

BLUE LOTUS YOGA

YOUR PERSONALISED
SEASONAL
WELLNESS TIPS



PITTA DOSHA



WELCOME!

Thank you for taking the time to discover your dominant dosha!
By understanding your unique constitution, you've unlocked a pathway to
more balanced, mindful living.

These tips are designed to help you align with the seasons and nurture your
mind, body, and spirit according to your dosha's specific needs. Whether
you're looking to boost your energy, calm your mind, or find a deeper sense
of harmony, these seasonal tips are here to guide you.

Each season brings a new opportunity to grow, adapt, and thrive. So, take a
moment to explore these tips and embrace the seasonal rhythms that will
help you feel your best.

YOUR DOMINANT DOSHA IS...



Pitta is the energy of transformation and fire. Representing the elements of fire and water, Pitta types are known for their intensity, focus, and strong determination. People with a dominant Pitta dosha tend to be passionate, energetic, and ambitious, but when out of balance, they may experience irritability, overheating, and digestive issues.

Pitta is associated with digestion, metabolism, and all things related to transformation and change. When Pitta is in balance, it promotes clear thinking, enthusiasm, and drive. However, when it becomes aggravated (often in summer or stressful times), it can lead to anger, inflammation, and excessive heat in the body and mind.

In Ayurveda, maintaining balance for Pitta means focusing on cooling, calming, and grounding practices that help keep your fiery nature in check. By aligning your lifestyle with the natural rhythms of the seasons, you can keep your inner fire fueled without it burning out of control.

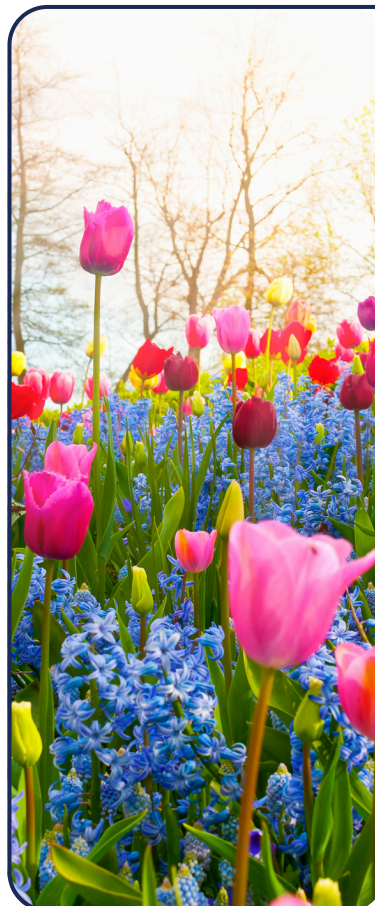
Read on to discover your Personalised Seasonal Wellness Tips to help you stay in balance through the changing seasons.

YOUR SEASONAL WELLNESS TIPS



WINTER

- **Warm, Cooked Foods:** Stick to warm, cooked meals like soups and stews. Avoid raw, cold foods and focus on sweet, bitter, and astringent flavors to balance internal heat.
- **Avoid Excessive Spice:** Cut back on hot, spicy foods like chili and ginger, which increase Pitta's heat. Choose milder spices like coriander and mint.
- **Cooling Yoga:** Practice Moon Salutations and shoulder stands to cool and regulate your fiery energy.



SPRING

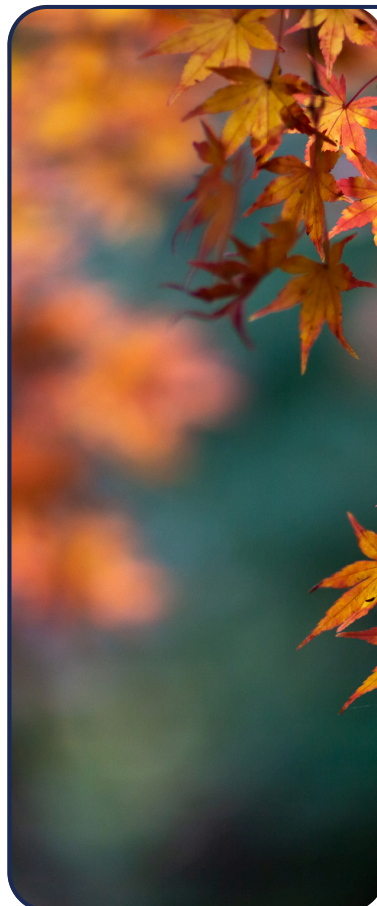
- **Hydrating, Cooling Foods:** Focus on water-rich foods like cucumbers, melons, and leafy greens to detox and refresh your system.
- **Mildly Spiced Meals:** Use cooling spices like mint, cumin, and coriander instead of hot, spicy foods.
- **Gentle Exercise:** Opt for cooling, steady movement like swimming or walking to balance your energy.

YOUR SEASONAL WELLNESS TIPS



SUMMER

- **Light, Hydrating Meals:** Stick to cooling foods like coconut, berries, and leafy salads. Avoid heavy, fatty foods.
- **Avoid Stimulants:** Reduce caffeine, alcohol, and dairy, which can overheat the body. Choose coconut water or mint tea instead.
- **Cooling Yoga:** Practice calming poses like Child's Pose and Legs Up the Wall to reduce stress and heat.



AUTUMN

- **Grounding, Warm Meals:** Eat roasted vegetables, soups, and grains to nourish your body as the weather cools.
- **Limit Spicy Foods:** Avoid overly spicy or fatty foods. Use mild spices like turmeric and fennel to balance your digestion.
- **Restorative Yoga:** Focus on calming poses like Seated Forward Fold and Reclining Twist to cool and center your energy.



Now that you have your personalised seasonal wellness tips, remember: your dominant dosha is just one piece of the puzzle. The time of year, your stage of life, and even external influences can all affect your dosha's expression.

By understanding these factors, you can adjust your habits to create true balance.

As you move through the seasons, continue to listen to your body, adapt to the rhythms of nature, and honour the unique energy you carry.

WITH LOVE

Blue Lotus Yoga