



vata tips to feel great in fall & winter

Vata is cold, dry, windy and inherently ungrounding. You can balance vata by keeping a regular, simplified daily schedule, relaxing deeply every day, getting lots of sleep, eating warm moist foods and strengthening spiritual practices.

eat for the season

favor

- lots of healthy, heavier fats like coconut, sesame oil and especially ghee
- winter squashes, olives, avocados
- nuts (preferably soaked and roasted)
- sesame seeds
- oats, rice, wheat
- organic full fat milk
- apples, bananas, dates
- lots of warm soups with veggies and beans
- split mung beans & red lentils

reduce

- cold foods (cereal, ice cream, raw salad)
- fresh bitter greens (cooked ok)
- raw veggies
- large hard to digest beans
- corn, millet, quinoa
- yogurt (watered down & spiced ok)
- hard to digest meats
- alcohol

align with winter energy

rest, restore, simplify your life, get quiet and observe the stillness of nature in winter

ideal activities

- daily restorative yoga
- quiet walks in nature
- quiet time at home (no screens)
- daily meditation or chanting
- declutter your house
- do a gentle cleanse
- do a retreat
- take a vacation (or a stay-cation!)

staying healthy

- do a full body massage with sesame oil several times per week to promote relaxation and grounding
- go to bed earlier than normal, winter is for hibernating!
- tell your family that you're prioritizing your rest and wellness this winter and you need their help. The more grounded you are, the more you have to give!

