



# MY MORNING

*Inspiration for your yogic morning routine*



## YOUR FIRST THOUGHTS COUNT

Start with positive thoughts into your day. Maybe use a mantra, an affirmation or a few words of gratitude.



## SMILE & STRETCH

Take a deep breath and then stretch from the core of your being out to your fingertips and toes. Extra advice: put a smile on your face while doing this. I mean, why not?



## CONSCIOUS BREATH

Place your hands on your heart and your belly and take 3 deep & conscious breaths. Fill your being with fresh prana (life energy).

# GENTLE TWIST

It just feels delicious to add a twist to your morning stretches.

Take a deep breath in before you twist & do both sides.





## TONGUE SCRAPING

Use a tongue scraper or if you don't have one, use a tea spoon to free your tongue of the coating that accumulated over night. An excellent way to gently detox.



## 6- DRINK WARM LEMON WATER



# WAKE UP YOUR ORGANS

Use the juice of half a lemon and squeeze it into a glass of warm water. This alkaline & refreshing drink will wake up your organs and gently activate them for an improved digestion during the day.



# OUR DETOX ROUTINE CONTINUES

Use cold pressed sesame oil or coconut oil to cleanse your system of toxics. Swish it around in your mouth for a minimum of 5 minutes.



Oil pulling is part of the Ayurvedic dinacharya (morning routine) & reduces bacteria in your mouth, bad breath, it improves the health of your gums, whitens your teeth, detoxifies your system & cleans your blood.





# STIMULATE YOUR DIGESTION WITH GINGER

Make ginger water or tea to sip during the whole morning.



Ayurveda places a big emphasis on ginger. Its powerful properties help you to stay healthy by boosting your immune system.

# POWERFUL MEDICINE

I love the taste & smell of turmeric. That's why I sometimes add it to my hot or cold water and drink it sip by sip during my morning as an alternative to ginger water.



One of the main benefits of turmeric is its anti-inflammatory properties. It can even help to prevent cancer and is said to delay ageing.

# HAVE A MAGICAL DAY

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