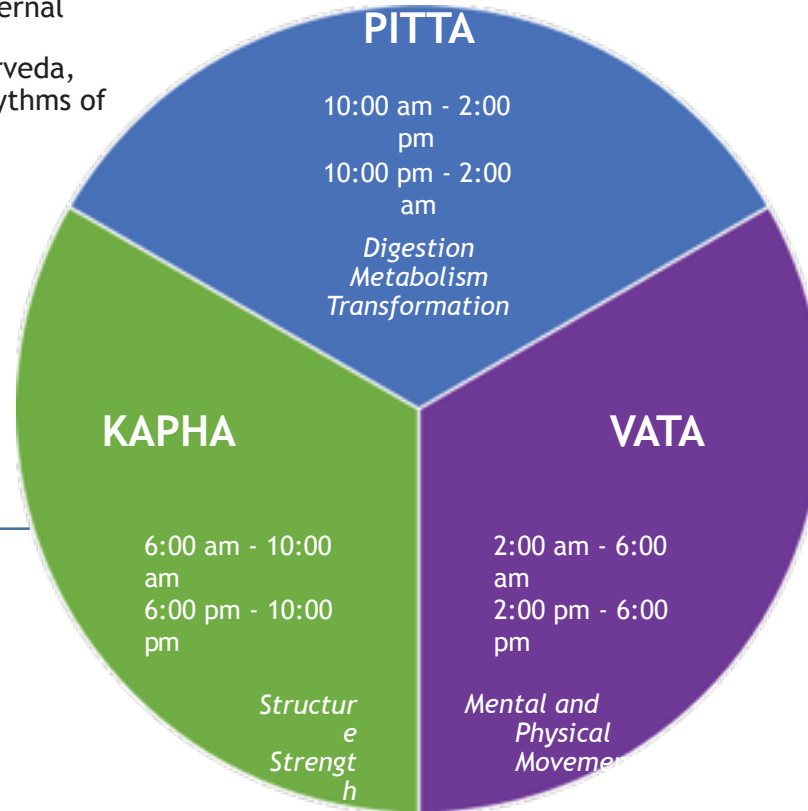


# Ayurveda's Clock at a glance

## Our 24-hour Cycle, The Seasons and Our Stages of Life

Every cell in the human body contains an internal clock that regulates the body's metabolism. According to Ayurveda, these internal clocks are linked to the rhythms of nature. Connect with the ebb and flow of nature's cycles, you will live in balance. When we ignore or fight with Mother Nature we become imbalanced and can invite dis-ease into our lives.



**AM** Most active, productive, efficient time, appetite at peak

**PM** Body rebuilding, digesting food and thought

**AM** Wake the senses calmly, meditate, evacuate, eat lightly

**PM** Start slowing down to rest, move inward, intense cravings

**AM** Most spiritual time of day, active dreamtime

**PM** Most creative time, multi-tasking

### Seasons and Qualities

	VATA	PITTA	KAPHA
<b>Seasons</b>	Fall through early Winter (cold, dry, windy)	Late Spring through Summer (dry, hot)	Late Winter through early Spring (wet, cold)

Stages of Life	40s - death	20s - 40s	Birth - early 20s
<b>Qualities</b>	Dry, light, cold, rough, hard, mobile, clear, subtle	Hot, sharp, light, liquid, mobile, oily, soft	Heavy, slow / dull, cold, liquid, dense, slimy smooth, oily, soft, static, sticky / cloudy, gross

## Daily Schedule

	VATA	PITTA	KAP HA
<b>Wake Up</b>	6:00 am	5:30 am	5:30 am
<b>Breakfast</b>	8:00 am	7:30 am	7:00 am
<b>Lunch</b>	11:00 am or 12:00 pm	12:00 pm	12:00 pm - 1:00 pm
<b>Dinner</b>	6:00 pm	6:00 - 7:00 pm	7:00 - 8:00 pm
<b>Sleep</b>	10:00 pm on your back	10:00 - 11:00 pm on your right side	11:00 pm - 12:00 am on your left side

GRANTED wellbeing...take nothing for

granted