

# Aakriti Wellness Schedule (Dinacharya)

According to Vedic Science, the step for wellness and secret of living with good health and happiness is to follow a discipline which is otherwise known as dinacharya or daily routine and the right mental attitude. Hence our daily routine for patients is designed to meet the needs of the body and mind.

TIMINGS	ACTIVITY
5:30 AM	Drink two glasses of water prior attending to natural calls
6:00 AM	Yogic Kriyas
6:30 AM – 7:15 AM	Prayer, Surya Namaskar, Asana, & Laughter Session
7:30- 8:00 AM	Breakfast as prescribed
8:30- 12:00 Noon	Treatments as prescribed by doctors
12:30- 1:00 PM	Satvik Ahar
2:45PM – 3:00 PM	Refreshing Juice / Seasonal Fruit Juice / Fruit
3:00- 5:00 PM	Treatments as prescribed by doctors
4:00- 5:00 PM	Consultation and prescription of treatments by doctors
5:30 PM to 6:30 PM	Prayer, Pranayama, & Yoga Nidra
6:30 PM to 7:30 PM	Satvik Ahar
8:00- 9:00 PM	Recreation/Prayer followed by Lectures on Health, Stress & Yoga
9:00- 9:30 PM	Treatments if required as prescribed by Doctors
10:00 PM	Retire to Bed (Lights Off)

**In Case of emergencies residential doctor and therapists are available round the clock.**

