga nidra (guided relaxation).
	Practice mindfulness and avoid overthinking or ruminating.

## Soul

Category	Practice
<b>Connection to Nature</b>	Spend time outdoors—whether it's walking in nature, gardening, or simply sitting under a tree. Nature helps restore balance and peace to the soul.
<b>Gratitude Practice</b>	Start or end your day by reflecting on things you're grateful for. This simple practice aligns with Ayurvedic wisdom of living in harmony with life's natural rhythms.
<b>Self-Love &amp; Compassion</b>	Practice self-compassion and take time to nurture your soul with kind thoughts and affirmations.
	Engage in acts of service, kindness, or creativity that nurture your inner spirit.
<b>Spiritual Connection</b>	Set aside time for spiritual practices or rituals that resonate with you, this could be prayer, chanting, or simply quiet reflection.
<b>Rest and Rejuvenation</b>	Allow yourself time to rest, recharge, and disconnect from the busy world. Engage in activities that bring peace, like listening to soothing music or reading uplifting content.

## Why choose Rahgvik Holistics?

At **Rahgvik Holistics**, we go beyond surface-level care. We offer a deeply personalized approach that blends Ayurvedic wisdom with modern psychology, mindfulness, and nutrition, addressing your body, mind, and soul. Our tailored rituals restore balance, nourish your unique constitution, and align your lifestyle with nature's rhythms. From refining your diet with foods that support your wellness to transforming stress and finding mental clarity, we guide you toward healing that's specific to you—no generic solutions.

Ready to embrace true wellness?

**Rahgvik Holistics** helps you create lasting transformation, one personalized step at a time.

**Reach out today** to start your journey toward complete balance and vitality.