# The Ideal Daily Rhythm

<table>
<thead>
<tr>
<th>Guna</th>
<th>Time of the Day</th>
<th>To Promote</th>
<th>To Avoid</th>
</tr>
</thead>
</table>
| Sattva | BEFORE SUNRISE | Rasas: Shanta  
Waking up ritual (see extra exercises week 6), including going to bathroom & refreshing.  
Maybe a short, slow walk in garden or nature. | Rasas: all except Shanta  
Coffee, black tea, news, Facebook, interaction |
| | SUNRISE | Rasas: Shanta  
Meditation | Rasas: all except Shanta  
Everything except meditation |
| | AFTER SUNRISE | Rasas: Shringara  
Sun salutation, asana, pranayama, shower, sankalpa & puja, breakfast, maybe cleaning + hobbies and togetherness, maybe sex | Rasas: all except Shanta & Shringara  
Worrying about the day to come, though planning is logical  
Too heavy foods in breakfast |
| Raja | BEFORE LUNCH | Rasas: Veera & Hasya  
Work, asana, pranayam | Rasas: Raudra  
In between snacks |
| | AFTER LUNCH | Rasas: Hasya, followed by Veera  
Some rest without sleep, togetherness, hobby  
Work | Rasas: Raudra & Vibhatsya  
Sleep, in between snacks |
| | AFTER WORK | Rasas: Shanta  
Shavasana, belly breathing, singing, relaxation  
If possible, have dinner before sunset. | Rasas: Raudra & Vibhatsya  
Thinking about work |
| Tamas | AROUND SUNSET | Rasas: Shringara & Adbhut  
Burn some incense to the good energies, welcome them. | Rasas: Bhayanak & Vibhatsya  
Dirty places, bad smells |
| | AFTER SUNSET | Rasas: Shringara & Adbhut  
Togetherness with music, stories, a good movie | Rasas: Bhayanak & Vibhatsya & Karuna  
Negative input from media, movies…. |
| | BEFORE SLEEP | Rasas: Shanta  
Massage, meditation, maybe sex | Rasas: all except Shanta & Shringara  
Screens, excitement, light |