

morning rituals

DINCHARYA: THE AYURVEDIC DAILY ROUTINE

Priority Items

- Awaken with the sun
- Cleanse the Senses
- Scrape Tongue/Brush Teeth
- Sip Warm Water w/Lemon
- Yoga/Meditation/Mantra
- Garshana: Dry Brushing
- Abhyanga: Self Oil Massage
- Bathe / Shower
- Morning Meal

Daily Affirmation

Inspiration Corner

evening rituals

DINCHARYA: THE AYURVEDIC DAILY ROUTINE

Priority Items

- Light Evening Meal
- Relaxing Activities
- Breathwork/Meditation
- Reading/Writing/Journaling
- Warm Bath
- Evening Yoga / Stretching
- Aromatherapy
- Oil Feet
- Evening Gratitude

What I Am Grateful For



Inspiration Corner

