

9 Ayurvedic Morning Rituals

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<https://www.yogajournal.com/lifestyle/wake-up-routine>

This is a description of 9 rituals:

1. Rise at least 20 minutes before sunrise to take advantage of the pre-dawn vata energy. Do a round of sun salutations.
2. Activate your digestive system with a glass of lukewarm water with a fresh slice of lemon or lime
3. Rinse your face
4. Scrape your tongue and brush your teeth
5. Massage your ear
6. Splash cool water into your opened eyes
7. Massage your body with an aromatic oil
8. Take a bath
9. Eat breakfast