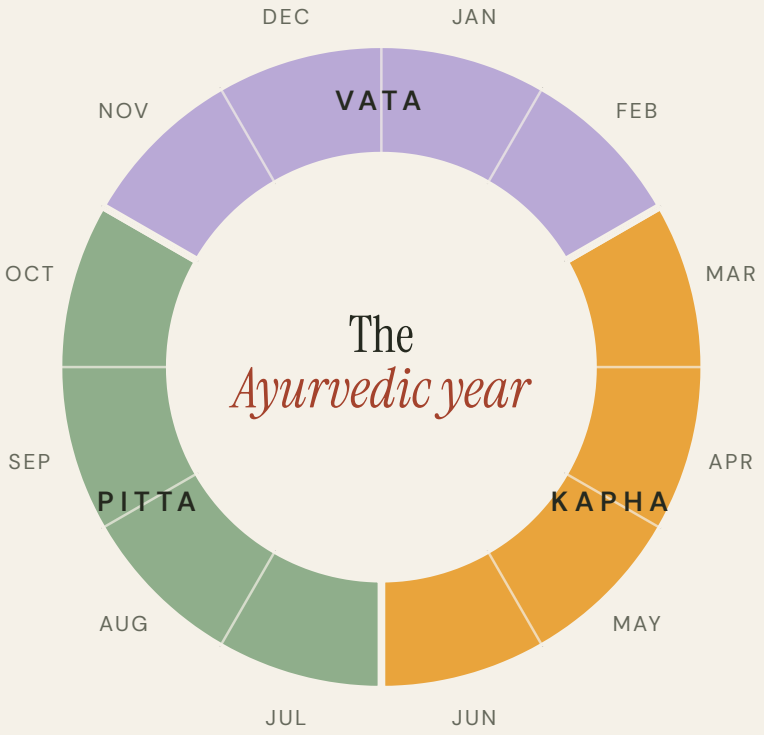
Live with the *seasons*

Ayurveda sees the year moving through the same three doshas as your day: *Kapha* in spring, *Pitta* in summer and *Vata* from late autumn through winter. Each season, lean towards whatever balances it.



KAPHA SEASON

March to June

Spring into early summer · *cool · moist · heavy*

PITTA SEASON

July to October

Midsummer into early autumn · *hot · sharp · intense*

VATA SEASON

November to February

Late autumn through winter · *cold · dry · windy*

Follow the *weather*

Go by what's outside your window, not the date. If spring comes early, so does your spring routine; if March still bites, stay with winter habits a little longer.

Southern hemisphere? Shift everything by six months.

Ease *in*

Season changes stir Vata, so they're when we're most likely to feel off. Start the next season's habits gently, over a week or two before it arrives.

General wellbeing guidance from traditional Ayurveda, not medical advice. Seasons are approximate and for the northern hemisphere.

MARCH TO JUNE · SPRING INTO EARLY SUMMER

Kapha *season*

As the weather warms, the heaviness built up over winter starts to *melt and move*. Spring is the time to warm up, get moving and lighten up.

Kapha collects through the cold months, then loosens as spring arrives. Many people feel sluggish, heavy or sniffly at this time of year.

Eat

- Warm, light, freshly cooked food
- More spicy, bitter and astringent tastes: ginger, leafy greens, beans
- Fewer cold, sweet, sour, salty or oily foods
- Warm drinks only, never iced

Live

- Exercise regularly; it matters more now than at any other time of year
- Get outside in the sunshine
- Skip daytime naps
- Cover your head in wind and rain

TRY THIS

Morning walk

A brisk walk in the morning light, before breakfast, is one of the simplest ways to shake off spring heaviness.

SIGNS KAPHA IS RISING

Heaviness · Sluggish mornings · Congestion · Low motivation

NOTICE · A FEW LINES THIS SEASON

Where do I feel heavy or stuck right now?

What gets me moving on the slow mornings?

What could I lighten up this week?

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JULY TO OCTOBER · MIDSUMMER INTO EARLY AUTUMN

Pitta *season*

Summer heat builds Pitta. Digestion is *gentler in the heat*, so this is a season for cooling food, easier exercise and slowing down.

Heat gathers in the body as it does outside. Appetite often drops in hot weather, and that's fine: eat a little less and don't overtax it.

Eat

- Cool, sweet, bitter and astringent foods: melons, cucumber, leafy greens
- Fewer hot, spicy and salty foods
- Cool drinks are fine; just don't finish a meal with an ice-cold one
- A little less overall if you're not hungry

Live

- Exercise less, and never in the midday sun
- Swim, or walk in the evening, in gardens or by water
- Wear a hat and sunglasses outdoors
- Bathe in cool (not cold) water; coconut oil suits massage now

TRY THIS

Evening walk

Save your walk for the cool of the evening. A stroll in a garden or by water is a classic summer remedy for a busy, heated mind.

SIGNS PITTA IS RISING

Feeling hot · Irritability · Impatience · Pushing too hard

NOTICE · A FEW LINES THIS SEASON

When did I feel most heated today, in body or mood?

What cools me down fastest?

Where can I do a little less this week?

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NOVEMBER TO FEBRUARY · LATE AUTUMN THROUGH WINTER

Vata *season*

Cold, dry winds bring Vata to the front. Digestion is *at its strongest*, so this is the season for warm, nourishing food, oil and steady routines.

Vata rises quickly with the first cold winds, and any change of season stirs it further. Late October is the crossover from Pitta to Vata.

Eat

- Warm, well-cooked, slightly oily food: soups, stews, rice with ghee
- More sweet, sour and salty tastes
- Fewer cold, dry, raw or rough foods
- Warm drinks instead of cold ones

Live

- Warm sesame oil massage, ideally daily
- Keep out of draughts; cover your head and neck in the cold
- Keep rooms warm; a humidifier helps if the heating dries the air
- Get up early and keep a steady routine

TRY THIS

Bedtime milk

Half milk, half water, warmed with ginger, cardamom and a pinch of nutmeg. A soothing end to a cold day.

SIGNS VATA IS RISING

Feeling the cold · Dry skin · Restless sleep · Worry

NOTICE · A FEW LINES THIS SEASON

What helps me feel warm and settled today?

Which part of my routine slipped this week?

What would make my evenings calmer?

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