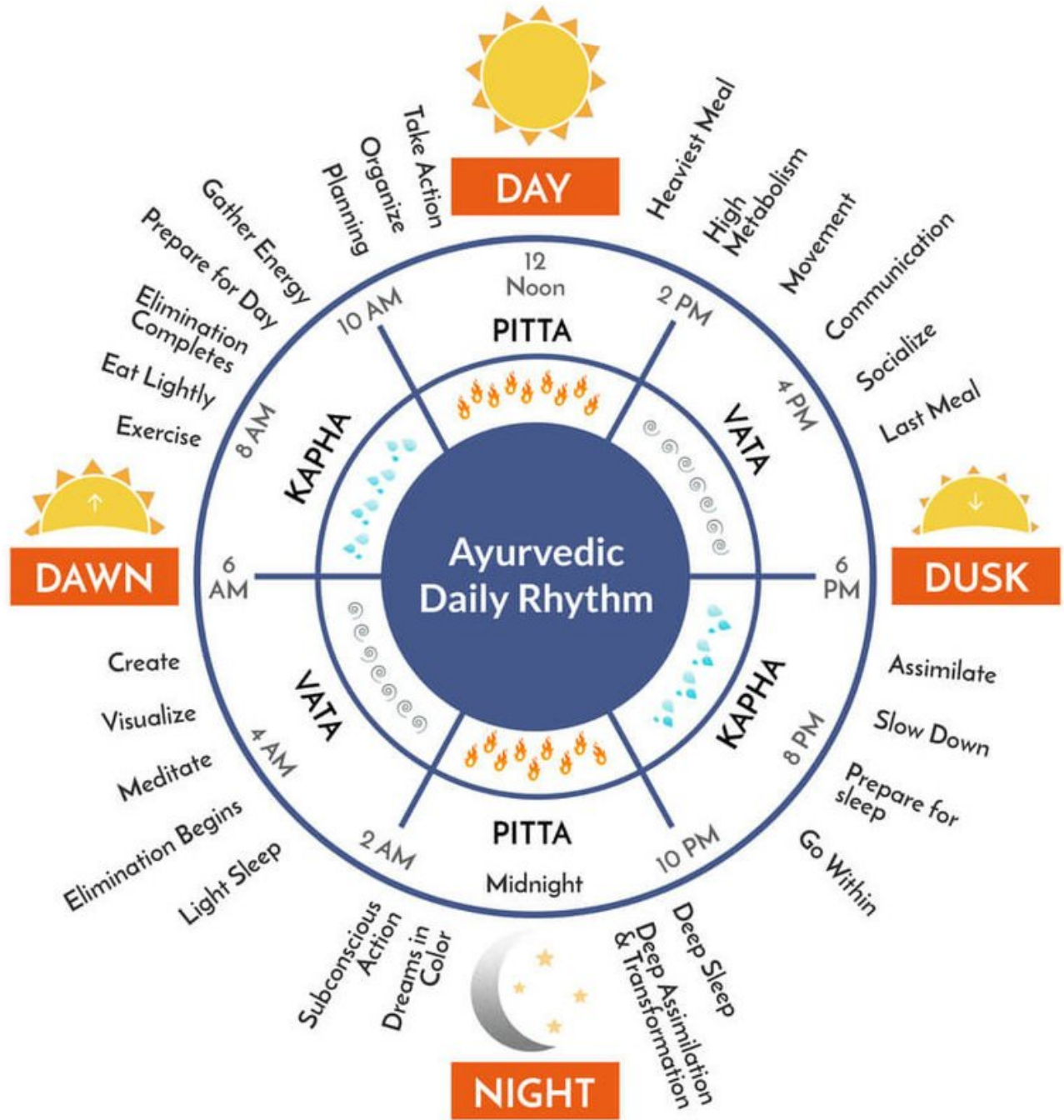




Circadian Rhythm Ayurvedic Clock



Reflect below what your daily routine consists of. Do you go to bed by 10 pm? Are you a night owl? What does your rhythm look like? Activities? Food intake? What is your Dosha? What adjustments do you need to make to create a healthy routine? Remember this is a no-judgment zone. You are now in the seat of the observer and will make adjustments from this point on.
