



ROUTINES & RITUALS WITH  
PREMA SHAKTI

*Daily Ayurvedic Suggestions*



# *Dincharya*

The Daily Ayurvedic Routine

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# *Dincharya*

Awake with the sun:

During Vata time; start the morning off with gratitude by pausing to send loving energy into the universe. Give thanks and welcome the blessings of the day yet to come.



# *Dincharya*

Empty bladder



# *Dincharya*

Cleanse face, eyes, ears and mouth with cool water:

Reduces Pitta (fire) excess that has built up during the night. Senses will become open and receptive.



# *Dincharya*

Brush teeth/scrape tongue:

Check the tongue to observe ama (waste) collected throughout the night. Using a tongue scraper starting in the back of the mouth pulling to the tip of the tongue. Brush teeth using an herbal, natural toothpaste.



# *Dincharya*

Sip warm water with lemon:

Cleanses the GI tract and removes ama (waste) from the digestive & elimination systems. Substitute lime if feeling hot.



# *Dincharya*

Empty bowels



# *Dinacharya*

Engage in Garshana (dry brushing) &  
Abhyanga (body oil massage)



## GARSHANA: DRY BRUSH BODY MASSAGE

To give a dry-brush body massage:

Using a comfortable amount of pressure, take a brush, loofa or washcloth and stroke the skin in a circular motion. Start at your feet, with strokes made towards the heart. Cover the entire body (excluding your face) followed by applying your Abhyanga oil and morning shower.



## ABHYANGA: BODY OIL MASSAGE

To give yourself an Abhyanga oil massage:

Before your morning shower, warming your oil if so desired, begin to massage oil into the skin starting with your legs, working towards the heart. Include positive affirmations as a part of your ritual, showing gratitude for your human vessel. Allow for the oil to seep into the pores, approximately 15 minutes, before washing away any excess oil.



# *Dincharya*

Shower/cleanse in body temperature water:

Making sure not to shock the body in too hot or too cold temperatures, use an all natural body wash as to not strip your skin of their natural oils.



# *Dincharya*

Swab nostrils:

Using a q-tip, dip in rosewater hydrosol and swab nostrils; follow with dipping a new q-tip into nasya oil or sesame oil and repeat swabbing nostrils. Use a neti pot as needed for present irritants.



# *Dincharya*

Morning sadhana:

Morning Yoga practice; Surya Namaskar (Sun Salutations).



# Dinacharya

Pranayama:  
Morning breath work.

## **Kapalabhati (skull polishing breath):**

A stimulating breath that will increase agni (digestive fire) and clear our breathing passages. Sitting up tall, breath will come in and out through the nose. Inhale passively; exhale with force, pulling your navel towards your spine. Typically done in a quick, repeated manner, but can be slowed down.



# Dincharya

## Meditation

### **Mindfulness:**

Becoming present and focused, being witness to the moment and bringing your attention to a single point. You can use the breath, a flame or any viewpoint. Bring the mind back to your focus point each time it begins to drift away.



# Dincharya

Mantra:

Set an intention for your day.

## **Mahamrityunjaya Mantra:**

om̐ tryambakam̐ yajāmahe sugandhim̐ puṣṭi-vardhanam̐  
urvārukam̐ iva bandhanān mṛtyor mukṣīya mā 'mṛtāt



# *Dinacharya*

Morning meal:

Breakfast should be taken at first point of hunger. Should be consumed in silence to break your overnight fast.



# *Dincharya*

Daily work/tasks/activity:

During this time of day complete the tasks that require the most focus.



# Dinacharya

Mid-day meal:

Lunch should be the largest meal of the day when agni (digestive fire) is highest (10am-2pm). To aid in digestion, lay on the left side of the body following your meal.



# *Dincharya*

Social interaction:

Vata time of day (2pm-6pm) is best to gather with friends and loved ones.



# *Dincharya*

Evening meal:

Dinner should be light and served at the next point of hunger. Eat just enough to bring you until bedtime, but not right before going to sleep – should be at least 2 hours prior to your slumber.



# Dincharya

Let everything go:

Take an inventory of your day followed by relaxing activities (warm bath, reading/writing, stretching); light some natural candles with calming aromas.



# Dincharya

## Pranayama & Meditation

### **Nadi Shodhana (alternate nostril breath):**

Create a peace symbol with your dominant hand, then lower the peace sign (index and middle finger) and raise the thumb, ring and pinky fingers. With your palm facing you, close off the right nostril with your thumb, exhaling through the left. Inhale through the left nostril, then close off the left nostril at the top of the breath with your ring finger, release your thumb from the right nostril to open for the exhale. Repeat back and forth, alternating nostrils.



# *Dincharya*

Oil feet:

Using sesame oil (or any grounding oils), wipe off excess oil and wear socks if desired.



# *Dinacharya*

Nightly Slumber:

Laying in the manner appropriate for your dosha – Vata on back, Pitta on right side, Kapha on left side.





# Conclusion

Including Ayurvedic principles into your daily routine promotes balance and health.

We are all divine beings. Using the tools and the awareness of Ayurveda, we can navigate through life's influential factors while maintaining a state of bliss.

Om Shanti Shanti Shanti



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