

## WEEKLY KITCHARI FAST SCHEDULE

TIME	ACTIVITY
<b>6am</b>	<ul style="list-style-type: none"> <li>• Wake-up</li> <li>• Scrape the tongue with tongue scraper then brush teeth</li> </ul>
<b>6:20am</b>	<ul style="list-style-type: none"> <li>• Drink 16 oz of hot water with lemon (for Kapha or Vata) or lime (for Pitta)</li> <li>• Take 1 Tbsp of either Tikta Ghrita or Triphala Ghrita</li> <li>• Apply 3-5 drops of Nasya Oil into each nostril</li> </ul>
<b>6:30am</b>	<ul style="list-style-type: none"> <li>• Perform a short home Yoga session; this can be gentle and restorative or a very mild detox series; if home Yoga is not available, try attending a “gentle” or “restorative” Yoga class on the day of the kitchari fast</li> </ul>
<b>7am</b>	<ul style="list-style-type: none"> <li>• Self-Oil Massage (Abhyanga); use Vata, Pitta or Kapha Oil depending on your specific body type</li> <li>• Leave oil on for 30 minutes and then take a warm shower</li> </ul>
<b>8am</b>	<b>Breakfast:</b> Cleansing Kitchari; medium portion, about 2-3 cups
<b>9am</b>	<ul style="list-style-type: none"> <li>• Drink 16 oz of hot water with lemon (for Kapha or Vata) or lime (for Pitta)</li> </ul>
<b>10am</b>	<ul style="list-style-type: none"> <li>• Drink 1-2 cups of cleansing herbal tea such as Detox Tea, Ginger Tea or CCF Tea</li> </ul>
<b>12pm</b>	<b>Lunch:</b> Cleansing Kitchari; larger portion, about 3-4 cups
<b>1pm</b>	<ul style="list-style-type: none"> <li>• Take a 20-30 minute walk, slow to mild pace</li> </ul>
<b>3pm</b>	<ul style="list-style-type: none"> <li>• Drink 16 oz of hot water with lemon (for Kapha or Vata) or lime (for Pitta)</li> </ul>
<b>4pm</b>	<ul style="list-style-type: none"> <li>• Drink 1-2 cups of cleansing herbal tea such as Detox Tea, Ginger Tea or CCF Tea</li> </ul>
<b>5pm</b>	<b>Dinner:</b> Cleansing Kitchari; small portion, about 1-2 cups
<b>7pm</b>	<ul style="list-style-type: none"> <li>• Take a Ginger-Baking Soda Bath, soak a minimum of 15-20 minutes; if a bath is not available try attending a sauna or steam room on this day</li> </ul>
<b>8pm</b>	<ul style="list-style-type: none"> <li>• Perform a 10 minute meditation (or longer!) or seated deep belly breathing</li> </ul>
<b>8:30pm</b>	<ul style="list-style-type: none"> <li>• Perform some restorative Yoga poses such as legs up the wall, supported supta badhakonasana (reclined butterfly pose with bolster), supported forward fold and shavasana (corpse pose)</li> </ul>
<b>9pm</b>	<ul style="list-style-type: none"> <li>• Take 1 tsp of Triphala Churna in 1/2 cup of warm water</li> </ul>
<b>9:30pm</b>	<ul style="list-style-type: none"> <li>• Bedtime</li> </ul>