



Sundara
YOGA & WELLNESS

SPRING

SELF-CARE GUIDE



*A seasonal guide to
lightness, movement & renewal*



AYURVEDA



YOGA



WELLNESS



SEASONAL LIVING

Move with the season. Breathe with awareness. Live in harmony.



Welcome to Spring

SPRING IS A SEASON OF AWAKENING

After the stillness and inwardness of winter, spring invites us to **move, breathe, clear** and **begin again**.

In Ayurveda, spring is associated with **Kapha** — qualities that are cool, heavy, slow and moist. As nature begins to warm and awaken, we can support ourselves by gently bringing in the opposite qualities: **lightness, warmth, movement and clarity**.

Traditional Chinese Medicine sees spring through the **Wood element**, connected with growth, vision, creativity and the Liver.

These traditions meet beautifully in one simple invitation:

*Make space for what
wants to grow.*

This season, allow your self-care to become lighter and more energising — without forcing change.



Spring is not about doing more.
It is about creating space for life
to *move through you*.

YOUR SPRING INTENTION



Wake
earlier.



Move
daily.



Eat
lighter.



Breathe
deeply.



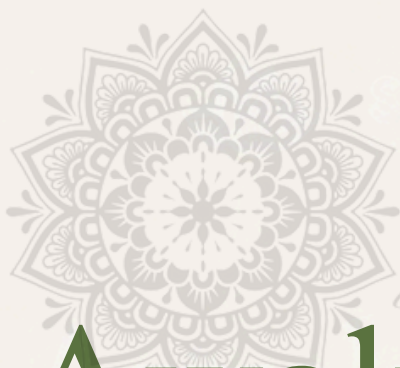
Spend time
in nature.



Create
space.



Listen
inwardly.



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Awaken with the Season



RISE WITH THE SUN

Begin shifting away from winter's longer sleep and gently move toward earlier mornings.

Aim to be **out of bed by 6am**, where possible, and avoid daytime sleeping.

Give yourself time to wake slowly, open the curtains, breathe fresh air and let **natural light** signal to your body that a new day has begun.

YOUR MORNING SPRING RITUAL



1. Wake with the light

Give yourself a few quiet moments before reaching for your phone.



2. Hydrate

Begin the day with warm water and, if it suits you, a little fresh lemon.



3. Move

Walk, stretch, practise yoga, cycle or simply get your body moving.



4. Breathe

Try a few rounds of conscious breathing before beginning your day.



5. Step outside

Let your eyes meet the sky, trees and natural light.



MOVE WITH JOY

Spring energy is dynamic and changeable. Rather than suddenly increasing your exercise, **build gradually**.

Try:

- Brisk walking
- Cycling
- Hiking
- Dancing
- Gentle running
- Yoga
- Swimming
- Outdoor play



A SPRING YOGA FOCUS

Bring more twists, side bends, standing sequences and flowing movements into your practice.

Think:

*Move → Twist →
Breathe → Release*



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MOVE WITH THE SEASON. BREATHE WITH AWARENESS. LIVE IN HARMONY.




Eat for *Lightness*



LET YOUR FOOD CHANGE WITH THE SEASON

Winter often calls us toward warming, grounding and nourishing foods. Spring gently asks us to **lighten**. Make the transition gradually. Continue with nourishing cooked meals during cooler days, while slowly introducing more fresh seasonal foods as the weather warms.

FAVOUR

-  Bitter greens
-  Fresh herbs
-  Legumes
-  Fresh lemon
-  Ginger
-  Asparagus
-  Rocket
-  Dandelion
-  Seasonal vegetables
-  Fresh fruits in moderation

THE TASTES OF SPRING

Spring is a beautiful time to become more conscious of flavour.

Bitter • Pungent • Astringent

These tastes are traditionally used in Ayurveda to support lightness and balance Kapha.

Think:

Bitter: rocket, dandelion, kale, asparagus

Pungent: ginger, black pepper, mustard, turmeric

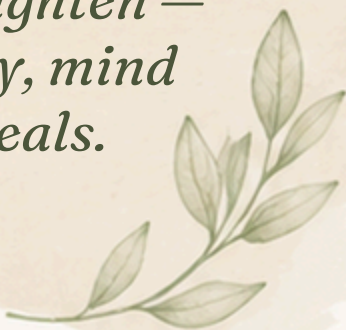
Astringent: legumes, pomegranate, green tea



Chinese Medicine also associates the sour taste with the Wood element and Liver.

A little fresh lemon, citrus or apple cider vinegar can bring brightness to spring meals.

*Spring invites
us to lighten —
in body, mind
and meals.*



THE SPRING BALANCE

You don't need to eliminate sweet, salty or oily foods. Simply reduce excess richness and allow your meals to become lighter as the season changes.





Cleanse, Clear & Nourish



SPRING IS A TIME TO RESET

As the natural world begins to clear away winter, we can gently do the same. This doesn't need to mean an extreme detox.

Instead, think:

LESS → LIGHTER → CLEARER

Reduce:

Fried and oily foods
Heavy dairy
Excessively rich meals
Very sweet foods
Late-night eating
Overeating

And make room for:

Warm soups
Simple vegetable dishes
Steamed vegetables
Light grains
Legumes
Fresh herbs
Seasonal produce



SPRING HERBAL ALLIES



Dandelion

Traditionally used to support digestion and the Liver/Gallbladder.



Nettle

Traditionally valued as a mineral-rich spring herb and used in seasonal herbal practices.



Peppermint

Refreshing and cooling, particularly as the weather becomes warmer.



HYDRATE WITH AWARENESS

Start your morning with warm water.

Throughout the day, sip water regularly and enjoy herbal infusions such as:

Dandelion • Nettle • Peppermint • Lemon Verbena • Spearmint • Hibiscus



A GENTLE REMINDER

Cleanse and herbal practices aren't suitable for everyone. Keep any spring reset gentle and nourishing, rather than restrictive. If you are pregnant, taking medication, managing a health condition, or unsure whether a cleanse or herb is appropriate for you, seek qualified professional advice first.

“
Less is
a practice.
Lightness is
a choice.
Clarity is
a gift.”



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MOVE WITH THE SEASON. BREATHE WITH AWARENESS. LIVE IN HARMONY.



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Spring Body & Breath Rituals

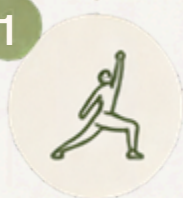


BREATHE. MOVE. CLEAR.

Spring is an opportunity to bring more energy into the body while staying grounded.

YOUR SPRING MORNING PRACTICE

1



MOVE

Begin with gentle movement to wake the body.

2



KAPALABHATI

If this practice is already familiar and appropriate for you, try a short practice to energise and awaken.

3



NADI SHODHANA

Follow with alternate nostril breathing to cultivate balance and steadiness.

4



SIT QUIETLY

Take a few moments to notice how you feel before moving into your day.



CARE FOR YOUR SKIN



Dry body brushing, traditionally known as **garshana**, can become part of your spring ritual.



Use gentle, long strokes toward the heart before bathing.



Follow with a light self-massage if desired.



As the season warms, lighter oils may feel more comfortable.



JALA NETI

If jala neti is already part of your established practice, spring can be a useful time to continue it as part of your nasal-care routine.



Always use sterile/distilled or appropriately boiled-and-cooked water and properly prepared saline, and follow safe technique.

Ritual is the bridge between intention and transformation.



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CREATE SPACE *for What's Next*



SPRING IS ALSO AN INNER SEASON

Spring isn't only about changing what you eat or how you move.

It asks:

What are you ready to grow?

The Wood element is associated with vision, direction and creativity.

Give yourself permission to imagine.



CREATE

Paint.
Write.
Dance.
Sing.
Garden.
Photograph.
Cook.
Make something
with your hands.

Creativity doesn't have
to become another task.
Let it simply be **play**.



CLEAR YOUR SPACE

Open the windows.
Clear your wardrobe.
Refresh your
workspace.
Give away what you
no longer use.
Remove visual
clutter.
Create room for
fresh energy.



SPEND TIME IN NATURE

Go where things
are growing.
Walk beneath
trees.
Sit beside water.
Feel the sun.
Notice the
changing sky.
Listen to birds.
Let your senses
reconnect with
the living world.

“

*Make space
for what
nourishes you.
Make room
for what
you are ready
to become.*



YOUR SPRING JOURNAL

Take a few quiet minutes and ask:

- What am I ready to release?
- What wants more space in my life?
- What am I ready to grow?
- Where am I being invited to move forward?
- What would bring more lightness and joy into my days?



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YOUR SPRING *Daily Check-in*



A LITTLE EACH DAY

Use this as a simple spring ritual rather than another checklist to perfect.

- ☐ Wake with the morning light
- ☐ Drink water
- ☐ Move my body
- ☐ Spend time outdoors
- ☐ Eat with awareness
- ☐ Choose lighter, seasonal foods
- ☐ Take a few conscious breaths
- ☐ Create something
- ☐ Clear one small space
- ☐ Go to bed early enough to rest deeply



SPRING REMINDER

You don't have to become someone new.



*You simply have to create enough space
to let what is already within you unfold.*



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*Move with the season.
Breathe with awareness.
Nourish yourself gently.
Make space to grow.*



Sundara Yoga & Wellness

Seasonal Self-Care • Yoga • Wellness • Connection

