

## Beneficial Daily Routine

Rise with the sun



Clean your face, mouth, nasal passages with *neti* pot and *nasya* oil, and gargle with warm water with some sesame oil



Drink one cup of warm water with a few drops of lemon



Yoga practice appropriate for your *dosha* and condition, coordinating breath and movement



Incorporating *pranayama* (breathing), *mantra*, and meditation



Eat 3 meals per day according to your *dosha* and condition



Eat breakfast by 8:00am



Make lunch your largest meal around noon



Take some time after lunch for digestion



Go outside and appreciate nature



Eat a light dinner around 6:00pm, and not later than 7:00pm



Relax and wind down after dinner



Offer gratitude



Go to sleep by 10:00pm

