

## **Dinacharya - Daily Routine**

### **Morning**

*What you give your attention to in the morning sets the tone for your day.*

Wake and rise before sunrise.

Eliminate - bowels, bladder (preferably within first couple of hours of waking.)

Rinse out mouth and eyes with cool water.

Scrape tongue.

Brush teeth.

Drink large glass of warm water.

Jala neti (nasal rinse with salt water) if appropriate for you (removes excess mucous, best in spring or for kapha constitutions in general).

Massage warm sesame oil into gums with fingers (or do oil pulling if desired).

Dry brush whole body using natural bristle brush or raw silk gloves ("garshana" gloves.)

Abhyanga - warm oil massage of whole body, long strokes for long bones, clockwise circles for joints, abdomen - with oil appropriate to your dosha and the season (from heavier and warmer to lighter and cooler: sesame, olive, sunflower, coconut.)

Shower or bathe - use mild, natural soap, only as necessary (armpits, genitals.)

Yoga/pranayama/meditation practice.

Breakfast - if you are hungry.

### **Mid-day**

Lunch, between 11 a.m. and 2 p.m., is ideally the major meal of the day; including all six tastes. Rest for 10-15 minutes (lying on left side is ideal).

### **Evening**

Dinner is best before 7 p.m. (earlier in the winter), is the lightest meal ("supper" derives from "soup"); soup or cooked vegetables and rice, for example.

Evening routine can include anything quiet and soothing, minimizing electronics.

Bathe face, feet, hands and massage sesame oil into feet before bed.

Restorative yoga is helpful in the evenings to support sleep.

Be in bed and asleep by 10 p.m. to allow the midnight liver detoxification process to clear out daily toxins.

Daily health check: energy level, tongue, pulse, poop