

Getting Started – Daily Routine Planner

Day	Phase	Herbal Shot	Kayashram (Exercise)	Kayklesh (Asana)	Kayotsarg (Meditation)	Lifestyle Tip / Affirmation
1	Calm & Decompress	Amla Arjuna	Joint loosening	Vajrasana	Body awareness relaxation (5 min)	Sip warm water slowly
2	Calm & Decompress	Amla Arjuna	Neck & shoulder release	Shashankasana	Natural breath observation	Avoid fried food
3	Calm & Decompress	Amla Arjuna	Side bending preparation	Marjariasana	Calm awareness (5 min)	Eat fresh vegetables
4	Calm & Decompress	Amla Arjuna	Forward bend preparation	Ardha Uttanasana	Settling meditation (5 min)	Early dinner
5	Calm & Decompress	Amla Arjuna	Gentle spinal mobility	Setubandhasana	Guided relaxation (7 min)	Reduce salt gradually
6	Calm & Decompress	Amla Arjuna	Full-body stretch	Supine spinal twist	Deep release awareness (7 min)	Fixed sleep timing
7	Calm & Decompress	Amla Arjuna	Review + light stretching	Makarasana	Reflection Kayotsarg (5 min)	Observe stress triggers
8	Calm & Decompress	Amla Arjuna	Pelvic & lower-back prep	Bhujangasana	Relaxed body scan (7 min)	Light dinner
9	Calm & Decompress	Amla Arjuna	Core relaxation prep	Shavasana	Heart-area relaxation (7 min)	Stay hydrated
10	Calm & Decompress	Amla Arjuna	Phase recap stretch	Makarasana	Deep calm visualization (10 min)	Reflect & reset
11	Circulation & Stability	Amla Arjuna	Arm & shoulder mobility	Tadasana	Circulation awareness (7 min)	Maintain posture
12	Circulation & Stability	Amla Arjuna	Spinal twist preparation	Vakrasana	Calm rhythmic awareness (7 min)	Add potassium-rich foods
13	Circulation & Stability	Amla Arjuna	Review + mobility	Supta Baddha Konasana	Reflection meditation (5 min)	Observe BP patterns
14	Circulation & Stability	Amla Arjuna	Hip & spine preparation	Setubandhasana flow	Blood-flow visualization (7 min)	Walk daily
15	Circulation & Stability	Amla Arjuna	Digestive loosening	Ushtrasana (mild)	Settling relaxation (7 min)	Eat slowly
16	Circulation & Stability	Amla Arjuna	Slow dynamic stretch	Seated forward bend	Stillness meditation (7 min)	Avoid overeating
17	Circulation & Stability	Amla Arjuna	Review + stretching	Supta Baddha Konasana	Reflection (5 min)	Reduce screen time
18	Circulation & Stability	Amla Arjuna	Balance preparation	Tadasana flow	Stability visualization (7 min)	Avoid stimulants
19	Circulation & Stability	Amla Arjuna	Side-mobility prep	Trikonasana (gentle)	Balance awareness (7 min)	Replace salty snacks
20	Circulation & Stability	Amla Arjuna	Phase recap stretch	Supta Baddha Konasana	Circulation consolidation (10 min)	Early light dinner
21	Stabilize & Maintain	Amla Arjuna	Forward bend preparation	Paschimottanasana	Deep calm meditation (10 min)	No late-night meals
22	Stabilize & Maintain	Amla Arjuna	Spine release prep	Supine spinal twist	Pressure-release visualization	Fixed meal timings
23	Stabilize & Maintain	Amla Arjuna	Twist preparation	Vakrasana	Mental release (10 min)	Reduce stress
24	Stabilize & Maintain	Amla Arjuna	Balance preparation	Vrikshasana	Stability awareness (10 min)	Be consistent
25	Stabilize & Maintain	Amla Arjuna	Review stretching	Viparita Karani	Reflection (7 min)	Add fibre-rich foods
26	Stabilize & Maintain	Amla Arjuna	Full-body relaxation prep	Shavasana	Breath-settling Kayotsarg (10 min)	Hydration check
27	Stabilize & Maintain	Amla Arjuna	Review	Viparita Karani	Reflection (7 min)	Sleep 7–8 hours
28	Stabilize & Maintain	Amla Arjuna	Gentle preparation	Shavasana (long)	Extended Kayotsarg (15 min)	Mental quiet
29	Stabilize & Maintain	Amla Arjuna	Spine preparation	Seated still posture	Calm awareness (10 min)	Trust your body
30	Stabilize & Maintain	Amla Arjuna	Final recap	Viparita Karani	Closing meditation (10 min)	Continue habits