



Ayurvedic Guide to the Spring Season

Inspiration and clarity to align your
life and health with your soul and
desires.

AYURVEDA ANYTIME

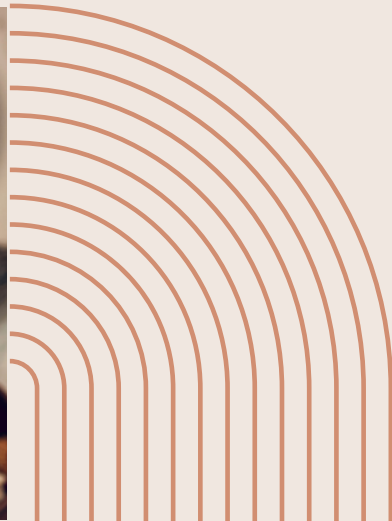
Hooray! Spring has arrived.

Are you prepared to step into Spring with a skip in your step and a harmonious vibe? Join Amrita Ma Devi in the realm of Ayurvedic Wellness as I offer you dear sisters a specialise guide for women going through the whirlwind of perimenopause or menopause. I understand the highs and lows you may encounter during this transformative period, which is why I've crafted this exclusive guide to help you embrace Ayurvedic practices and navigate the season with elegance and energy.

The qualities of early Spring is a time filled with Kapha energies - heaviness, moisture, and coolness in the air. The change in weather may affect you differently depending on your location. As late May approaches, the fiery Pitta energies start to emerge.

To embrace the Spring spirit and maintain balance in your doshas, here's a roadmap featuring goal-setting, rituals, a touch of yoga, seasonal wisdom, and a selection of Ayurvedic recipes to spice up your kitchen!





Why Choose Ayurveda?

Ayurveda offers a holistic approach to women's health, addressing the root causes of imbalance rather than simply treating symptoms. By aligning with your unique constitution and the rhythms of nature, you can experience profound transformation and reclaim your vitality during perimenopause and menopause.

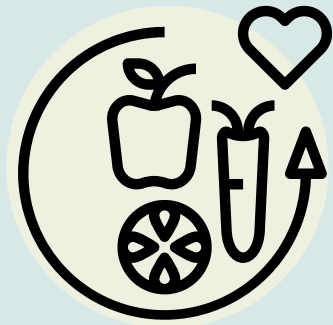
If you're feeling frustrated trying to find relief from your menopausal symptoms, you're certainly not alone. As a matter of fact, In the Sacred Vitality Club is buzzing with members who feel the same way! Despite the discomfort women experience throughout their menopausal journey and the readily available safe and powerful practises as options that could improve quality of life and possibly prevent a number of chronic illnesses. Some of the most effective herbs, lifestyle changes and diet changes are being ignored by doctors. How did we wind up here, and what can we do about it? I'm so glad you asked!

Here are some daily rituals



Walk Practise

Incorporate daily walks into your routine to connect with nature. Just 11 minutes will invigorate your body and mind. Spring is the perfect time to ramp up your exercise routine with vigorous activities that awaken your senses and energise your body.



Nutrition and Recipes

This is the season to favour warm, light, and dry foods.

Include bitter, astringent, and pungent tastes in your meals.

Reduce intake of heavy and oily foods.

Stay hydrated with warm water and herbal teas.



Practice Self-Care

Embrace nose, ear and throat self-care practices to nurture your body at the first sign of colds.

Include the use of a Neti pot (watering can for the nose) to clear the nose and nasya for optimal well-being. Nasya is an application of medicated oil or ghee to the nasal passages to clear imbalanced in the ear, nose and throat area.

Spring Intentions

Experience a Spring of growth and connection by setting clear intentions for the next three months. Begin by tuning in to your heart and identifying what you truly desire. Let go of any external expectations and focus on taking small steps towards your path. Share your ideas, inspire others, and connect with the world around you on a soulful level. In each area of your life set an intention to find your bliss...



Reflection Page

WHERE ARE YOU RIGHT NOW IN YOUR LIFE?
HOW DO YOU FEEL ABOUT THIS?

Reflection Page

WHERE WERE YOU AT THE BEGINNING OF WINTER?

WHAT WAS YOUR INTENTION FOR THIS PAST SEASON?

WHAT HAS CHANGED FOR YOU DURING THIS SEASON?

HOW HAS IT CHANGED?

Reflection Page

WHAT DID YOU LEARN AND WANT TO REMEMBER FOR THE FUTURE?

WHAT OF YOUR INTENTION FOR THE LAST CYCLE DID COME THROUGH?

WHAT DIDN'T MANIFEST OR MOVED FORWARD? WHY?

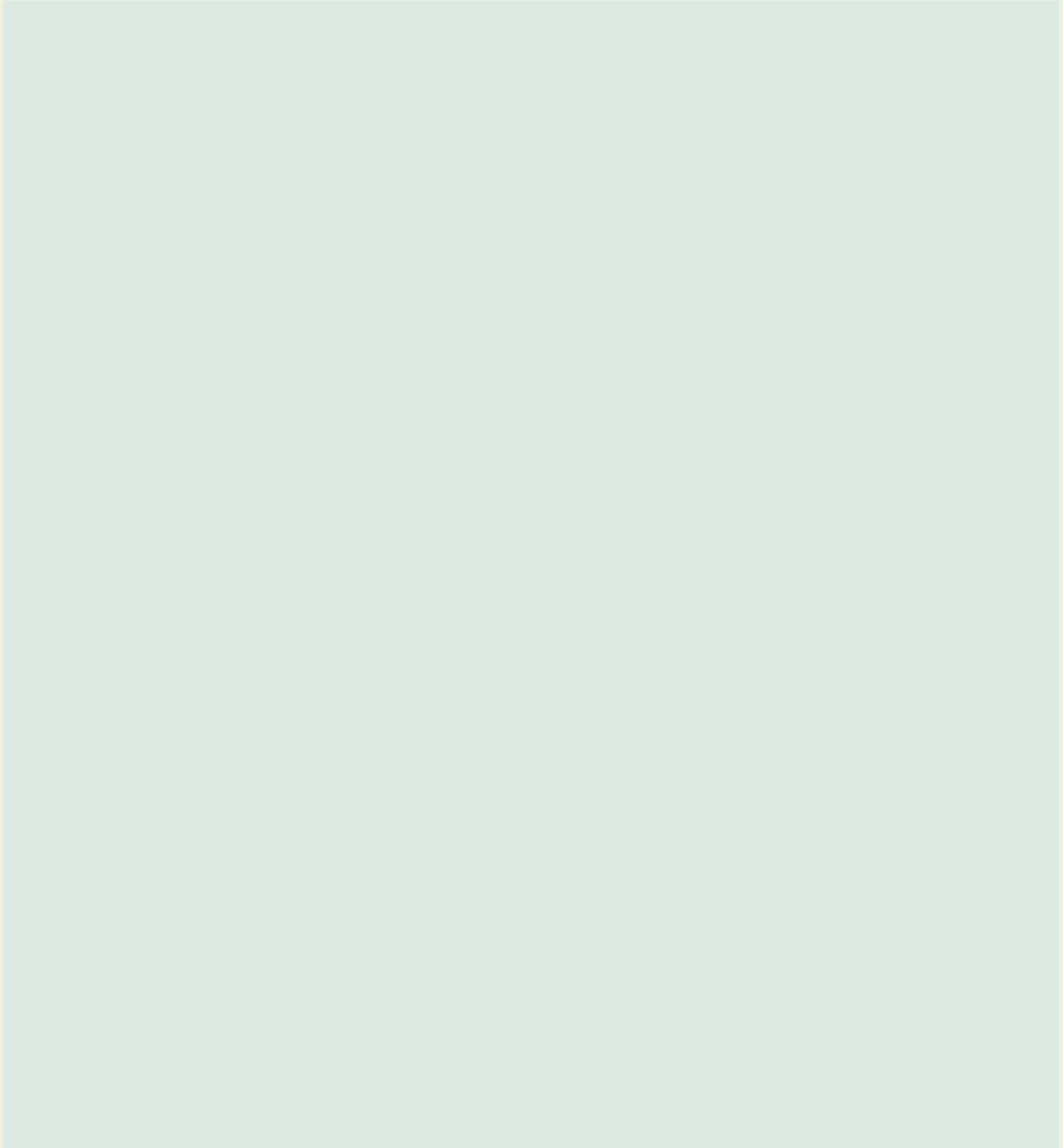
WHERE DO YOU NEED TO READJUST YOUR VISIONS AND DREAMS?

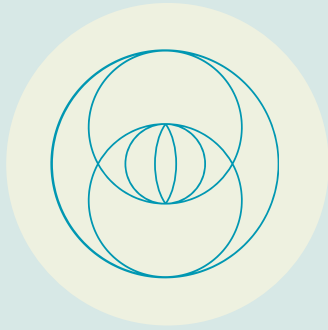
Reflection Page

HOW DO YOU WANT TO FEEL DURING THIS SEASON?

HOW CAN YOU INVITE MORE OF THOSE FEELINGS INTO YOUR LIFE?

WHAT IS DIFFERENT FROM HOW YOU SHOW UP RIGHT NOW IN YOUR LIFE?

A large, empty light blue rectangular box intended for a person to write their reflections on the questions provided above.



Massages For Elevated Kapha

This is the season for silk glove massages, dry massages, or warming oils for kapha dosha (mustard & Sesame. They are excellent followed by a steam or dry heat sauna. A dry powder massage can use 300g chickpea flour, 2 tbsp dried basil, 2 tbsp dried sage, 1 tbsp amalaki or triphala powder, 2 tbsp fine rock salt.



Stimulate Your Schedule

When Kapha is balanced, it exhibits qualities like being oily, cohesive, stable, robust, strong, disciplined, patient, and free from greed. - Charaka

Kapha is strong and has endurance. This is a great time to get out and socialise with friends.



Meditate

The Empty Bowl Meditation invites you to envision a bowl at the center of your heart. With each breath, inhale deeply and exhale, releasing your thoughts outward like ripples on water. Allow yourself to sink deeper into stillness, embracing the serenity within.