



Ayurveda + Winter

Ayurveda is an ancient system of health that takes into account your unique body, mind and circumstances.

Ayur: Life

Veda: Knowledge or Wisdom

Ayurveda describes the universe and everything in it as being made up five elements. We are part of nature so we are made up these elements.

Ether (Space) * Air * Fire * Water * Earth

The five elements form together in three vital energies.

Vata: Ether + Air

Pitta: Fire + Water

Kapha: Water + Earth



Vata

The energy of action, transportation, movement

Qualities:
Dry, light, cold, mobile, subtle, rough



Pitta

The energy of transformation, conversion, digestion

Qualities:
Oily, sharp, hot, light, liquid, acidic



Kapha

The energy of construction, lubrication, nourishment

Qualities:
Moist, heavy, cold, dull, soft, static

The Seasonal Shift



The seasons also have certain energies about them.

Late Spring/Summer: Pitta

Autumn/Early Winter: Vata

Late Winter/Early Spring: Kapha

*Exact dates vary due to climate and location. It is a gradual move into each season/dosha. Winter is the transition from vata into kapha. Dry and windy becomes frozen, wet or slush.

Ayurveda 101:

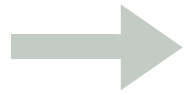
Like attracts like. Opposites create balance

Using Ayurvedic Principles to Balance Winter

- Create routines and regular meal times. Wake up with the sun to maximize sunlight.
- Drink warm water upon waking up. Limit caffeine.
- Practice abhyanga (self-massage) with organic oil before or after showering.
- Set a bedtime and turn off electronics an hour before.
- Avoid cold foods (anything straight out of the fridge) and reduce consumption of raw foods.
- In December: Practice restorative or yin yoga. Focus on grounding during standing poses in your vinyasa practice.
- In Kapha season: Practice more vigorously. Include backbends to help clear out mucus and congestion.
- Stay warm but go outside. Move your body everyday.
- Cover your head and extremities.
- Use essential oils as aromatherapy. Vata: lavender, clary sage, geranium; Kapha: eucalyptus, bergamot, clove; Pitta: lavender, jasmine, sandalwood



Self Reflection



Like attracts like.

Opposites create balance.

Fall

How did you naturally find yourself creating balance?

Where did you create or generate unnecessary movement?

What are some ways you will create warmth or stillness in the next month?

Winter

What does spending time outside in winter look like for you?

What lifestyle practices would you consider trying?

How will you continue to grow?