

# DINACHARYA

## The Ayurvedic Daily Routine

VATA	2:00 am	<b>VATA BECOMES ACTIVE</b>
	5:00	Wake Up <b>MORNING SELF-CARE</b> Brush teeth, scrape tongue, oil pulling, rinse face with cold water, rose water, nasaya, apply essential oils, elimination.
	5:30	Meditation, pranayama, and set intention for the day.
KAPHA	6:00	<b>KAPHA BECOMES ACTIVE</b> Yoga
	6:30	Eat Light Breakfast, go for a walk
	7:15	Get dressed and ready for the day
	7:30	Perform dharmic duties (work)
PITTA	10:00	<b>PITTA BECOMES ACTIVE</b>
	11:30	Lunch/Main Meal, short walk, followed by vamakukshi (left-side laying)
	12:30 pm	Perform dharmic duties
VATA	2:00	<b>VATA BECOMES ACTIVE</b> Energy dip?
	5:00	Eat light dinner
KAPHA	6:00	<b>KAPHA BECOMES ACTIVE</b> Walk
	7:30	<b>EVENING SELF-CARE</b> Garshana (dry brushing), abhyanga (warm oil massage), brush teeth, scrape tongue, oil pulling, neti pot, and warm bath or shower.
	8:30	Warm tea, reading, meditation, journaling, and pranayama.
	9:30	Bedtime
PITTA	10:00	<b>PITTA BECOMES ACTIVE</b> Restorative Sleep