

Dinacharya Chart

A healthy lifestyle helps us stay connected to Self and be present in our lives. Begin to explore creating a lifestyle that includes these practices.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Assess/Clean Tongue							
Dry Brush							
Abhyanga (oilation)							
Neti Pot							
Teeth - floss and brush							
Oil Pulling							
Hot Shower, cool finish							
Dress consciously							
Morning Practice							