

Simple Ayurvedic Supported Reset

A rejuvenating mind/body experience

Hello Beautiful,

This Simple Ayurvedic reset is a gentle, nourishing "cleanse" that actually focuses primarily on nourishment and rejuvenation. It is based on traditional Ayurvedic wisdom, but includes variations to meet you where you are at for modern day life.

Choose Your Adventure

ALL IN

The traditional Ayurvedic seasonal cleanse

AYURVEDA LIGHT

Modified to meet you where you are at

Choose Your Dates

Mark your calendar now. Set your intention and choose your dates for your reset, including pre- and post-days. Set yourself up for success!

Gather Your Supplies

Shopping List (ALL IN)

Basmati Rice
Split mung beans
Spices: cumin, coriander, fennel, turmeric, salt, pepper
Fresh cilantro
Fresh limes
Ghee
Fresh ginger

If appropriate for you:

*Triphala

*Chayawanprash

For the Soul

Yoga mat
Mantra playlists
Journal + pen
A corner of your home carved out
White space on your calendar

Shopping List (Variation Options)

Steel-cut oats
Lentils and/or adzuki beans
Spices: almost any
Seasonal and grounding vegetables: carrots, beets, squash, etc.
Seasonal and leafy vegetables: chard, kale, spinach, etc.
Seasonal fruit
Doshic herbal teas

Meat options: fish or chicken

Vegan: replace ghee with coconut oil

Grab the full template and resources in The Simple Ayurveda Collective

The information presented here is for education purposes only and is meant to spark your creativity and interest in your own well being. It is not meant to diagnose, treat or provide health advice. Anything you read here should not substitute for advice from a medical doctor.