



Attune Your Daily Rhythm

(Dina Charya) with Cate Stillman

Morning

- Wake early, preferably before sunrise.
- Urinate and defecate upon arising.
- Scrape your tongue, and brush your teeth.
- Apply ghee or sesame oil inside your nostrils.
- Drink 2 cups of hot water, with lemon to increase alkalinity, if desired.
- Exercise for 20 minutes breathing through your nose (yoga, walk, spin).
- Meditate (for at least 5 minutes).
- Massage your body with a pure oil before, during or after a bath or shower.
- Have raw green energy (kale, dandelions, wheatgrass) at breakfast: a green smoothie or green juice. If you feel hungry, then have \ warm grains.

Mid-day

- Do not restrain natural urges such as yawning, sneezing, farting, or urinating.
- Eat your substantial meal in the middle of the day in a quiet, settled atmosphere. Drink only water between meals.
- Avoid rushing, worrying and overeating.

Evening

- Quit work before 6 pm. Unplug.
- Treat yourself and those you interact with lovingly and gently. Cultivate gratitude and ease.
- Eat a light meal in the evening.
- Go for a walk.
- Engage in activity that brings you joy.
- Meditate at the end of your day's activities.
- Retire early (before 10 pm).

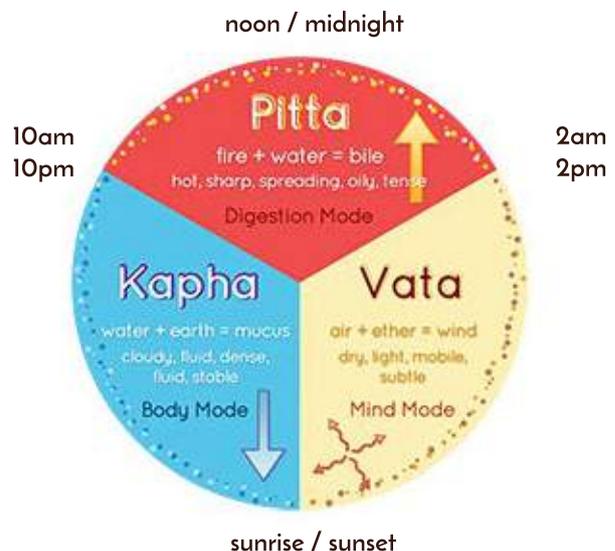
Once upon a time, a species named homo sapiens invented electricity. They brought light into the dark night. The homo sapiens quickly invented all sorts of wonderful devices, evolving much of the capacity of their exquisite brains. Unfortunately, in the process, they forgot they were a species with a long history of daily rhythms evolving on a sacred planet that circled a sacred star. In disconnect from the vibrant rhythm, they unwittingly invented all sorts of poisons for their bodies and their home. The homo sapiens started to get sick in mind and body. Their spirits were neglected. Their immune systems deteriorated. They became allergic to the plants on their sacred Earth. They didn't know why.

Then, one day, an old chart was unburied. The chart pointed out that within their bodies was the rhythm of their Earth spinning around their Sun. The homo sapiens began to align to the daily rhythm. They unplugged their devices when the sun went down. They ate the simple leaves, nuts, and berries from the plants in their ecosystem when the sun was up. They remembered to move their bodies during the day and to sleep at night. They grew in health and integrity, connecting their big hearts with each other, face to face, at the end of each day. And all was even better than before.

by Cate Stillman,
Founder of Yogahealer

This clock chart conveys the energy dominant during times of day.

- Vata, the subtle wind energy, is active from 2-6.
- Kapha, the nourishing water energy, is active from 6-10.
- Pitta, the transforming fire energy is active from 10 -2.



Your Daily Rhythm is your all access pass to more energy, better sleep, mental clarity. Get in a dynamic group working on Daily Rhythm. Join Body Thrive today!

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