

Evening Routines

Ideally you should be in bed by 10pm. If you have an imbalance in bed by 9pm is ideal. Discover your why? Why do you want to go to bed earlier? What is your bigger purpose for your 8 hours of sleep.

How to start

- Reverse engineer your bedtime by 15 minutes. If you go to bed at 11pm now push it to 10:45pm until you make it a consistent 10pm bedtime.
- Use your phone timer to remind you to start winding down
- Shut off tv, computers & phones ideally 2 hours before bed
- Have dim lights on in your living room
- Pay attention to the sun setting and how that makes you feel more relaxed
- Give yourself a bedtime curfew

How to sleep a little deeper

- Eat an earlier, lighter dinner
- Take a walk or light yoga after dinner
- Rub essential oil on your feet
- Take a warm bath
- Meditate for 5 minutes
- AH breaths
- Read a book vs. watching tv
- Do a restorative yoga pose or two
- Journal about what you accomplished, learned, or are grateful for today

*After travel or hosting visitors try to get back to your routine as soon as possible. Or keep a few elements in your routine when traveling.

Evening Routines

Dina Charya: Your Daily Rhythm Checklist

Morning

- Wake early before or around 6am
- Urinate & have a bowel movement upon arising
- Scrape your tongue & brush your teeth
- Apply ghee or sesame oil inside your nostrils
- Drink 2 cups of hot water, with lemon
- Exercise for 20 minutes breathing through your nose
- Meditate for at least 5 minutes
- Massage your body with pure oil
- Enjoy your greens at breakfast, or a warm bowl of oatmeal

Mid-Day

- Do not restrain natural urges such as yawning, sneezing, urinating, farting
- Eat your largest meal in the middle of your day. Drink only water between meals or fruit.
- Avoid rushing, worrying & overeating

Evening

- Quit working before 6pm. Unplug
- Treat yourself
- Eat a light meal in the evening
- Go for a walk
- Engage in activity that brings you joy & doesn't drain you
- Meditate at the end of your days activities
- Retire before 10pm

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Evening Strategies

What time is your early dinner?

What is relaxing & enjoyable at the end of your day?

How does your body communicate end of the day fatigue?

How does your body communicate being run down & wearing out?

The Transition

What I usually do after dinner?	What my body wants to do after dinner?
	What my soul wants to do after dinner?

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Ideas for evening rituals

- Take a walk
- Take a bath
- Play a game
- Read a story or tell stories with another
- Spiritual reading or inquiry practice
- Meditate
- Legs up the wall
- Foot massage or foot soap ritual
- Star gaze
- Journal or draw
- Visualize the next day & how you can better your habits