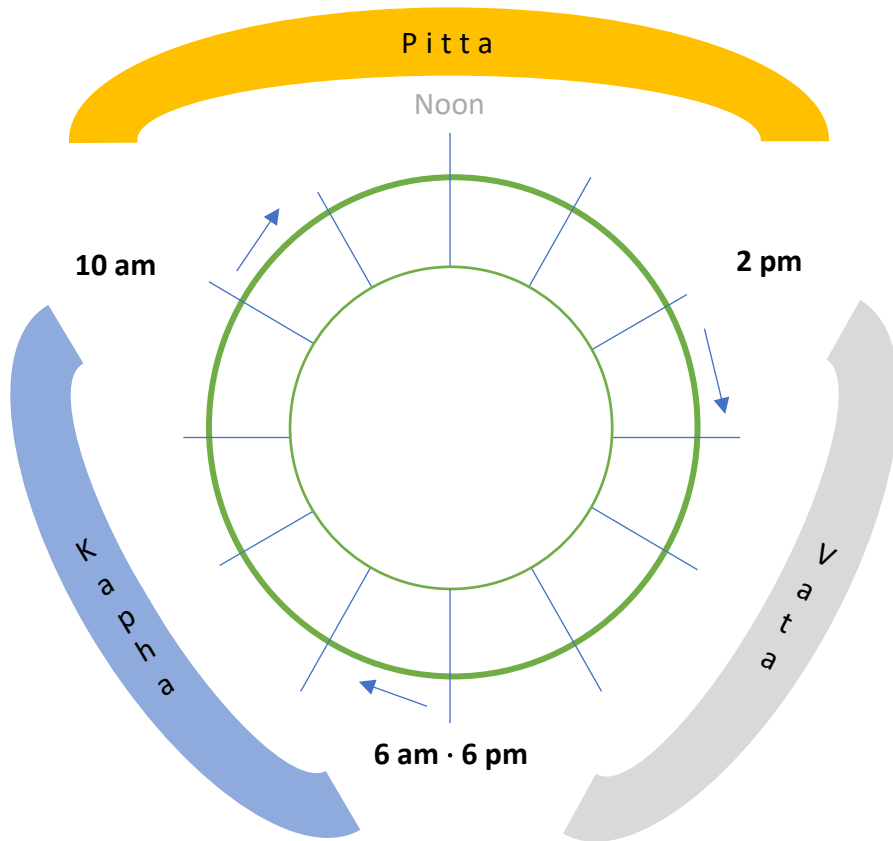


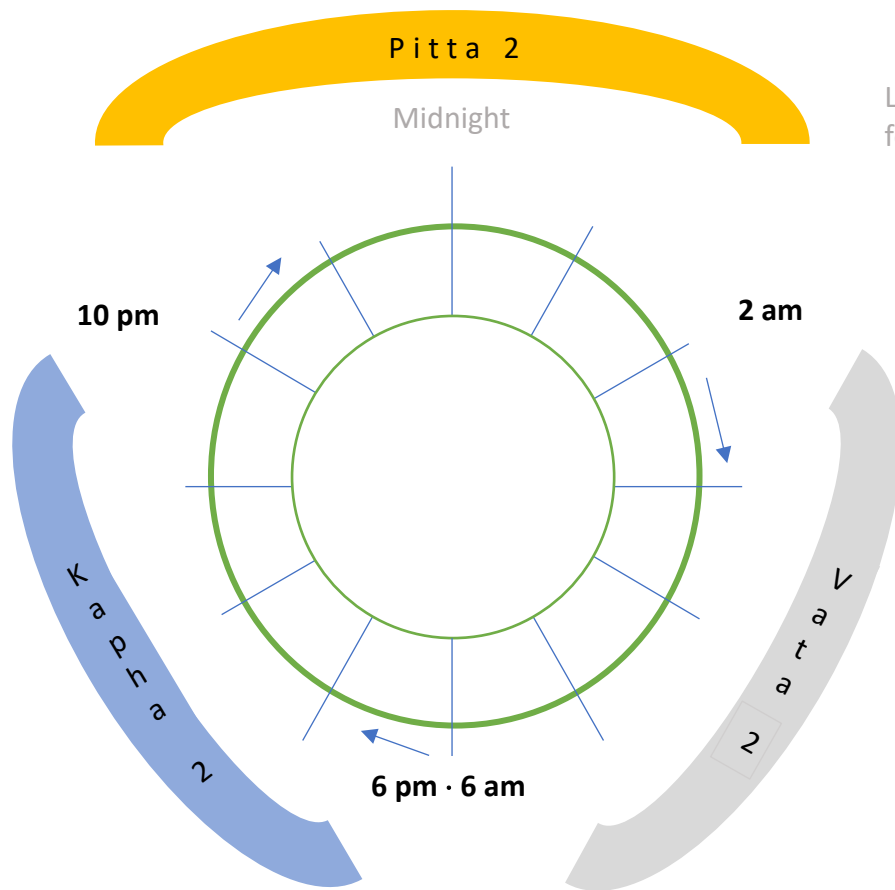


Natural Flow
of the
Doshas
throughout
the 24 Hour
Daily Cycle.

KAPHA
6-10

PITTA
10-2

VATA
2-6



Liver high functioning. Best time for the body to be cool & at rest.

KAPHA
6-10

PITTA
10-2

VATA
2-6

From Durgha Leela's Ayurveda manual, sections 1.3.1.3-5.

Kapha

6 am to 10 am

Cold, moist, heavy time of day.

To maximize Kapha dosha, establish daily routines, build a solid foundation for the day.

To minimize Kapha dosha imbalance, stretch, breathe deeply and move.

Pitta

10 am to 2 pm

Hot, moist, sharp time of day.

To maximize the impact of this time of day, use Pitta dosha to fuel our work and our digestive fire.

To minimize, take cooling, heavy foods, engage in cooling, less intense activities.

Best time for main meal of the day.

Vata

2 pm to 6 pm

Cold, dry, light time of day.

To maximize impact, use Vata dosha to support our creative process.

To minimize Vata dosha imbalance, rest, breathe deeply, restore prana, revitalize the body with a light dinner.

Kapha 2

6 pm to 10 pm

To maximize the impact of this time of day, establish routines that support us in deep, restful sleep. Use this time to connect with others, socialize and study.

Pitta 2

10 pm to 2 am

Time for the body to be at rest and cooled. Metabolic functions of the liver are performed best at this time.

Vata 2

2 am to 6 am

Best time for waking and meditating. The ether element is at its greatest, making connection between the three bodies easier to maintain.

Sciabica-Ayurveda TCA Supporting Materials

June 13, 2023

Daily Activity Tracker		
Date: Start of TCA. Prior to yoga therapy consultation.		
Cycle of the Day	Activity	Notes
Kapha		
6 am – 10 am	~Wake up at 6:30 am. Quiet awareness practice in bed.	Inconsistent.
	~Morning beverage: coffee or tea.	
	Shower & Begin activities of the day.	
Pitta	~Breakfast at about 11 am.	Long time from waking!
10 am -	~Meetings, errands, appointments.	
2 pm	~Lunch at about 1:30/2 pm	
Vata	~Meetings	
2 pm -	~Errands, appointments	
6 pm	~Take late pm break, maybe short nap.	Very tired at about 3:30 pm
	~Afternoon snack	
Kapha 2	~Prepare and eat dinner, between 6-7:30/8 pm	
6 pm -	~Read, watch TV	
10 pm	~Snack sometimes	
	~Studies, IYTH homework	
Pitta 2	~Meditation, reflection @ 11 pm	Sometimes fall asleep
10 pm -	~Prepare for sleep at about 11:30 pm	during meditation.
2 am		
Vata 2	Sleep	
2 am -		
6 am		

Daily Activity Tracker		
Date: During yoga therapy TCA.		
Cycle of the Day	Activity	Notes
Kapha		
6 am – 10 am	~Wake up by about 6:00 am.	Feel better in am from not eating in late pm nite before
	~Meditation w/dharma code repetition	Uplifting way to start day
	~Morning beverage, coffee or tea	
	~Eat breakfast at 8 am	Takes effort to do so
	~Shower & Begin activities of the day.	
Pitta	~Meetings	
10 am -	~Studies, IYTH homework	Efficient, focused
2 pm	~Lunch preparation at about 11:30 am to noon	Main meal if possible
Vata	~Meetings, errands	
2 pm -	~Yoga nidra or short meditation w/breathwork	More energized than before,
6 pm	~Dinner at 5:30-6 pm, try for light meal	w/out afternoon slump
Kapha 2	~Read, watch TV	
6 pm -	~Stop food intake by 7:30 pm	Happy to break late snack
10 pm	~Meditation	habit.
	~Begin sleep preparation by 9:30 pm	Night time tea, clean-up
Pitta 2	~Go to sleep by 10-10:30 pm	Challenge to do this.
10 pm -		
2 am		
Vata 2	Sleep	Sometimes travel awareness
2 am -		through body & breath
6 am		awareness.

Overall energy level self-assessment.

Date: See below.

What's your overall energy level, between Zero and 20? With Zero being depleted, and 20 being frenzied. See number range descriptions below.				
Debilitating Fatigue, Depleted	Tired / Fatigued	Awake/Alert and Calm	Awake/Alert, nervous/anxious	Overenergized, frenzied
0	5	10	15	20
What's your overall energy level, between Zero and 20? With Zero being depleted, and 20 being frenzied. See number range descriptions below.				
Before TCA yoga therapy: 4.				
After TCA yoga therapy: 9.				
Comments. Feeling more energized, calmer, and better equipped to face challenges with changes made during yoga therapy.				

Results of Dosha Constitutional Assessment.

Pitta, Vata. Client is in the Vata time of life.

Pitta elements are fire and air. Vata elements are air and ether/space. Vata characteristics such as dry, light, mobile.

Vata is time sensitive. Air represents time and movement.

Results of the mental/guna constitutional assessment.

Rajas, Sattva.

Movement/mobility is present in both the client's dosha & guna predominance.

Chosen affirmation/mantra:

Gayatri mantra. Added personal dharma code.