

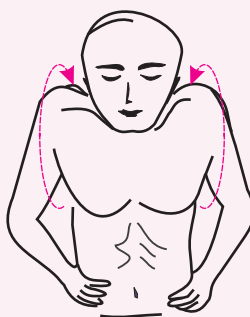
Jivananda

Daily Routine

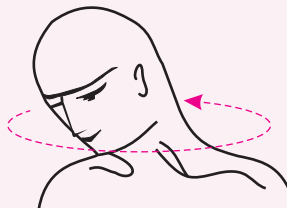
1. Get up before sunrise or around 6 am.
2. Wash eyes. Fill your mouth with water. Splash water into the open eyes five times.
3. Brush teeth and scrape tongue with a tongue scraper. Massage the gums with sesame oil using finger tips.
4. Clean nose by sniffing in some room-temperature water if living in hot place and luke-warm water if living in cold place.
5. Gargle with warm salted water.
6. Drink 200 ml to 1 litre of water depending on your capacity.
7. Go to toilet for evacuation of bowels.
8. Do stretching and exercises (see pictures).
9. Deep breathing (5 minutes).
10. Laughing exercise (1 minute).
11. Jivananda Meditation.
12. Self oil massage. Apply oil all over the body including ears, nose, naval and head.
13. Take a shower or bath. Use only Ayurvedic/herbal soap, shampoos.
14. Use comfortable clothes, natural fragrance and products that make you feel good.
15. Take two tablespoons of Aloe vera juice/pulp just before breakfast.
16. Breakfast: Fresh, natural, preservative-free food (porridge, fruits, soaked almonds, whole wheat bread, oatmeal, warm milk with honey and sprouts).
17. Go to work: Stay relaxed. No rush, life is fun, enjoy it.

Point 8: Stretching and Exercises

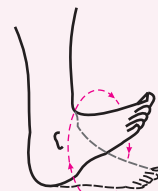
Practice each movement clockwise then anti-clockwise



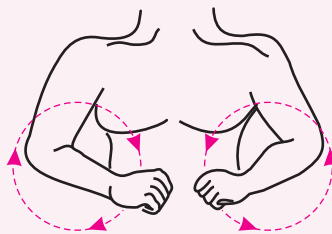
SHOULDER CIRCLES
(10 Circles)



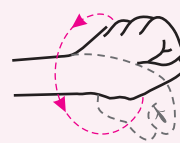
NECK CIRCLES
(10 Circles)



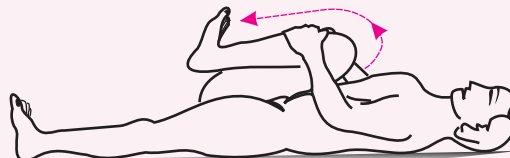
ANKLE CIRCLES
(10 Circles)



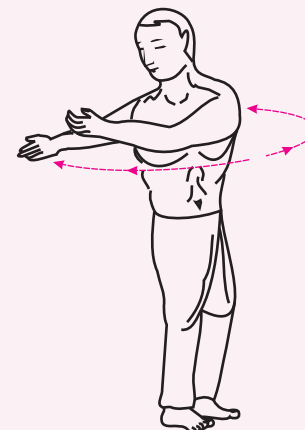
ELBOW CIRCLES
(10 Circles)



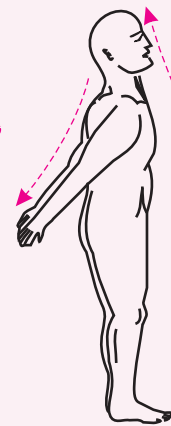
WRIST CIRCLES
(10 Circles)



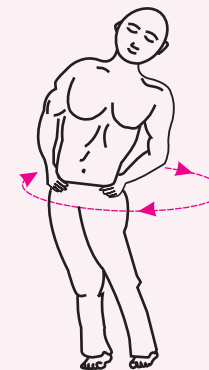
LEG STRETCH (10 Circles)



STANDING SPINAL TWIST
(3 minutes)



SUPERWOMAN STRETCH
(3 breaths)



HIP CIRCLES
(10 Circles)



BELLY BREATHING
(5 minutes)



EASY STRETCH (3 breaths)

18. At work: Drink warm or room-temperature water. Practice deep breathing. Take fresh air breaks. Stretch shoulders and chest regularly.

Drink Ayurvedic/herbal tea and fruit juice. Take fresh fruits or nuts for snacks if needed.

19. Lunch: Eat in peace. Make lunch your main meal. Stop all work to eat lunch.

Wash your hands before eating. Eat fresh, natural, preservative-free vegetarian food. Chew the food thoroughly.

20. After lunch: Drink warm or room-temperature water. Practice deep breathing. Take fresh air breaks and stretch.

21. In the evening: Leave office on time and leave all your job-related stress in office to be taken care of the next day. Home is a place of family and love. When you arrive home relax your mind and body. Use soothing aromas and music.

22. Deep breathing for five minutes lying on your back.

23. Head massage vigorously for five minutes with your fingers and palms.

24. Get shower or bath with warm water (normal water if living in a hot climate).

25. Do not stimulate your mind with coffee, alcohol, loud music or some disturbing entertainment. Cook your dinner (cooking is meditation). Enjoy cooking the food.

26. Eat dinner with family or friends (people you love). Eat your dinner at least two hours before sleeping. Eat slowly. Chew the food very well. Don't watch TV while eating.

27. Spend time with family or friends. Read your

favorite book. Watch some relaxing programs on TV (classical music, comedy, science, history, culture).

28. Drink a cup of warm milk with Triphala tablets/powder before going to bed.

29. Do two to five minute meditation before going to bed. Go to bed early, around 10 pm.

30. While preparing to go to bed practice deep breathing. Tell yourself, "I am healthy, I am happy. I am a pure soul."

About Jivananda

Jivananda is a daily lifestyle program that is based on the world's oldest medical system, Ayurveda. Everyone can do Jivananda. It is free, easy and effective.

About Dr. Chauhan

Dr. Partap Chauhan, (Ayurvedacharya) is an author, educator and master Ayurvedic physician. Dr. Chauhan's dream is to bring the wealth of Ayurvedic wisdom to every home, so that we may all live in health, happiness and peace.



Dr. Partap Chauhan



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Jivananda

The Ayurvedic Way to Bliss



Easy and Effective

Less than 30 minutes

Become Healthy and Happy

