

# Ayurveda Dinacharya

## Daily Routine

### WAKE UP WITH THE SUN



### MORNING ROUTINE

wash face scrape tongue

eliminate

oil body/self massate

meditate/pranayama

yoga/gentle movement

shower/bathe

### EAT 3 MEALS DAILY

largest meal at midday

last meal 3-4 hrs before bed

### EVENING ROUTINE

hygiene for evening

read/relax

meditation

### SLEEP BY 10 PM

