



Ayurveda Guide to Winter Wellness

According to Ayurveda, Winter is a season when we can accumulate Kapha, the energy of structure and stability. Kapha is made up of Earth and Water elements and is cold, moist, sticky and dense. Excess Kapha in the body leads to colds, sinus congestion, weight gain, sluggishness, and a lack of motivation. In the PNW Winter is very Kapha in nature but cold, dry winter weather can also aggravate Vata dosha.

Here are 8 Ayurveda Winter Wellness Tips to stay balanced this Season.

Eat with the Season

1

Nature knows best. Root veggies, sweet juicy fruits, warm soups and stews are all great for the winter season. Choose foods that are in season and eat more “comfort foods”, your favorites that make you feel warm and nourished.

2

In your yoga practice include both gentle and deeper back bends to move prana and support healthy lungs.

Open Your Heart

Immune Support

Get adequate sleep, add ghee, turmeric, pomegranates and warm easily digested foods to your diet. If you have a cold with increased mucus reduce dairy until you are well.

3

Invest in a Neti Pot, especially if you suffer from seasonal allergies and sinus infections. Try it a few times per week.

Got Neti?

4

5

Sip Warm Water

Eliminate ice water and sip warm water throughout the day. **Try adding fresh ginger** or lemon to your water.

6

Get Moving!

Moderate exercise, especially in the morning is great to stimulate Kapha, and move prana. Commit to a minimum 30 minutes of movement daily.

Try Something New

During the winter energy can get stagnate and one way to keep it fresh is to try new things. Enjoy new sights, foods, activities and connect with friends.

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Indulge in Self Care

Make taking a bath a ritual and incorporate a warm oil massage (abhyanga) into your daily routine. Take time to do the things that feel deeply nourishing.

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