

Rhythm of the Day

The cycles of nature influence our mental, emotional, and physical wellbeing on many levels. When we lose touch with our body's intrinsic rhythms, we experience discomfort or fatigue.

Experiment with this daily routine and notice how it influences your quality of life:

MORNING 6:00 AM – 10:00 AM [KAPHA]

- Awaken without an alarm
- Empty bowels and bladder
- Perform light yoga postures, stretching
- Meditate
- Perform strength and cardiovascular exercise
- Bathe / oil massage
- Eat breakfast with awareness
- Perform morning work and activities

MID-DAY 10:00 AM – 2:00 PM [PITTA]

- Eat lunch: noon-1:00 P.M. (largest meal of the day)
- Sit quietly for 5 minutes after eating
- Walk 5-15 minutes to aid digestion

AFTERNOON 2:00 PM – 6:00 PM [VATA]

- Perform your afternoon work and activity
- Meditate around sunset

EVENING 6:00 PM – 10:00 PM [KAPHA]

- Eat dinner: 6-7:00 P.M. (light to moderate)
- Sit quietly for 5 minutes after eating / walk 5-15 minutes

BEDTIME

- Perform light activity in the evening
- Minimize intense mental work after dinner
- Try to be in bed with the lights off by 10:30pm

To learn more: *Time is Cons: Timeless Wisdom of the Maasai* by Tanya Pergola, Ph.D.

www.tanyapergola.com