

7 Spring Time Tips for Yogis

create lightness and space in your *body and mind*

Ayurveda teaches us that the season of spring is ruled by kapha dosha, it's qualities are inherently cool, heavy, and wet. These same qualities will be mirrored in your body. Use these tips to discover which lifestyle choices, foods, and environments will bring the most vibrancy and balance into your life.

1

Get to know the feeling of the elements that are within you and around you, embody opposites to discover your radiance.

Earth, water, air, ether and fire are the elemental energies that exist everywhere, from the tiniest of cells to the vastness of the universe. When you are able to sense the qualities of each of these elements the empowerment of your inner caregiver will rise. Spring has an abundance of water and earth; our foods, thoughts and activities will benefit us most if they create dryness, spaciousness and warmth.

2

Cultivate exquisite attention + mindful action in service of clearing space, in your environment and your body.

Like yoga, Ayurvedic detox works on all the layers of your consciousness. Clean up and love up your mindbody closets in the Spring, it's important. You have a finite amount of energy, when most of it is used to digest food, experiences, and feelings you end up with little left to clear your mind. Create a sacred block of time to detox your gut and your daily routine. By letting go physically, your mind will open up too.

3

Move often + move with vigor + move in ways that are delightful to your senses.

One of the best medicines for kapha is activity. During spring your body has the most stamina and physical resiliency. As long as you're not depleted it's a great time of year to push your comfort zone with physicality, especially in the morning hours. A yoga practice in spring needs to create space, challenge, stimulation, warmth, and buoyancy in your body. Activities like trail running, steep hiking, excitable yoga and elated dancing are tops.

4

Enliven your bathing rituals; allow them to bubble over with warmth, circulation and love.

The water closet is an important hub in the home when it comes to personal care giving, year round. Solid routines will usher in radiant health. These three treatments are great for increasing circulation and moving lymphatic fluids. Spring is an ideal time to recommit to **dry brushing**. Abhyanga is Ayurveda's name for a **self massage with oil**, sesame oil is good for spring. After your hot shower, turn the hot water off, give yourself a **cold rinse** before you finish.

5

Remember those from long ago as you connect to the seasonal plants that want to feed you.

Our ancestors dug bitter roots, they searched for the few foods available in spring. Dandelions, sprouts, burdock and turmeric are examples; their qualities bring a tightness and lightness to your tissues. Enjoy foods that are warm, in quality + temperature. Spring tastes are pungent, bitter, and astringent. Pungent means heating like chilis, black pepper, ginger, cinnamon, and cumin. Favor light and dry foods over soggy and heavy. Reduce sweet use only small amounts of raw honey.

6

Create space and spark in your belly by giving it adequate rest; listen to your hunger.

The stomach is the home of kapha in your body. Since spring increases kapha it's an optimal time to give your digestive system extra care. The belly needs space between meals in order to fully digest what's already there before new food is added. When natural hunger arises it's a sign that your belly fire is burning well and it's ready to receive more fuel. If you don't have hunger it's not ready for food.

7

Plan healthful work or playtime with your loved ones; create relationship agreements; robustly lean into your growing edges together with great amounts of compassion.

Kapha energy can leave you feeling stuck. Relationships and goals are golden opportunities for creating motivation. For example, if you're having a difficult time being inspired to exercise, you could make a plan with a friend. Map out some movement dates for the month, complete them as companions. This will give your kapha an extra push so that you can un-stick your stuck parts. Choose a friend that excites + inspires you so that your consciousness can transform alongside your body.

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