

## DINACHARYA: THE DAILY ROUTINE

| TIME   | ACTIVITY  |
|--------|---|
| 6am    | <ul style="list-style-type: none"> <li>• Wake-up</li> <li>• Scrape the tongue</li> <li>• Brush the teeth</li> <li>• Splash water on the face</li> <li>• Gargle with sesame oil for 5 minutes, massage the gums after spitting out the oil</li> </ul>  |
| 620am  | <ul style="list-style-type: none"> <li>• Drink 8-16 ounces of hot water (add lemon if desired)</li> <li>• Have a bowel movement</li> </ul>  |
| 630am  | <ul style="list-style-type: none"> <li>• Yoga, Meditation and/or Pranayama</li> </ul>   |
| 715am  | <ul style="list-style-type: none"> <li>• Take a warm shower</li> </ul>  |
| 7:45am | <ul style="list-style-type: none"> <li>• Chew on a spoonful of sesame seeds to stimulate the liver and digestion while taking in essential iron, zinc and calcium</li> <li>• Eat breakfast; make sure to eat sitting down, slowly and with attention</li> </ul>                                 |
| 830am  | <ul style="list-style-type: none"> <li>• Take a 10-15 minute walk outside</li> </ul>  |
| 12-1pm | <ul style="list-style-type: none"> <li>• Eat lunch; this should be the largest meal of the day</li> <li>• Do not eat while working, in a meeting, on the computer or on the phone</li> </ul>  |
| 1pm    | <ul style="list-style-type: none"> <li>• Go for a 15-20 minute walk outside</li> </ul>  |
| 5-6pm  | <ul style="list-style-type: none"> <li>• Eat a light, simple, easy to digest dinner</li> </ul>  |
| 630pm  | <ul style="list-style-type: none"> <li>• Take a 10-15 minute walk outside</li> </ul>  |
| 8pm    | <ul style="list-style-type: none"> <li>• Begin the night-time routine; avoid all electronics including phone calls, computers/emails and television</li> <li>• Prepare a hot cup of "Sleepy Tea"</li> <li>• Take a hot bath with calming essential oils (lavender, tulsi, chamomile)</li> </ul> |
| 830pm  | <ul style="list-style-type: none"> <li>• Perform a self-oil massage (Abhyanga) with sesame oil in the winter, coconut oil in the summer</li> </ul>  |
| 9pm    | <ul style="list-style-type: none"> <li>• Perform a gentle, restorative yoga routine (15 minutes) ending with 5 minutes of "legs up the wall" or a 10 minute meditation</li> </ul>   |
| 930pm  | <ul style="list-style-type: none"> <li>• Get into bed; read a "light" book if desired</li> </ul>  |
| 10pm   | <ul style="list-style-type: none"> <li>• Bedtime, lights out!</li> </ul>  |

