

Get a Morning



Each new day deserves a fresh start. This morning routine begins with a traditional Ayurveda practice and opens up to a full intention-setting ritual to start your day happy and healthy - body, mind, and spirit. Enjoy!

- 1 Scrape tongue to remove accumulated waste.
- 2 Rinse mouth and invoke self to speak only truth.
- 3 Rinse eyes and ask for clarity.
- 4 Rinse nose and ask to inhale the beauty of the day.
- 5 Rinse ears and ask for wise guidance.
- 6 Drink water and say “thank you” with every gulp.