

## 28 Days of Ayurveda

### Day 1:

#### Start your journey off this month with a journaling exercise

Grab your journal or write it down on a piece of paper that you keep all month long. Write down **how you want to feel at the end of the 28 days?** This will guide you through the challenge. Remember that feeling you are striving for to help you stick to the month long toolkit ideas.

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### Day 2:

#### Kitchen Sadhana

Literally means accomplishing something. Kitchen sadhana means cleaning your kitchen. I like to do this on a seasonal basis after my initial deep cleanse. **Your challenge go through your cupboards**

- Throw out any expired foods
- Throw out or donate food you will never eat but you're keeping for some reason
- Write down food staples you need to purchase again (see list below for ideas)
- Clean your refrigerator
- Throw out old foods in the fridge
- Rework your cupboards and set it up to be more useful for how you use your kitchen
- Clean out your drawers

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- Write a weekly grocery list for next week

### Homemade Staples Suggestions

- Roasted or frozen vegetables
- Stock for soups and dishes
- Nuts & Seeds
- Salad dressings & sauces
- Home made granola or chocolate balls
- Herbal Teas
- Quinoa

**What else is a staple for you in your kitchen?**

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### Day 3:

#### Keystone Habit Time

What one habit can you incorporate or perfect to make every other habit happen a little more easily?

For example- Mine is early to bed. I want to be in bed by 10pm so I can wake up by 5:30/6am and do my morning divine time (my words for morning routine) and feel well rested to get a workout in, eat healthy, be present and not crabby for my family. It all depends on me getting to bed on time. That is my personal keystone habit.

**What is the #1 thing** you will need to do to make your keystone habit happen? *Example- set an alarm on your phone to remind you to start winding down for bed, eating an early, lighter dinner, getting off your phone by 7:30pm, eating breakfast, etc.*

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## Day 4:

### Set your divine time

What is divine time? Think of it as an hour to yourself everyday. Now if you're someone who has small humans and are thinking that is not happening. Think about how you can get 10-15 minute intervals built into your day to take care of yourself. Squeeze in a workout, yoga, meditate, read, dance in your kitchen. Whatever makes you feel more aligned with yourself try and make time for that in your calendar with a divine hour for yourself.



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### Day 5:

#### **Add lemon into your warm water**

Start your day a little more alkalized by adding 1/4 a lemon into your room temperature water. I leave my water pitcher on our counter at all times to keep my water at the perfect temperature all throughout the day.

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### Day 6:

#### **Notice your ama**

As soon as you wake up before you brush your teeth this morning stick out your tongue & take a look at it. Notice if you have a gunky white coating (ama) covering it. If so think about what you ate for dinner the night before and most likely you didn't fully digest your previous meal. To combat that you can start eating a little earlier, or maybe a little lighter if you tend to enjoy heavy pastas or meats. This is something to just take note of every morning when you wake up notice how you feel and start to think about if certain workouts, foods, or thought patterns are contributing to the either positive or negative way you feel each morning.

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### Day 7:

#### **Ask yourself how does this make me feel?**

Building off yesterday's ama challenge start to notice what foods cause you to feel gassy, bloated, or what foods make you feel empty, gain energy from. Pay attention to the details such as how do I feel after this workout? When I eat pizza every Friday night does the dairy bother you? Start to become your own health detective and make note of how you feel not just in times of discomfort but when you feel really good. This will be your reminder to introduce more of that into your life.

### Reflection from week 1

What were some of your biggest takeaways from week 1? I know for me setting my intention of my evolution is always a powerful one. How many times do we actually sit down and think about who we want to become next? I usually do this first thing in the morning with minimal distractions so I can dive deep and listen to what my body & soul is telling me I want and need in my next evolution. Let me know in the comments on [Instagram](#) what your most impactful week 1 Ayurvedic tools were. I love to hear how Ayurveda is impacting your life.

### Day 8:

#### **Enjoy a cup of ginger, turmeric, lemon & honey tea.**

Watch this [short video](#) on the benefits of it & how to make it.

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### Day 9:

#### **Shut down your devices 2 hours before bed**

Set your bedtime (before 10pm is really awesome) and then work backwards. For example you want to go to bed by 10pm no more phones, computers & tv after 8pm if you really want to be strict. For me I usually allow myself tv a few nights of week past 8pm- This is Us on Tuesday nights is an example. So trying to give yourself a goal and knowing when you allow yourself a little more freedom. Such as your favorite tv show is on, or you have 1 late work night a week. Again we are not trying to be perfect with the habits just being our own health detective to see what works & what needs to go!

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### Day 10:

#### **Make your own fire cider**

[Check out this video](#) for a little fire cider inspiration!

You can also find the [recipe here](#)

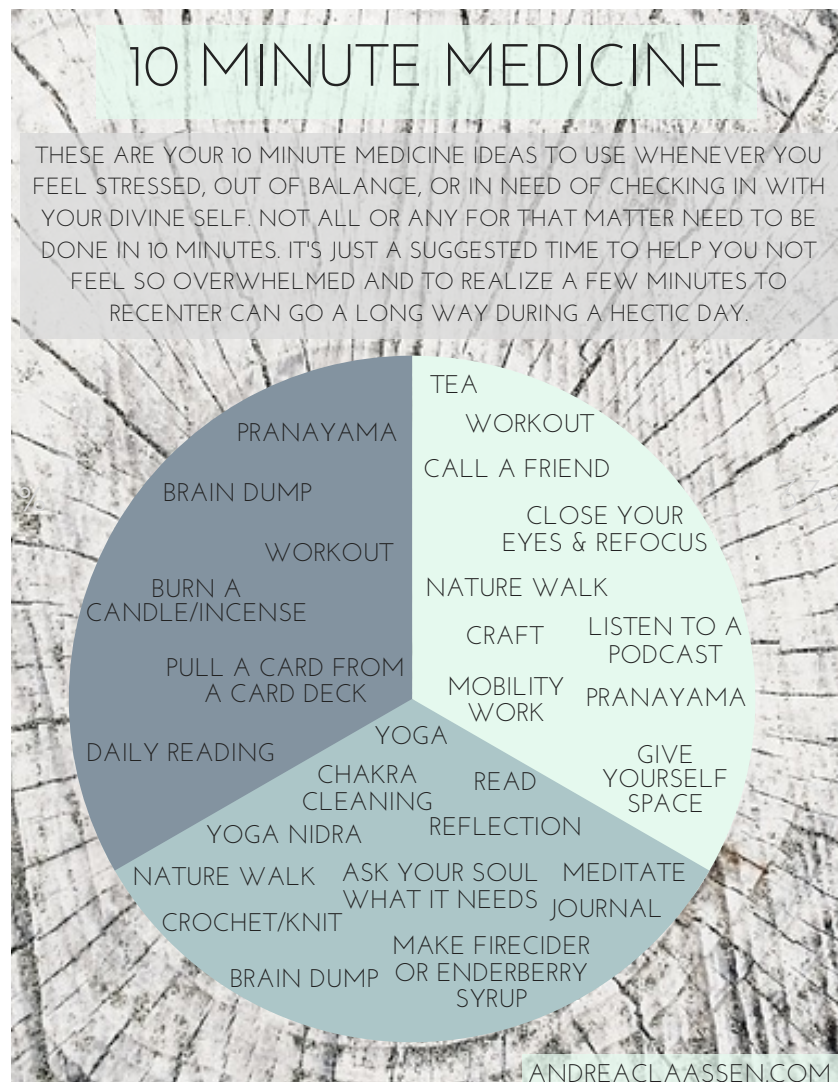
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## Day 11:

### What is your 10 minute medicine?

This is something that came to me as a need for so many of the women I work with. We go, go and go some more and feel depleted at the end of the day. So I thought adding in a dose of 10 minutes as medicine when you need it most during your day. We all have a certain time of day where we just need 1-10 minutes to ourselves. So checkout the wheel for ideas and times of the day for what to add into your routine when you just feel a little "off" on certain days.





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### Day 12:

#### Dry Brush

Using a dry brush before you shower or after can help improve circulation, remove dry, dead skin and is said to help reduce varicose veins as it helps with getting things moving. From personal experience I've found it to be extremely useful for varicose veins on my legs. This is something I love to do after I shower I dry brush and put on a lavender essential oil. In Ayurveda you are suppose to do both of them before the shower but for me after is what I crave so I do it after. Decide what works best for you.

When you dry brush you want to brush your skin towards your heart to help with circulation.

Here is a link to see what a [dry brush looks like](#).

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### Day 13:

#### Batch your habits

Yesterday with dry brushing & oiling my skin was an example of batching my habits. I do two habits right after the other to help ensure I do them. When we batch our habits or combine 2-3 habits one after the other it helps us remember to do them and you literally could be doing Ayurvedic habits all day long so batching them helps you segment your day.



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### Another example:

You wake up dry brush your tongue, brush your teeth, drink a glass of warm lemon water, sit down to meditate, journal after meditation, and then read or workout. Your morning is super productive and full of new habits that are easier to sustain when you have more than one going on.

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### Day 14:

#### Add turmeric to all of your meals today

Enjoy this amazing spice all day long. Add some to your breakfast, it's great in eggs, throw some on a Buddha bowl for lunch, and finish by adding it to your evening soup. Turmeric will turn your dishes slightly yellow so don't be alarmed at the sudden color change of your quinoa. What is turmeric good for? It is an anti-inflammatory so if you have inflammation in your body (who doesn't?) then it's a perfect spice to use daily. It's also good for the digestive system, helps deal with congestion in the body, and helps with your skin.

### Reflection Week 2

How has the first 14 days gone? Don't worry if you haven't been able to add everything into your routine. Some of the challenges will resonate with you more than others. Start there the ones that light you up and you really want to try. The ones that seem really out there to you will come back into your life if they are meant to. When I first learned about doshas I had no idea I would end up loving Ayurveda and really deep diving into the healing modalities it provides. So keep an open mind and really be prepared to start up-leveling your health this week!

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### Day 15:

#### **Early, lighter dinner**

This is one of my favorite habits that has made a huge difference in my digestive system. Eating early before 7pm really helps your bodies ability to breakdown the food it's just eaten. I now enjoy my dinner typically by 5:30pm and can tell the difference if I eat too late. I'm up in the middle of the night more, have night sweats, and just feel like my body is trying to work to hard. So challenge yourself to slowly creep back what time you enjoy your dinner at and then 5 out of 7 nights stick to that time. Finally the lighter part comes into play with a soup, plate of veggies, salad, quinoa bowl. Just notice what your body wants more of at night and how you feel. It really is a personal journey when you start to work on daily habits to see what works best for you!

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### Day 16:

**Vegetable Broth** - Great for days when you need a little pick me up, or start to feel under the weather.

3-4 Carrots

3-4 Celery stalks

2 Onions

Fresh Ginger root medium to large piece

1/2 a Garlic bulb

Thyme

- Chop up the carrots, celery, thyme, onions, ginger root
- Add 2 tsp of olive oil in a stop pot add onion, garlic & ginger to oil to cook
- After above spices have cooked add in carrots, celery
- Add 6 quarts of water
- Bring to a boil and let simmer for 15 minutes
- Add kale, thyme, top of carrots after the veggies have cooked for 15 minutes

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- Add a little bit of cayenne pepper
  - Cover up the pot and turn off the heat and let sit for about 10 minutes and strain and veggie broth will be done
  - Pour in a jar and will keep in refrigerator for 5 days or put in freezer make sure you let it cool and leave a little room at the top before putting in the freezer so it won't explode.
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### Day 17:

#### **Early to bed**

Just like eating earlier, getting to bed before 10pm will make a difference in your life as well. Give yourself a bedtime just like you had as a kid. My bedtime is 10pm. I know that in order to brush my teeth, wash my face, put my contacts in, and read a book, I need about an hour. So I have an alarm that goes off on my usually around 8:30pm so I know I need to start wrapping up projects and start thinking about going to bed. Now ideally I'm off all my devices and not working at 8pm as that is also a habit I try to keep. Again these habits will take time to implement so don't beat yourself up if your struggling with implementing all of them. Start with one and work that habit until you succeed then go through & pick another habit to work on after your first habit is solidified. Remember Ayurveda like life is about the journey and what you can uncover about yourself.

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### Day 18:

#### Self-Massage

Self-massage is key in Ayurveda to keep the circulation flowing just as dry brushing does. Massaging a lavender essential oil blend on your feet at night, rubbing your legs with oil before or after a shower. My favorite blend is from my friend Rachel at Blue Moon Elise. Her blend doesn't make the sheets oily, or leave your clothes stained. Her lavender blend actually prevents Charlie horses. I use to get them all of the time when I was pregnant with my son and after I started putting this blend on my legs I never got one. The few times I forgot I would get them. So if you have any muscle cramping, or soreness I highly recommend the [lavender blend](#)! Now other pure essential oil brands make sure you only add a nickel size amount to your body as it can be quite strong. You also want to make sure you don't dry yourself off with a towel that you throw in the dryer after using a pure essential oil blend as it has been known to cause a dryer fire. Another reason I love [Rachel's blend](#) I don't have to worry about that since she has already diluted it for you.

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### Day 19:

#### Evening Routine

Develop a new evening routine. How can you develop a routine that helps get you to bed on time? A good evening routine will make you excited to perform the routine and get to bed. Examples of what you might want to add to your evening routine-

- Set an alarm on your phone to remind you to start to unwind

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- Pick out your clothes for tomorrow
  - Brush your teeth & nightly skin care routine
  - Journal
  - Read
  - Foot massage with essential oil
  - Sip on a cup of chamomile tea
  - Brain dump everything that you might be thinking about to sleep better
  - Meditate
  - Yoga Nidra
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### Day 20:

#### **Meditation**

One thing I'm learning about meditation is that you can use it in a few different ways. One way could be to stress release the other way to use it as a grounding practice. Stress relief meditation practice would be a great practice in the middle of your day or at night to relax and chill out. There are great guided meditations on [insight timer](#) my favorite free app.

Using meditation as a grounding practice you want to feel more connected to the earth and feel less scattered. When you ground you might envision ruby red roots going down to the center of the Earth. As you breathe in you might see a bright white light or another color pulling up through the roots showering over your body. Another practice to ground is pull your arms up overhead and bring them back along the sides of your body. You can also use a mala beads and recite lam (root chakra), 108 times as you hold one bead and say lam as you go around the mala necklace. Finally another way to ground down is go outside in nature and take a walk.

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### Day 21:

#### Setting Boundaries

When we talk about setting boundaries this can be where we feel like we have it all together or maybe an area we need to work. If you feel like you say yes to everything and have no energy left at the end of the day you might need to work on boundaries. On the flip side maybe you never say yes and you need to step outside of your comfort zone to go to more events outside your home. The first step is to realize which category you fall under. If you want to set boundaries whom do you really need to start with? Is it a friend that keeps wanting you to go out for drinks every weekend but you would rather stay in and get sleep, maybe it's your mom and you need to tell her that you don't want to meet her every Sunday for lunch. Now if you're someone who always says no but wants to have deeper connections with people where can you say yes. Notice if a co-worker asks you to join a group of them for dinner after work say yes when you usually say no. Finally maybe you need to take a solo trip to get back in touch with what you actually need or want in your life. I find solo trips to be one of my favorite things to do to get back in touch with my goals & what I want for my life. Start to brainstorm what boundaries you need to set in your life this week.

#### Reflection Week 3

Let's throw a mini party for you and your new habits! Hopefully you have picked up 1-2 new habits that are really sticky at this point in the month. The final week is no joke and we are going to finish strong with tapping into who we've become. I cannot wait to hear how it went for you in over on [Instagram](#) send me a DM with your favorite challenge!

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## Day 22:

### Movement Time

In Ayurveda taking a daily walk preferably outside is recommended. Daily low impact movement is something to strive for if you're working on developing a movement practice.

## Movement Time

Moving your body according to your emotions & energy level.

<b>If you feel:</b> <ul style="list-style-type: none"><li>• Anxious</li><li>• Stressed</li><li>• Fearful</li><li>• Burned Out</li></ul>		<ul style="list-style-type: none"><li>• Meditation</li><li>• Yin Yoga</li><li>• Restorative Yoga</li><li>• Bodyweight exercises</li></ul>
<b>If you feel:</b> <ul style="list-style-type: none"><li>• Angry</li><li>• Judgemental</li><li>• Controlling</li><li>• Quick Tempered</li></ul>		<ul style="list-style-type: none"><li>• HIIT Workouts</li><li>• Hatha Yoga</li><li>• Nature Walk</li><li>• Gentle Yoga</li></ul>
<b>If you feel:</b> <ul style="list-style-type: none"><li>• Envious</li><li>• Unforgiving</li><li>• Unmotivated</li><li>• Depressed</li></ul>		<ul style="list-style-type: none"><li>• HIIT Workout</li><li>• Vinyasa Yoga</li><li>• Headstand</li><li>• Power Walk</li></ul>

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### Day 23:

#### What is your Dosha?

You might have gotten an introduction into dosha's yesterday. Now you can dive deeper into your dosha today. You can take a quiz right here to see [which dosha](#) you are. You can learn about what gunas, or elements are associated with each dosha and how it all relates to living a life more aligned with the doshas. By now you might see Ayurveda is so much more than just your dosa it really is about knowing yourself.

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### Day 24:

#### Doshic Clock

Not only are the doshas associated with a season, they are also associated with a time of the day.

#### Between 6-10am/pm is the kapha time of day

- It's the time to get a workout in 6-10am movement helps balance kapha so it's the perfect time to get stagnant air moving.
- Between 6-10pm is the time to unwind and get ready for bed. Ideally you need to be in bed by 10pm to get the benefits of the kapha energy.

#### Between 10-2am/pm is the pitta time of day

- 10am-2pm is a great time to tackle any tasks that you need to be productive on. This is when our focus is sharp and a great time to tackle projects at work that will require lots of brain power.

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- 10am-2pm is also a great time to enjoy your largest meal of the day. Our digestive system is at it strongest so can easily break down a larger meal.
- 10pm-2am you should be sleeping. You want to be in bed by 10pm so you don't get your 2nd wind. You also don't want to eat a larger meal late at night as between 10pm-2am your digestive system is working to digest your evening meal. So an early & lighter meal will help you fall asleep & stay asleep so you don't wake up with digestive problems at 2am because your body is still processing a steak meal for example.

### **Between 2-6am/pm is the vata time of day**

- 2-6am is a great time to be sleeping. Vata energy can get very frantic so if you suffer from anxiety and you find yourself still up into the wee hours of the morning you might be making that energy worse. It's also when we wake up in the middle of the night and can't get back to sleep because your mind starts racing with crazy thoughts. This is good to have a notebook by your bed to write down all your thoughts.
- 6am- is a good time to start your day. This is the transition period into the kapha time of day and if you tend to oversleep past 6am you will start to feel that kapha stagnant energy.
- 2-6pm is a great time to do creative projects. If you are in balance you should have energy at this time of the day. 2-6pm can be a great time to think of new project ideas, learn a new creative project such as crocheting, knitting, coloring.

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### Day 25:

#### Seasonal Living

Each season has a dosha associated with it and if you want to avoid some of the pesky things that happen when the spring kapha energy comes about and brings up the congestion we know what we should do to battle that energy. For example if your a pitta make sure you stay cool in the summer to help avoid overheating and getting out of balance with your pitta energy. Even if your not a pitta you should still follow the guidelines in the summer to help from overheating or getting your pitta out of balance.

#### **Early Winter-** Vata & **Later Winter-** Vata leading into kapha

This time of year people are going into hibernation mode. Reflecting, retreating, slowing down and going inwards. The Kapha time of year is associated with grounding, heaviness, and isolation. Depending on your dosha how winter affects you will be slightly different. That is why some love the colder weather and others do not enjoy it.

This time of year our bodies crave more nutrients as our digestive fire is the strongest in the winter months. Focusing on eating more warm, cooked. slightly oil and well spiced foods. Avoid ice cold beverages instead focus on warming drinks, with ginger, cinnamon, and cloves.

#### **Spring-** Kapha

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The spring is a great time to reset and go through a cleanse. The cleanse can be either a 7-10 days. Typically you will eat kitchari, simple unprocessed foods. Perform this cleanse March, April or May. If in a colder temperature April will probably be the earliest you will want to do the cleanse.

Spring is a time for renewal, new beginnings & growth. This is a great time of year to plant new seeds into your life. Such as routines, habits, self-care acts, or exercise routines. As this is a Kapha time of year there is more softness, a slower time of year, and more moisture in the air. Which leads to spring colds, allergies and increased mucus production. To balance it make sure you avoid processed foods, heavy oils, and more liquid foods.

### **Summer- Pitta**

As the months get hotter we need to adjust our food & water intake. This is the time of year that is more intense but expansive. In Ayurveda like increase like. Meaning for anyone who is a pitta this can be a challenging time of year as pittas tend to be extremely intense, sharp, and hot during the summer months. The goal in the summer is to keep cool, relaxed, and have grounding energy to pacify pitta.

We need to start enjoying cooling foods vs. warm soups.

### **Fall- Vata**

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The Fall is another great time of year to indulge in a cleanse. Late September or October are a great time of year to have a cleanse once the weather starts to cool down. The cleanse can be 1-3 weeks. Typically the first week you ease into it, 2nd week add a few more restorative practices, and week 3 you are able to fully submerge yourself into the cleanse.

The Fall season is a time of transition. The trees, weather, plants are all changing around us and our bodies feel the effects whether we notice it or not. More grounding foods, and practices are needed to ground down. This is the time of the year to have heavy, oil, fat & protein based foods. Routines are key in the Fall as that helps keep Vata grounded. The more you can wake up and go to bed around the same time the more likely you are to stay grounded in your body.

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### Day 26:

#### **Replace habits that no longer serve you**

Now that we are towards the end of our challenge you hopefully notice what habits are working, what habits you want to add into your life, and what habits are no longer serving you. For example maybe you know you watch 3 hours of tv at night and you know that is no longer serving your evening routine. That would be a habit to get rid of. Maybe you keep sleeping in every morning and you notice it's no longer serving you how can you replace that habit. What is stopping you from getting up early? If your struggling with getting fitness in what habit needs to be adjusted to start adding in more movement into your day? Take an inventory of what is working and what you need to adjust in the coming weeks.

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### Day 27:

#### **Surrender to the process not the outcome**

When we start out on creating new habits we can sometimes get overwhelmed and want to be at the finish line like yesterday. Instead of thinking you should be farther along than you are enjoy the process of the journey. Know that it will lead to the outcome you desire but the journey is where the sweetness lies. The process teaches you the important lessons along the way. Plus when you arrive at the "outcome" you desire there is always more you will want to add into your life. Ayurveda is such a vast system that there is always more to learn and incorporate into your life. Just think of yourself as just starting your Ayurvedic journey and be open to wherever it might take you.

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### Day 28:

#### **How do you feel? What do you want your next evolution to be?**

We are finishing with another reflection in our journal. How do you feel at the end of the month? Are you feeling overjoyed because you did everything you wanted to do? Maybe you feel a little upset because you didn't do everything you wanted to? Maybe this was just the introduction you needed and you can start to incorporate the habits you see fit into your life as the year unfolds.

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Finally write down the evolution you want to be in the next year. What is calling to you? We are always constantly evolving and taking the time to reflect, meditate, journal about what you see next in your life. Maybe you want to change careers, maybe you want to end a relationship, maybe you want to start a new meet-up group, maybe you want to learn something new? Start to incorporate those new habits that serve you to help align with your next evolution of you.