

Ayurvedic Routine



Seize the day.

My Daily Routine

6:00 A.M.	
7:00 A.M.	
8:00 A.M.	
9:00 A.M.	
10:00 A.M.	
11:00 P.M.	
12:00 P.M.	
1:00 P.M.	
2:00 P.M.	
3:00 P.M.	
4:00 P.M.	
5:00 P.M.	
6:00 P.M.	
7:00 P.M.	
8:00 P.M.	
9:00 P.M.	
10:00 P.M.	

Doshas

Kapha	6 A.M. - 10 A.M.	6 P.M. - 10 P.M.
Pitta	10 A.M. - 2 P.M.	10 P.M. - 2 A.M.
Vata	2 P.M. - 6 P.M.	2 A.M. - 6 A.M.

