



DINACHARYA

Ayurvedic Daily Routine



2:00 AM VĀṬA BECOMES ACTIVE
 5:00 AM WAKE UP
 MORNING SELF-CARE:
 BRUSH TEETH, SCRAPE TONGUE, OIL PULLING,
 RINSE FACE WITH COLD WATER, ROSE WATER,
 NĀŚAYA, APPLY ESSENTIAL OILS, ELIMINATION
 5:30 AM MEDITATION, PRĀṆĀYĀMA, AND SET INTENTION
 FOR THE DAY



5:30 AM KAPHA BECOMES ACTIVE
 YOGA
 6:30 AM EAT LIGHT BREAKFAST
 WALK
 7:15 AM GET DRESSED AND READY FOR THE DAY
 7:30 AM PERFORMA DHARMIC DUTIES (WORK)



10:00 AM PITTA BECOMES ACTIVE
 11:30 AM LUNCH/MAIN MEAL
 SHORT WALK
 VĀMAKUKṢHI (LEFT-SIDE LAYING)



12:30 PM PERFORM DHARMIC DUTIES
 2:00 PM VĀṬA BECOMES ACTIVE—ENERGY DIP?
 5:00 PM EAT LIGHT DINNER



6:00 PM KAPHA BECOMES ACTIVE
 WALK
 7:30 PM EVENING SELF-CARE:
 GARṢHAṆA (DRY BRUSHING), ABHYAṆGA (WARM OIL
 MASSAGE), BRUSH TEETH, SCRAPE TONGUE, OIL PULLING,
 NETI POT, AND WARM BATH/SHOWER
 8:30 PM WARM TEA, READING, AND MEDITATION
 JOURNALING AND PRĀṆĀYĀMA

9:30 PM BEDTIME
 10:00 PM PITTA BECOMES ACTIVE
 RESTORATIVE SLEEP

