

Set the tone for your day and

RECLAIM YOUR VITALITY & PEACE

with Michelle Robinson



Rhythm of the Day

Just as the sun rises and sets with unwavering consistency, establishing regularity and routine in your own life is essential for cultivating health and happiness.

In Ayurveda, an appropriate *dinacharya*, or daily routine, involves establishing and following a set of activities designed to align your body and mind with natural cycles, including waking up early, practicing mindfulness and appropriate exercise, eating at regular intervals, and engaging in self-care rituals that support your overall energy. These practices help maintain balance, enhance well-being, and support the body's natural healing processes.

***Dinacharya* refers to the routine self-care 'stuff' that you do daily.**

So what might an appropriate and sustainable *dinacharya* practice look like? Here are some key and simple consideration on where to start:

Wake Up Early

Ideally, **wake up before sunrise** (around 5:30-6:00 AM). This time is considered an optimal time for maintaining balance in the body and mind. Plus, waking early provides you with the opportunity for reflection and to set a daily intention .

Scheduled Meals

As much as possible, avoid snacking and instead **eat 3 whole food meals 4-6 hours apart**. This allows your body the time and space it needs for proper assimilation, absorption and eventual elimination while keeping your energy balanced.

Self-Care

Upon rising, take care of your **oral health** and **elimination**. Then, practice 5-10 mins of **meditation and breath work**. Follow this up with 20+ mins of **mindful and appropriate movement** and stretching at some point throughout your day.

Embrace the Journey

There are so many benefits to adopting an appropriate and consistent *dinacharya* routine. In time, and with consistent practice, you will see:

- Improved digestion and metabolism resulting in decrease bloating, better nutrient absorption and stable energy levels.
- A structured routine can reduce stress, anxiety, and emotional fluctuations by promoting mental clarity and stability.
- Consistent self-care practices, including regular sleep and exercise, bolster the immune system and enhance resistance to illnesses.
- Being aligned with Nature's rhythms helps regulate sleep patterns, leading to more restful and restorative sleep.

Feeling your best takes times, consistency, patience and acceptance. Start small, be compassionate and listen to you body.

Your health is just as important as the next persons and it's your responsibility to take action and bring yourself to life.

"Investing your time, energy and resources in your health is the greatest investment you will ever make."

Myra Lewin, Ayurveda Practitioner and Ayurveda Yoga Therapist

