

Ayurvedic/Yogic Daily Routine (not definitive)

AM

- Wake up and drink warm water (vata time 2am-6pm, 4 AM is *suggested* wake up time, use your judgment!)
- Use bathroom and empty body of overnight waste
- Check tongue for coating then clean (some say do this before drinking water)
 - Gray means too much vata
 - Yellow/red too much pitta
 - Filmy white is excess Kapha
- Cleaning the tongue wipes off toxins and stimulates digestive fluids
- Use neem oil for bleeding gums
- Gargle with triphala powder rids the throat of mucus (excess Kapha)
- Neti pot with herbal or salted water
- Sesame oil in nostrils afterwards opens the passage ways for Prana to enter brain
- Eye wash, using spit with good bacteria, triphala is good for infections and rosewater is good for soothing Pitta, or burning
- Body massage with sesame oil balances and lubricates joints
 - Coconut is cooling (pitta), sesame is warming (kapha, vata)
- Exercise (Kapha time 6am-10am)
 - Vata, slow and steady
 - Pitta, cooling and focused
 - Kapha, movement, shaking and stimulating
- Pranayama
 - Vata, alternate nostril for calming
 - Pitta cooling breaths using tongue, shitali
 - Kapha, quick and rapid
- Meditation
 - Vata: mantra, visualizations, grounding
 - Pitta: silence, space, cooling and soothing mantras
 - Kapha: infinite and open visualizations, prayer
- Breakfast*: light with tea
 - Vata: needs to eat to stay grounded
 - Pitta: needs to eat to use digestive fire
 - Kapha: could skip meal to stimulate, already slow digestion could use a shaking up by missing meal
- Work/Play
 - Choose activities that reflect your values
 - Have fun!

PM

- Lunch*: Large, fulfilling, nourishing (like thanksgiving dinner)
 - Highest digestive fire of day, so use it up with a large balanced meal
 - Not too much sweet or liquid, which will put out digestive fire
- REST! Its pitta time (10am-2pm) so after eating rest a little. Not a time to exercise or use too much energy for activities since body is digesting
- Work/Play
 - Vata time (2pm-6pm) so use the mind and BE CREATIVE!
 - Projects, assignments could be done here
- Kapha Time (6pm-10pm) a good time to exercise again
- Dinner*
 - Eat before sun goes down
 - Less protein
 - Lighter meal
- Evening
 - Fruits and teas are fine here
 - Lessen your stimulants, turn off TV, read soothing, not exciting books
 - Study scripture
 - Relaxing pranayama exercises
 - Calming meditation practices
 - Talk less
- Sleep! Rest! Deep!

Balance, Awareness and Knowing

It is always up to you to create a routine that combines elements of right diet, exercise, rest, rejuvenation, and fun. If some parts of your day are too stimulating do you have time to relax? If you feel dull during the morning are you adding activities that invigorate? What is left out and what is over abundant and dominant? What part of the day do you feel most comfortable and what elements are present that create this feeling? This routine process asks you to be present with your feelings during these moments. Ayurveda does not ask you to add activities and behaviors that are ultimately discomfoting (although in the beginning, changing any habit can be uncomfortable!) So you must be able to FEEL what is happening in any given moment to KNOW if what you're doing is appropriate and beneficial for you. The above routine is based on the Ayurvedic times of day, which are formed in 4-hour increments. So if one day you eat lunch around noon and the next around 1pm you might not feel such a difference. But how about those days when you eat lunch at 2:30pm? How do you feel the rest of the afternoon? What changes are present in your body and mind? Think of Ayurveda as the balancing of your day (the elements of right diet, exercise, and rest) and Yoga as the Awareness of what is actually happening.

**Side note about Digestion for entire day: drink room-temp glass of water after eating and practice lying left-side-down after meals to facilitate proper use of oxygen and blood in digestive system; use appropriate herbs for your type to help stimulate digestion; stay calm and restive not active and agitated.*

