

How to shift your Daily Routines by the Dosha or Seasonal Influence

V	P	K
<p><i>Here is how a Vata day might look, or Fall and Early Winter day:</i></p> <p>A warm breakfast is key to start the day off on the right foot for vata. I recommend a hot cereal, or oatmeal with honey, and maybe almond butter, or a date and almond shake. It's most important for Vata types to maintain regular meals times.</p> <p>Try to eat our meals at about the same times each day.</p> <p>It's also important not to over schedule your day, and to leave times for rest. One of the best additions to your daily routine could be to add a 15 or 20 minute periods of rest mid afternoon - vata time. Lying in savasana, or on your back in a resting pose, is really rejuvenating. We always think there is not enough time. But when you start experiencing the benefits of moving more mindfully or more slowly, there is always enough time.</p> <p>Warm, spiced milk in the evening can be beneficial for Vata types as well.</p>	<p><i>Here is how a Pitta day might look like, or a mid-Summer's day:</i></p> <p>Rinse your eyes with cool water, or rose water.</p> <p>A pitta person should be sure to have a large lunch, in order to be satiated throughout the afternoon. They tend to have a strong agni naturally, and if they do not get enough to eat, they can be irritable.</p> <p>Eat slowly, chew well, to prevent acid reflux and belching.</p> <p>The key word for Pitta is moderation.</p> <p>Limiting confrontational or challenging things, by spreading them out throughout the week is beneficial, even though Pitta's might think they thrive in confrontation, it brings out their darker side, and inflames their body. Having a coconut water nearby may be helpful.</p>	<p><i>Here is what a Kapha Day might look like, or an early Spring day, cold, dark and wet:</i></p> <p>Kapha needs stimulation and invigoration. Super nasya oil to cleanse the sinuses of kapha can or doing a neti pot. Morning exercise is crucial. If they are not hungry in the morning, breakfast can be skipped.</p> <p>And avoid cold smoothies - though they seem 'healthy and light' they are COLD and Sticky, two of kapha's main qualities. eat something hot and light, like soups, or a spicy chai in the morning.</p> <p>Kapha should NOT nap during the day, or it can create more lethargy and heaviness.</p>