

MAMA AYURVEDA ROUTINE

MORNING/AFTERNOON ROUTINE

BALANCE MIND-BODY-SPIRIT FOR OPTIMAL WELL-BEING, HEALTH AND LESS STRESS

VATA AM
STILLNESS

GOAL: GROUNDED & CONNECT WITH SOUL

2:00 SLEEPING

3:00 SLEEPING

4:00 ↑ **WAKE UP BETWEEN (4-6AM) BEFORE THE SUN**
BEST TIME FOR:

5:00 DEEP BREATHS

YOGA OR STRETCHING

6:00 ↓ MEDITATION

KAPHA AM
ENERGIZE

GOAL: MOVE, MUNDANE TASKS, ACTIVATE AGNI

6:00 ↑ **BEST TIME TO:**
WORKOUT

7:00

HOUSE BLESSINGS/MUNDANE TASKS:

8:00 KIDS READY, CARPOOL, LAUNDRY, TIDY UP, BILLS,
MEAL PREP, CHECK EMAILS ETC.

9:00

SIP WARM WATER OR TEA TO ACTIVATE AGNI

10:00 ↓ **BREAK-THE-FAST**

PITTA AM/PM
PRODUCTIVE

GOAL: FOCUSED ATTENTION/HIGH ENERGY TASKS

10:00 ↑ **BEST TIME TO:**

11:00 **FOCUS WORK/MEETINGS**

HARDEST AND MOST IMPORTANT DECISIONS

12:00 TACKLE THE TO-DO-LIST

CHECK SOCIAL MEDIA IN 10 MIN BLOCKS

1:00

LUNCH: EAT LARGEST MEAL

2:00 ↓

AYURVEDA ROUTINE

AFTERNOON/EVENING ROUTINE

VATA PM
PLAYFUL/CREATIVE

GOAL: CREATIVE TASKS AND QUALITY TIME

2:00 ↑ **BEST TIME FOR:**
CREATIVE WORK/SOCIALIZE/MEETINGS/FAMILY TIME

3:00
LISTEN TO INSPIRING PODCASTS, READ QUOTES

4:00
COOKING

5:00
PLAY WITH KIDS

6:00 ↓ **IDEAL DINNER 5-7PM -SMALL, WARM EASY TO DIGEST
(NO SNACK AFTER DINNER)- FAST FOR 13-16HRS**

KAPHA PM
UNWIND/SELF-CARE

GOAL: SELF-CARE, GRATITUDE, SLOW DOWN

7:00 ↑ **BEST TIME FOR:**
HOUSE BLESSINGS- CLEAN, FOLD LAUNDRY, TIDY UP

7:30
KIDS BLESSINGS- KIDS BEDTIME, TALK WITH KIDS

8:00
**WIND-DOWN/SELF-CARE -END SCREEN TIME,
BREATHE, WASH-FACE, MEDITATION, BREATHING**

9:00

10:00 ↓ **IDEAL BEDTIME 9:30-10:00PM**

PITTA PM/AM
REJUVENATE

GOAL: DEEP RESTORATIVE SLEEP

10:00 ↑ **SLEEPING 10-5:30AM**

11:00

12:00

1:00

2:00 ↓