

Follow a Daily Routine



WAKE UP AND GO TO BED AT THE SAME TIME EAT MEALS AT THE SAME TIME SET A TIME FOR WALK OR YOGA

1

Spend Time in Nature



2

Exercise in Moderation




3

Practice Nadi Shodhana




4

Eat In A Loving, Relaxed Environment



5

Give Yourself An Ayurvedic Oil Massage




6

Do A Mini-Detox Before The Holidays



7

Take A Meditation Break



8

Take A Ginger Bath



9