

# AYURVEDIC SPRING



## SPRING – RENEWAL AND GROWTH

*Cleanse, Awaken and Blossom.*

### **Spring Awakening in Queensland**

Spring arrives like a gentle exhale after the stillness of winter. The air softens, new leaves unfurl, and blossoms remind us that life is always ready to renew itself. In Queensland, the warmth returns quickly, and the earth invites us to step out of the heaviness of winter into movement, freshness, and lightness.

### **Shedding Winter's Layers**

During winter, Kapha dosha – the earth and water energies – hold us in a slower rhythm. We rest more, eat heavier foods, and turn inward. Spring brings the chance to shed those layers, both physically and emotionally. Just as we open the windows of our homes, our bodies long to open, cleanse, and breathe.

Yet sometimes, this transition feels sticky. The body may still carry dampness, mucus, or sluggishness. Allergies, digestive discomfort, menstrual stagnation, or simply a sense of being “stuck” can show up. Ayurveda links this time of year to the liver and gallbladder, while Chinese Medicine aligns it with the Wood element. Both remind us that Spring is about movement, flow, and vision – and when energy is blocked, frustration, tension, or fatigue may arise.

### **Cleansing & Renewal**

Spring is the natural time for cleansing – not through harsh regimes, but by gently lightening what we carry.



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- Lighten the load: Reduce heavy, congesting foods like dairy, refined sugar, and excess wheat.
- Embrace the bitters: Leafy greens, rocket, kale, radishes, and fresh herbs stimulate the liver and clear stagnation.
- Dandelion medicine: This humble herb appears abundantly in Spring, a natural ally for the liver and gallbladder. Dandelion leaf and root teas support bile flow, aiding the body's deeper detoxification. Begin gently, as its power can stir a brief healing reaction before renewal unfolds.
- Hydrate with life: Warm water with lemon, fresh herbal infusions (dandelion, root, nettle, peppermint) flush the system and spark digestion.
- Simple resets: A short kitchari cleanse or a day of broths and soups can help the body reset without depletion.

### **Movement & The Wood Element**

In the wisdom of Chinese Medicine, Spring belongs to the Wood element, a symbol of growth, vision, and flexibility. Just as trees stretch skyward yet bend with the wind, we too are invited to grow strong while remaining supple.

- Move daily: Walks in fresh air, gentle runs, or dancing awaken the upward-moving energy of Spring.
- Twist & stretch: Yoga twists and side bends massage the liver and gallbladder, increasing circulation and releasing stagnation.
- Express & create: The Wood element governs creativity, purpose, and direction. Journaling, setting intentions, or starting a fresh project align beautifully with this season.



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### **A Season of Direction & Growth**

Spring is not only a physical cleanse but a chance to evaluate the direction of your life. What patterns, habits, or beliefs are ready to be released with the old season? What new shoots of possibility are you ready to nurture?

This is a time to move more directly toward your goals, guided by clarity and vision. Just as nature never questions whether to bloom, you too are invited to grow, expand, and thrive.

Spring in Queensland is an invitation to lightness – to cleanse the body, free the mind, and step joyfully toward growth. Support your liver, move with grace, breathe, deeply, and let your inner landscape blossom alongside the world around you.





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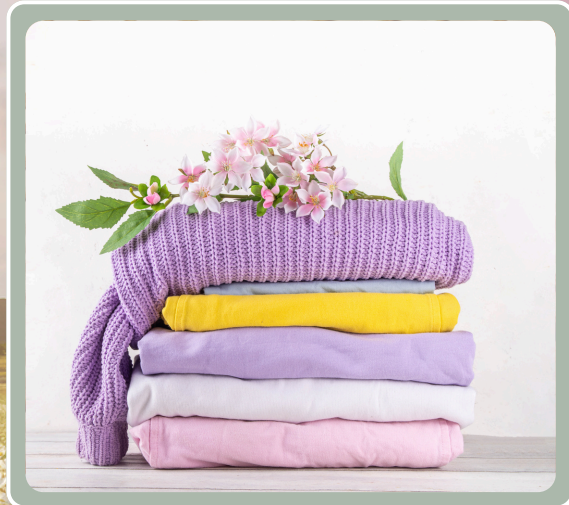
## WAKE UP!

Do your best to wake and rise with the sun! Be out of bed by 6.00am at the latest to avoid any sluggishness



## MINIMISE HEAVY, SWEET, AND OILY FOODS,

and also tastes that are sweet, sour, and salty: nuts, ice cream cake, chocolate cookies, yoghurt, cheese, bananas, and deep fried food.



## DETOX ROCKS

Eat a gentle light diet for 3–5 days. A simple mono-diet of Kitchari may work wonders.

## EAT YOUR GREENS

Spinach, sprouts, green tea, kale, herbs, weeds... go crazy!

## FAVOUR LIGHT, DRY, WARM,

And easily digestible foods. Also tastes that are bitter, astringent, and pungent: beans, radishes, cauliflower, celery, barley, broths, berries, very leafy greens, soups, cranberries, and steamed vegetables.



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## USE SPICES DAILY

Turmeric, cinnamon, clove, black pepper, cumin, dried ginger, cardamom, nutmeg, anise & mustard seeds.



## HYDRATE

Start your day with lemon, fresh ginger, & raw honey tea. Sip warm water regularly.

## EXERCISE

Between 5am and 10am every day, start your morning with a few rounds of Surya Namaskar, saluting the sun!

## MOVE MORE

Do yoga, dance, run, jump, hike, skip, cycle – you name it. Go and get the blood pumping. Do something every day.

## GET OUTDOORS NOW

Breathe in the fresh spring air to cleanse the lungs and nasal passages from kapha accumulation – nobody likes hay fever, colds, the flu, or excess mucous.



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## INVIGORATE THE BODY

With a dry body brush, to remove dry, dead skin cells. Follow with a warm oil massage, using cold-pressed black sesame oil to repair and nourish dry skin. See Sundara Yoga Website under Ayurveda for a choice of beautiful body and face oil products.

## DAILY PRANAYAMA

A daily breathwork practice can help. Harmonise the respiratory system. Try Nadi Shodhana, (alternate nostril breathing), box breathing, Inhaling for 4 and out for 6.



## LIFESTYLE TIPS

Be active on a daily basis. Seek new experiences. Vary your routines. Avoid sleeping during the day. Cleanse out your body and your environments (home, cupboards, desk, office etc).

