

Q 1
Jan
Feb
Mar
Q 2
Apr
May
Jun
Q 3
Jul
Aug
Sep
Q 4
Oct
Nov
Dec

Vata Time Pitta Time Kapha Time

DINACHAR-YA (The Art of Daily Routine / Weekly Time Table)

☺	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	03:30 - 04:00							
	04:00 - 04:30							
	04:30 - 05:00							
	05:00 - 05:30							
	05:30 - 06:00							
	06:00 - 06:30							
	06:30 - 07:00							
	07:00 - 07:30							
	07:30 - 08:00							
	08:00 - 08:30							
	08:30 - 09:00							
	09:00 - 09:30							
	09:30 - 10:00							
	10:00 - 10:30							
	10:30 - 11:00							
	11:00 - 11:30							
	11:30 - 12:00							
	12:00 - 12:30							
	12:30 - 13:00							
	13:00 - 13:30							
	13:30 - 14:00							
	14:00 - 14:30							
	14:30 - 15:00							
	15:00 - 15:30							
	15:30 - 16:00							
	16:00 - 16:30							
	16:30 - 17:00							
	17:00 - 17:30							
	17:30 - 18:00							
	18:00 - 18:30							
	18:30 - 19:00							
	19:00 - 19:30							
	19:30 - 20:00							
	20:00 - 20:30							
	20:30 - 21:00							
	21:00 - 21:30							
	21:30 - 22:00							