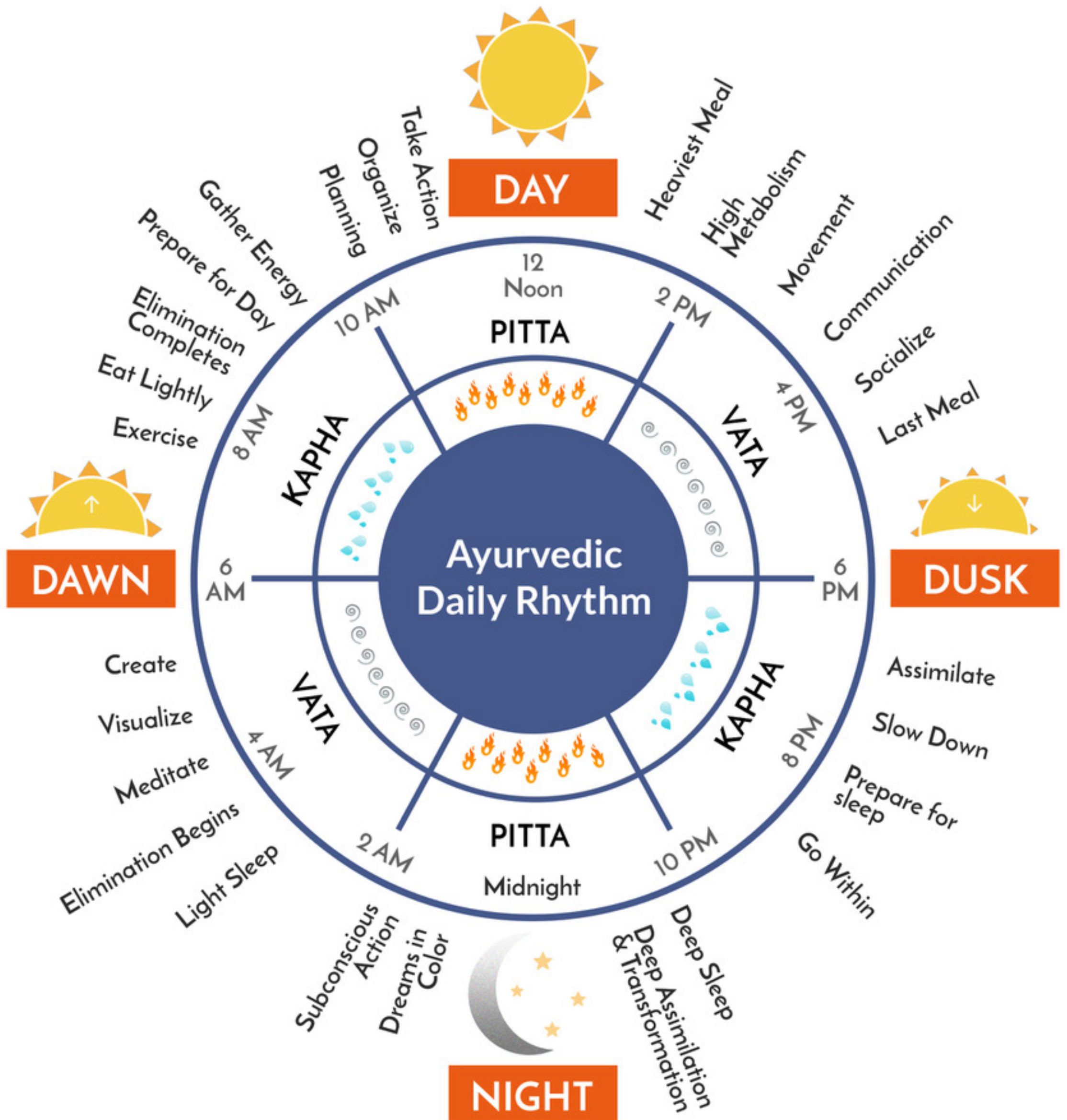


Ayurvedic Clock



Align your daily rhythms in tune with Nature's rhythms. Support your day by the dominant energy inside and around you. Each day we cycle through the 3 doshas: Vata, Pitta, Kapha. The day is divided into six four-hour cycles. To live a life from turbulence to calm we must follow the Ayurvedic Clock.