

# ROCK YOUR DAILY RHYTHM

## Morning

- Rise before the sun, preferably before 6 AM.
- Eliminate.
- Awaken your senses. Wash your face, hands & scrape your tongue.
- Drink a BIG cup of warm water, with lemon to balance pH and cleanse your system.
- Sit quietly and breath deep (for at least 10 minutes, slowly increase the time).
- Exercise for 20 minutes (yoga, walk or other movement you enjoy).
- Massage your body with warm sesame oil before taking a bath or shower. [See my blog for more.](#)
- Have a Green Smoothie, warm grains, fresh fruit or other light breakfast.
- Eat in a calm environment preferable before 8 AM.

## Midday

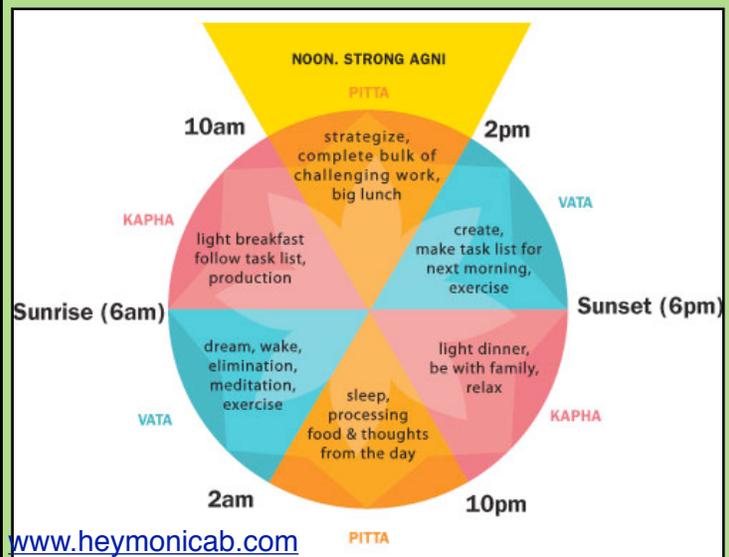
- Eat your biggest meal in the middle of the day. Include plenty of vegetables, whole grains and protein.
- Take short breaks during the day.
- Tackle your biggest tasks by 2PM. Late afternoon be creative.
- Spend at least a short time outdoors.

## Evening

- Quit work by 6:30 PM.
- Cultivate an attitude of gratitude and let go of any stress from the day.
- Eat a light meal before 7:30 PM.
- Go for a short (~ 20 minute) walk or engage in an activity that brings you joy.
- Wind down a half hour before bed. Turn off computers, TV, dim lights, sip herbal tea and read something light.
- Practice gratitude. Journal 5 things you are grateful for.
- Retire early (by 10 PM).

## Why create a daily routine?

All of nature flows in cyclical rhythms and our bodies function best when we give them a reliable pattern to attune to. The body and especially the nervous system are balanced and healthy if we eat, sleep, work and exercise about the same time each day. Hectic routines of life where meals are skipped or eaten in cars, exercise is avoided and sleep is inconsistent all result in poor digestion, fatigue, weight gain, stress, overwhelm and a weak immune system. Ayurveda's wisdom teaches us that by returning to the practical simplicity of our natural rhythms balance can be achieved and maintained.



Ayurveda is based on the expression of the 5 great elements (Earth, Water, Fire, Air & Space) as energies. The 3 energies of Ayurveda (doshas): Vata, Pitta & Kapha govern certain times of day. The chart above shows what times of day each energy is dominate. Once we know what energies are strongest at specific times, we can move in harmony with those energies to achieve overall balance. Your daily routine is the key to grooving with the elements and rocking your day!

**Vata** (Air/Space) - The energy of movement is active from 2-6 AM/PM.

**Pitta** (Fire/Water) - The energy of transformation is active from 10-2 AM/PM

**Kapha** (Earth/Water) - The energy of structure and stability is active from 6-10 AM/PM.