



Dinacharya

Daily routine for optimal vitality and longevity

Morning Routine

*Waking up at the same time (preferably around sunrise) allows your body to get more in-tune with nature's rhythms

*Set Intention: Before arising, take a moment to feel into your body and set an intention that will carry you throughout the day

*Scrape tongue/Brush Teeth & Floss: first thing in the morning on *empty stomach* remove 'Ama' or bacterial coating. Helps stimulate digestion. Observe the color and amount of coating (*brown coating = excess Vata, yellow coating = excess Pitta, white coating = excess Kapha*)

*Drink 8 oz warm water first thing in the morning on empty stomach (*add lemon or ginger for extra digestive/immunity boost*)

*Rinse face, mouth, eyes: use cool water to help rejuvenate and bring circulation to the face and organs

*Oil pull (Kavala): swishing with *warm sesame oil* helps strengthen gums, teeth, jaw, and voice while improving sense of taste

*Eliminate : a regular bowel movement is a sign of a *healthy digestion*. Try and go before eating your first meal. If there is no urge, sit on the toilet anyways, and your body will slowly build a routine.

Abhyanga : oil massage with the oil best for your Dosha, always have the oil warm and move strokes toward the heart. Am or pm (*Vata= sesame oil, Pitta= sunflower oil, Kapha = coconut oil*)

*Warm shower or bath- remove past impurities and cleanse the body, mind, and spirit

*Meditate: Best time for meditation and/ or pranayama practice

*Exercise/ Asana practice: depending on your dosha

*Breakfast: preferably on the lighter side

Wake + Sleep hours

Vata: 6:00 am (8+ hours sleep)

Pitta: 5:30 am (6-8 hours sleep)

Kapha: 4:30 am (5-7 hours sleep)

Dosha times

Vata: 6-10 am & pm

Pitta 10- 2 am & pm

Kapha 2-6 am & pm