



# SEASONAL SELF-CARE

— FOR WINTER —



*Sundara*  
YOGA & WELLNESS



NOURISH



REST



RESTORE



SUNDARA YOGA & WELLNESS

[www.sundarayoga.com.au](http://www.sundarayoga.com.au) | 0403 274 576



# NOURISH YOUR WINTER ENERGY

According to both Ayurveda and Traditional Chinese Medicine, winter is a season of conservation, warmth and rebuilding vitality.

## STAY WARM.



Keep your feet, neck, lower back and ears protected from the cold. These are the areas most vulnerable in winter — your lower back houses the Kidneys, the root of your deepest vitality.

## SLEEP MORE.



Go to bed early rather than sleeping in. The longer nights are an invitation — honour them. Reduce evening commitments and let rest be your medicine.

## AVOID COLD DRINKS.



Ice cream, ice, yoghurt, cheese, deep fried food, bananas, melons, and coconuts. Store away your coconut oil until summer. Cold douses your digestive fire — warmth is everything this season.

## MODIFY YOUR SMOOTHIE.



If you cannot give up your morning smoothie, add warming spices like cinnamon, cardamom or ginger, or heat it gently. On the coldest mornings, try swapping it for a nourishing broth or spiced porridge instead.

## NO DETOXING THIS SEASON.



Winter is a time to build and consolidate, not strip back. If your body wants a reset, choose gentle broths, warm herbal teas and miso soup rather than juice fasts or raw food cleanses.

## USE SPICES DAILY.



Turmeric, cinnamon, cumin, cardamom, ginger, clove and nutmeg. Warming and deeply supportive of your digestive fire — use them generously in everything. Avoid excessively spicy chilli-hot food, which causes sweating and then cooling.

## MINIMISE DAIRY PRODUCTS AND NUTS.



Favour warm and nourishing foods: slow-cooked soups, congee, stews, dahls, porridge, steamed vegetables, eggs, lentils, brown rice, root vegetables and winter squash.

## HYDRATE WITH WARMTH.



Sip warm water throughout the day — a thermos is your best friend. Make ginger tea a daily ritual. Avoid cold water and iced drinks. The warmth you put in is warmth your body doesn't have to generate itself.

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*Inspired by Yin Yoga,  
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### WARM OIL SELF-MASSAGE — ABHYANGA.

A weekly warm sesame oil massage nourishes your skin, supports your lymphatic and immune system, and creates deep warmth and groundedness. Take your time — long strokes on the limbs, circular movements on the joints.

[Click to Read More About,](#)

[Abhyanga Massage](#)



### SAUNA OR STEAM ROOM.

Draw warmth deep into the tissues, support circulation and give your body genuine permission to let go. Our [infrared sauna](#) is open and waiting for you this winter.



### INVIGORATE.

Invigorate the body with a [dry body brush](#) daily before your shower to remove dry, dead skin cells and support lymphatic flow.



### IRRIGATE.

Hydrate winter airways with traditional [Nasya oil](#), then soothe congestion using [Pirant & Sinus Balm](#). Together they nourish nasal tissues, support easier breathing, and winter comfort.



### DAILY MOVEMENT.

Winter does not ask you to stop moving — it asks you to move differently. [Yin Yoga](#), Restorative Yoga and gentle walks are your foundation. Keep your spine and joints mobile. Linger in rest at the end of every practice.



### EARS.

Nourish your ears with warm oil this winter. As you massage warm oil into your ears, soothe your nervous system, calm Vata, and create space to hear the quiet whispers of your inner wisdom.

“

*Winter invites us inward.  
A season to conserve energy,  
nourish deeply, and reconnect  
with what sustains us.*

”





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### GET OUT IN THE SUNSHINE.



Every day if you can, even briefly. Receive the warmth, the vitamin D, and the quiet brightening of spirit that only natural light can offer.



### DAILY BREATHWORK.



Try Nadi Shodhana, Ujjayi or gentle Ocean Breath. Even five minutes each morning, before the day takes hold, is profound self-care.



### MEDITATE AND CONTEMPLATE.



Winter is a wonderful time to deepen your inner practice. The world is quieter – let yourself be quieter too. Keep a dream journal by your bed and write whatever arises on waking.



### DRESS IN WARMING HUES.



Awaken the mind and body – reach for vibrant oranges, reds, pinks, peach, gold and yellow. Layer up and wrap yourself well.



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# WINTER CLARITY

— SEE. BREATHE. BE. —

“

*One of winter's quiet gifts is its remarkable clarity. On crisp, clear days the landscape stretches for miles, revealing the beauty of the Glass House Mountains, our islands, and our bays.*

*In Ayurveda and Traditional Chinese Medicine, winter is the season of conserving, restoring, and cultivating our deepest reserves. As the earth grows quieter, we are reminded to slow down, breathe deeply, and trust the gentle unfolding within.*

**May this season fill you with quiet strength, lasting vitality, and the clarity to walk your path with presence.**



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*Honour the stillness. Trust the season. You are nature.*



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