

DINACHARYA - THE AYURVEDIC DAILY ROUTINE

TIME	ACTIVITY
6 AM	• Wake-up • Urinate and eliminate bowels • Scrape the tongue and brush the teeth • Splash cool water on the face • Gargle with Kavala Oil or coconut oil for 5 minutes • Apply 2 to 5 drops of Prana Nasya or another suitable nasal oil
6:20 AM	• Drink 8 to 16 ounces of warm-hot water • Take morning herbs such as Svastha Super Greens or Daily Detox Formula
6:30 AM	• Perform Yoga, Qigong, Tai Chi, Meditation, and/or Pranayama • If time is short, remember, even 5 minutes is better than none!
7 AM	• Take warm bath or shower
7:30 AM	• Cook a warm, nourishing breakfast: medium in size and filled with lean protein and fiber • While cooking, take a digestive aid such as Agni Elixir or ginger tea
8 AM	• Eat breakfast sitting down, chew slowly, and enjoy with total attention
8:20 AM	• Take a 10 to 15 minute walk or bike ride outside
9 AM	• Work
10:30 AM	• Take a 10 to 15 minute break for walking, stretching, breathing, etc
12 PM	• Eat lunch: the largest, most nourishing meal of the day filled with lean protein, whole grains, and colorful veggies • Eat sitting down, slowly, and with total attention—eat outside when possible! • Do not eat while working, in a meeting, on the computer, or on the phone
12:30 PM	• Take a 10 to 15 minute walk outside
12:45 PM	• Back to work
4:30 PM	• Exercise: this can be an exercise class, Yoga, brisk walk, gym session, home workout, bike ride, swim, etc
5 to 6 PM	• Cook a light, simple, easy-to-digest dinner • Eat slowly, sitting down with good company and pleasant conversation • Finish eating all food by 6 pm
6:30 PM	• Take a 10 to 15 minute walk outside

8 PM	• Begin a calming night-time routine • Avoid all electronics, including phones, computers, emails, and scrolling • Avoid all work (including talking about work) and heavy conversations • Prepare a hot cup of Sleepy Tea or Golden Milk • Take a hot bath with calming essential oils (lavender, tulsi, chamomile, rose) • Perform a self-oil massage (Abhyanga) with Vata Oil (fall and winter); Kapha Oil (winter and spring); or Pitta Oil (spring and summer)
9 PM	• Perform restorative Yoga or gentle stretches (5 to 15 minutes), ending with 5 minutes of “legs up the wall”, shavasana, or meditation
9:30 PM	• Get into bed • Read an easy, “light” book if desired
10 PM	• Bedtime, lights out!