

NOURISHING DAILY RHYTHM

MON TUE WED THU FRI SAT SUN

6am						
7am						
8am						
9am						
10am						
11am						
12pm						
1pm						
2pm						
3pm						
4pm						
5pm						
6pm						
7pm						
8pm						
9pm						
10pm						
11pm						

KAPHA
Best time for movement practice/exercise

Light and easy to digest warm meal

Notice: lethargy, dullness, procrastination

PITTA
Eat largest meal of the day

Complete majority of work

Notice: anger, frustration, irritation

VATA
Creative projects

Restorative pose

Notice: anxiety, worry, poor digestion

KAPHA
Second best time for movement practice/exercise

Eat light dinner and relax

In bed by 10pm

Notes, Observations, and Inspirations