

An Ayurvedic daily routine

Your daily routine starts the night before, when you go to bed early. Before 10 pm!

Morning

- awake on your own (with no alarm clock ideally)
- use the restroom, rinse out your mouth and splash your face with cold water
- oil pulling **optional. This is a wonderful practice but don't get hung up on it!!**
- clean your mouth: brush your teeth & scrape your tongue
- drink a big glass of hot water
- make sure to *eliminate*
- take your morning herbs
- Yoga practice
- Meditation
- shower etc. can come before or after yoga and meditation
 - self-massage is a wonderful, easy and beneficial addition to your shower or bath
- breakfast
- light exercise if possible (walking or biking to work)

Mid-Morning

- exercise or work:
 - morning is a good time for more strenuous exercise as well like a yoga class, hike, trip to the gym or run

Midday

- lunch - your main meal and protein source should be during the middle of the day. This is when your digestive fire is the highest and you are most likely to 'burn' your food correctly
 - eat consciously and don't over eat
 - have all 6 tastes
 - sit quietly for just a few minutes after
 - take a short walk if possible

Afternoon

- work/chores/errands

Evening

- early evening is the 2nd best time for 'strenuous' exercise
 - a plus is that when you had a fulfilling lunch you will be much less ravenous and can exercise after work
- if you've had a stressful day or tend to 'bring your work home' with you, meditate or do a little yoga when you get home
- evening soothing herbs
- light 'supper'
- time with family, friends, fun (sattvic fun!!)

Late evening

- prepare for your morning or next midday meal if necessary
- aim for starting your soothing routine by around 9 pm
- yoga or meditation while reviewing your day will help you sleep better

Don't be intimidated! This is 'ideal.' Do a little that you are INSPIRED to and build from there.

