

The Rhythms of Wellness

Key Features of the Day

EARLY MORNING—ideal for meditation and gentle stretching

SUNRISE—watch the sunrise and allow the changing light to activate and align your meridians

MORNING—a hearty breakfast in accordance with your activity levels and needs

MID-DAY—take advantage of the sunlight and spend time outdoors (unless heat is extreme).

EARLY EVENING—eat a light meal and then fast from food until breakfast the next morning

EVENING—spend time with loved ones, focus on activities of the heart, invite joy and laughter

BEDTIME—when preparing for bed allow some time for your eyes to naturally adjust to the changing light as it gets dark outside. Be asleep by 11pm at the latest.