

HABUILD RECOVERY DRINKS



ABOUT HABUILD

Habuild stands for habit building. It is a vehicle for people to build healthy habits.

Habits are built through **consistency of practice**. One habit that Habuild focuses on is yoga every single day. Therefore, making yoga a daily habit, with members of all ages across **33 nations**. Optimal utilization of modern technology which makes our **yoga sessions accessible from anywhere** has aided many who were looking for an on-the-go option with an easy routine to follow.

PLEASE VISIT US AT WWW.HABUILD.IN FOR MORE DETAILS

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SLEEP DRINK

INGREDIENTS



1 glass
A2 milk



½ tbsp
desi ghee



½ tsp saut
(dryginger powder)



Pinch of
turmeric



Pinch of
black pepper



Fennel seeds
(saunf)



Sugar/honey

INSTRUCTIONS

1

Boil milk with ghee.

2

Add saut and black pepper.

3

Please note:

Once the mix is about
to boil, add turmeric,
not before.

4

Add sugar/honey when
the milk has come down to
room temperature.



**WHEN TO DRINK?
30-45 MINS BEFORE SLEEP.**

**FOR DIABETICS:
AVOID SUGAR/HONEY.
YOU MAY ADD FENNEL SEEDS.**

BOWEL MOVEMENT REGULATION DRINK

INGREDIENTS



1 glass
milk



$\frac{1}{2}$ tbsp
castor oil

INSTRUCTIONS

1 Warm milk as hot as you like to drink.

2 Pour it in a glass, add castor oil and mix.

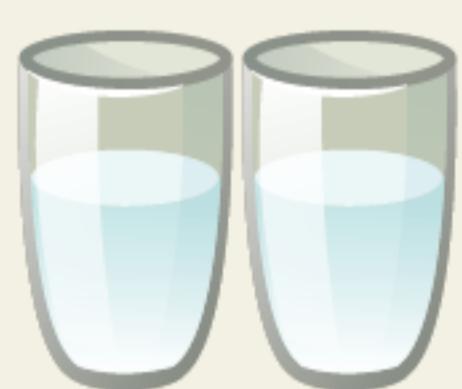
3 Drink it warm.



**WHEN TO DRINK?
1 HOUR BEFORE SLEEP.**

DETOX DRINK

INGREDIENTS



2 glasses
of water



1 lemon



1 small bark
of cinnamon



½ inch
ginger

INSTRUCTIONS

1

Take two glasses of water and squeeze a whole lemon in it.

2

Boil this water with lemon wedges (squeezed out from before), cinnamon, and ginger.

3

Bring it to a lukewarm temperature and drink.



**WHEN TO DRINK?
EARLY IN THE MORNING OR EVENING.**

FLEXIBILITY DRINK

INGREDIENTS



2 glasses
of water



1 lemon



$\frac{1}{2}$ tsp rocksalt
(sendha namak)

INSTRUCTIONS

I

In two glasses of warm water,
add lemon and rock salt.
Drink the mix of both glasses.



**WHEN TO DRINK?
BEFORE THE YOGA SESSION.**

COLD & COUGH PREVENTION DRINK

INGREDIENTS



1 glass
of water



Pinch of cloves
(laung)



Pinch of ginger
(adrak)



Pinch of
turmeric



Pinch of cinnamon
(dalchini)



Pinch of
fennel seeds
(saunf)



Fistful of
Tulsi leaves



1 whole
black pepper

INSTRUCTIONS

I

Boil all the above ingredients,
strain and drink.



**WHEN TO DRINK?
IF YOU FEEL YOU'RE ABOUT TO
CATCH A COLD, OR IF YOU HAVE
A SORE THROAT.**

TURMERIC MILK/ GOLDEN LATTE

INGREDIENTS



1 glass
milk



1 strand
of saffron



Pinch of
turmeric



2 black
peppers crushed

INSTRUCTIONS

1

Boil the milk with black pepper and saffron.

2

Note:

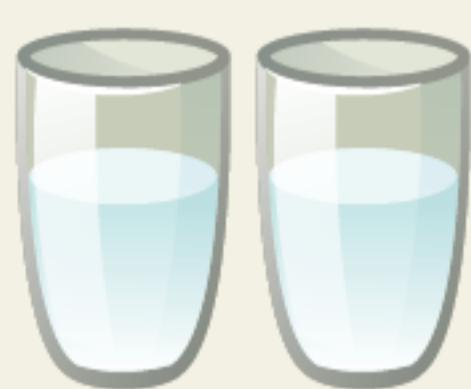
When the milk is about to boil, add turmeric.



**WHEN TO DRINK?
45 MINUTES BEFORE SLEEP.**

CHUKKU KAPPI/ COFFEE ALTERNATIVE

INGREDIENTS



2 glasses
water



4 tbsp
date paste



1 tsp dry
ginger powder



½ tsp coriander
seed powder



½ tsp cumin
seed powder



½ tsp
pepper powder

INSTRUCTIONS

1

Boil water in a saucepan with all the spices along with date paste to it.

2

You may choose to strain or drink as is.



WHEN TO DRINK?
IF YOU FEEL LETHARGIC.

HERBAL TEA/ TEA ALTERNATIVE

INGREDIENTS



2-3 inches of
lemongrass stems,
chopped



2 inches



6 green
cardamom buds



1/2 inch
coinginger



2 cups
water



1 tsp
jaggery (optional)

INSTRUCTIONS

1

Take a saucepan, add the water and bring it to a boil.

2

Crush the lemongrass, cinnamon, cardamom & ginger in a mortar & pestle. Add to the water and cover the pan for 3 minutes.

3

Strain the tea through the strainer into cups.

4

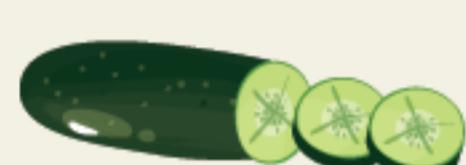
Add jaggery from the top and serve.



WHEN TO DRINK?
IF YOU FEEL LETHARGIC.

ALKALINE WATER

INGREDIENTS



Cucumber



1 lemon

INSTRUCTIONS

1

In a jug of 1 litre water, add 4 slices of cucumber and 2 slices of lemon.

2

Leave it overnight.



WHEN TO DRINK?
IN THE MORNING AFTER WAKING UP.
2 HOURS BEFORE A MEAL
2 HOURS AFTER A MEAL

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YOGA

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3. You will get the link to join the WhatsApp group.
4. Join the group and get all the updates there.

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WHEN YOU REFER 1 PERSON

