

# AYURVEDIC WINTER

## SOCKS, SCARVES AND YOUR FAVOURITE SHAWL.

Stay warm. Keep your feet, neck and kidneys protected from the cold.



## AVOID COLD DRINKS.

Ice cream, ice, yoghurt, cheese, deep fried food, bananas, melons, and coconuts. Store away your coconut oil until summer!



## USE SPICES DAILY:

Turmeric, cinnamon, and cumin. Invite stimulating & warming spices like ginger, clove, cardamom, chillies, cayenne pepper, pippali and black pepper.

## SLEEP MORE.

(Yes you have permission - but go to bed early, rather than sleeping in!)

## MINIMISE DAIRY PRODUCTS AND NUTS.

Eat more astringent, bitter, and pungent foods. favour warm and spicy food: steamed vegetables, curries, stir fry, soup, kicharee, dahl, porridge, stewed fruit, etc.



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## HYDRATE

Drink lots of ginger tea (fresh or dried). Sip warm water throughout the day, a thermos works a treat.



## INVIGORATE

The body with a dry body brush weekly, to remove dry, dead skin cells.

## IRRIGATE

The nasal passages with jala neti (salt water cleansing of the nose).

## GET OUT IN THE SUNSHINE

Everyday, to get toasty warm, receive your Vitamin D, and to boost your immunity!

## DAILY EXERCISE

Move your body if you can every day. Warming and vigorous movement to get the blood flowing and to help shift any heavy or stagnant energies. Try brisk walking, Vinyasa Yoga, bike riding, dancing etc.



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## DAILY BREATH PRACTICE

Try Nadi Shodhana, Ujayii, Ocean Breath, or any deep breathing that suits you.

## ABHYANGA SELF CARE MASSAGE

Enjoy a warm oil massage weekly to nourish your skin and nerves. See our Abhyanga Sheet.

## EAT MORE GREENS

Lightly cook and add to meals often. Try with ghee—see our Ghee Prabhav Discover Sheet.



## DRESS IN WARMING HUES

Awaken the mind and body, and get into vibrant oranges, reds, pink, peach, gold, and yellow! Layer up.