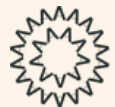


DINACHARYA



ASTROLOGY
& AYURVEDA



DINACHARYA

- ☐ WAKE UP BETWEEN 6.30 AM AND 7AM
- ☐ TONGUE SCRAPING
- ☐ DRINK A GLASS OF WATER
- ☐ 30 MIN EXERCISE
- ☐ + 10 MINUTES ASANAS
- ☐ SHOWER AND CLEANSE
- ☐ 10 MIN PRANAYAMA
- ☐ AYURVEDIC BREAKFAST AT 8AM-9AM
- ☐ 15 MIN WALK
- ☐ START YOUR DAY
- ☐ MOST PRODUCTIVE PART OF THE DAY 10 AM- 2PM
- ☐ LUNCH @ 12 AM-1PM.
- ☐ 15 MINUTES SHORT WALK
- ☐ RESUME YOUR ACTIVITIES
- ☐ 5.30 PM WRAP UP MAIN ACTIVITIES
- ☐ MEDITATION, UNWIND, RELAX,
- ☐ HOBBIES, SOCIAL, FAMILY, FRIENDS
- ☐ BOOK, MOVIES, THEATER TIME
- ☐ BED TIME IS AT 10.30,

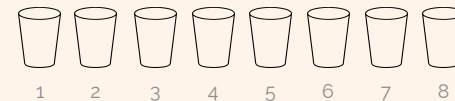
DOSHA RELEVANT EXERCISE

- ☐ CARDIO
- ☐ WEIGHTS
- ☐ YOGA
- ☐ PILATES
- ☐ SWIMMING
- ☐ WALKING

HOURS OF SLEEP



HYDRATION



DIET

- ☐ SWEET
- ☐ SOUR
- ☐ SALTY
- ☐ PUNGENT
- ☐ BITTER
- ☐ ASTRINGENT

MOOD

