

Daily Rituals

Water : Begin your day with warm water and lemon and continue to drink half your body weight in ounces

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Mindfulness: Start each morning with 5 quiet minutes of breath or movement

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Gratitude: Write down one thing you are grateful for each day.

Daily Ritual

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Daily Ritual

Tongue Scraping: Removes toxins in the body that settle on the tongue at night while we sleep.

HOW TO: Slide a tongue scraper or a spoon across the top of the tongue moving from back to front without too much pressure.



Ahbyanga: Self massage promotes blood circulation and helps drain the lymphatic system.

HOW TO: Start at the neck applying pressure in downward strokes from the jawline. Then move from the center of your chin outward, from the nose and outward across the cheeks, from the furrow of your brow and upward toward the hairline.



Oil Pulling: Pulls bacteria out of the mouth that accumulates over night.

HOW TO: Swish a tablespoon of coconut oil in your mouth for 15 minutes and expel from mouth (not in the sink! It will clog it)