

Dinacharya: The Daily Ayurvedic Routine

- **Morning sadhana:** Morning Yoga practice; Surya Namaskar (Sun Salutations).
- **Pranayama:** Morning breath work.
- **Meditation**
- **Mantra:** Set an intention for your day.
- **Morning meal:** Breakfast should be taken at first point of hunger. Should be consumed in silence to break your overnight fast.
- **Daily work/tasks/activity:** During this time of day complete the tasks that require the most focus.
- **Mid-day meal:** Lunch should be the largest meal of the day when agni (digestive fire) is highest (10am-2pm). To aid in digestion, lay on the left side of the body following your meal.
- **Social interaction:** Vata time of day (2pm-6pm) is best to gather with friends and loved ones.
- **Evening meal:** Dinner should be light and served at the next point of hunger. Eat just enough to bring you until bedtime, but not right before going to sleep – should be at least 2 hours prior to your slumber.

Dinacharya: The Daily Ayurvedic Routine

- **Let everything go:** Take an inventory of your day followed by relaxing activities (warm bath, reading/ writing, stretching); light some natural candles with calming aromas.
- **Pranayama & Meditation**
- **Oil feet:** Using sesame oil (or any grounding oils), wipe off excess oil and wear socks if desired.
- **Nightly Slumber:** Laying in the manner appropriate for your dosha – Vata on back, Pitta on right side, Kapha on left side.