



## Kalyāna Consulting

Physical, Emotional & Spiritual Well Being

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### **Dinacharya / Daily Routine**

#### **Ayurvedic Morning Routine**

- Awaken without an alarm clock 5 – 6 AM
- Brush teeth & clean the tongue
- Oil pulling
- Neti Pot & Nasya oil to clean sinuses
- Drink a glass of warm water (can add lemon & ginger)
- Empty bowels & bladder
- Yoga / flexibility exercises
- Meditate (20-30 minutes)
- Strength & Cardio (if not part of Yoga practice)
- Abhyanga – Ayurvedic Oil Massage & Bathe
- Eat a light breakfast with awareness
- Perform morning work / activity

#### **Afternoon Routine**

- Eat lunch (largest meal of the day) 12 – 1 PM
- Sit quietly after eating for about 5 minutes, experience gratitude
- Take a short walk to aid digestion
- Perform afternoon work / activity
- Notice how you feel in the afternoon (need for chocolate/coffee, sluggishness, etc.)
- Water / cup of tea @ 2 PM
- Meditate in the late afternoon (around sunset & before dinner)

#### **Evening / Bedtime Routine**

- Eat a light-moderate dinner (6 – 7 PM)
- Sit quietly for 5 minutes after eating, experience gratitude
- Walk to aid digestion (5 - 15 minutes)
- Perform light activity in the evening
- Minimize intense mental work after dinner
- Eliminate or minimize electronic use after dinner (definitely after 8:30 PM)
- In bed with lights out by no later than 10:30 PM