

Morning Rhythm

30 - 90 minutes to set the foundation for a great day.

★ **Wake at or Before Dawn:** Go to bed by 10 PM the night before.

★ **Say a Prayer in Bed—Give Gratitude for Life**

★ **Scrape Your Tongue:** Use a stainless steel tongue scraper or metal spoon. Scrape 7x back to front. Rinse the scraper in between scrapes. Taste in your mouth in the morning and scrapings tell you about how you digested dinner the night before.

★ **Brush Your Teeth**

★ **Drink 8 - 16 oz Hot Water:** Room-temperature is also good. Add fresh lemon for extra detoxifying.

★ **Move and Breathe:** Brisk walk, asana, tai chi...10- 30 minutes.

★ **Sit or Lie for Meditation:** 5 - 30 minutes of centering time.

★ **Oil your Body:** Use organic unrefined sesame oil in cooler weather, coconut oil in warmer weather. Warm the oil and apply to your entire body from head to foot. Massage slowly, wait 5 - 30 minutes with the oil on and then shower. Or, add a thin layer after showering. Oiling your skin calms your nervous system and hydrates and protects your skin from the elements.

★ **Eat a Nourishing Breakfast:** Enough to satisfy, not so much to overwhelm your digestive fire. Warm in the colder months. (Kapha types can skip breakfast and have brunch instead).