

BLUE LOTUS YOGA

YOUR PERSONALISED
SEASONAL
WELLNESS TIPS



VATA 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...



Vata is the energy of movement and change, representing the elements of air and ether. It's the dosha associated with creativity, communication, and quick thinking. People with a dominant Vata tend to be energetic, imaginative, and enthusiastic but may also struggle with dryness, irregularity, and anxiety if out of balance.

Vata types are often described as light, quick, and dynamic, moving through life with spontaneity and adaptability. However, because of this constant movement, Vata can easily become imbalanced—especially during times of seasonal transitions like autumn and winter, when the air turns colder and drier.

In Ayurveda, maintaining balance for Vata means bringing in qualities that ground, hydrate, and stabilize the body and mind. By aligning your routine with the natural rhythms of the seasons, you can keep your energy flowing smoothly and stay grounded in your inner calm.

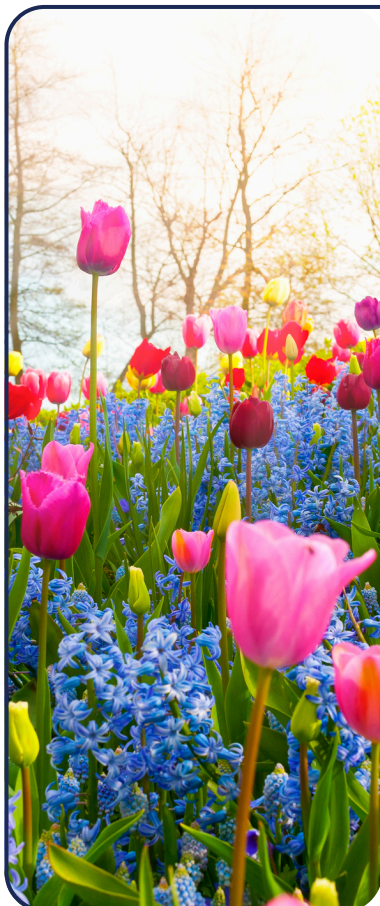
Read on to discover your Personalised Seasonal Wellness Tips, helping you stay in balance through the changing seasons.

YOUR SEASONAL WELLNESS TIPS



WINTER

- **Warm, Nourishing Foods:** Focus on cooked, warm, and oily foods like soups, stews, and root vegetables. Avoid raw, cold foods which can increase Vata's dryness.
- **Establish a Routine:** Vata thrives on consistency. Set regular sleep, meal, and activity times to keep your energy grounded.
- **Moisturise and Hydrate:** Use nourishing oils like sesame oil for self-massage to keep your skin soft and your body relaxed during the colder, drier months.



SPRING

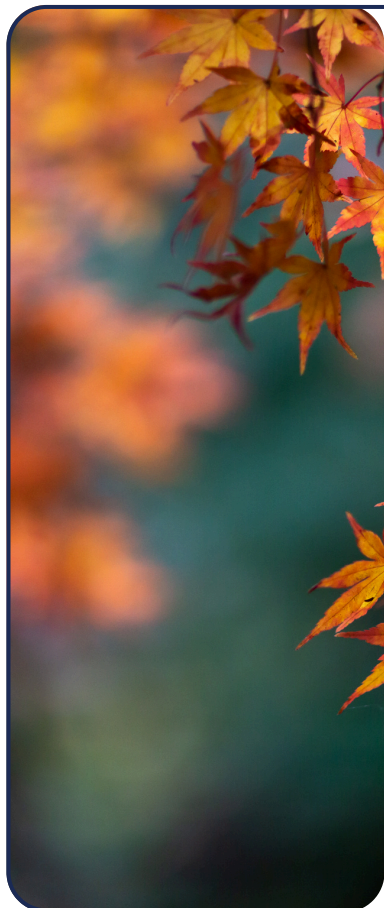
- **Stay Warm, But Lighten Up:** While it's still cool, try lighter, moistening foods like cooked grains and warm teas to keep your digestive system balanced.
- **Gentle Movement:** Engage in slow, grounding activities like yoga or walking to balance your energy while avoiding overexertion.
- **Hydrate and Detox:** Drink plenty of water, herbal teas (like ginger or peppermint), and enjoy light, detoxifying foods to help clear out the winter's stagnation.

YOUR SEASONAL WELLNESS TIPS



SUMMER

- **Cool, Hydrating Foods:** Focus on cooling, hydrating foods like cucumbers, watermelon, and coconut to soothe dryness and maintain hydration.
- **Establish a Routine:** Keep a regular daily routine to help ground Vata energy, including consistent sleep and meals.
- **Gentle Movement:** Opt for cooling exercises like swimming, walking, or restorative yoga to maintain balance without overexerting yourself.



AUTUMN

- **Stay Warm and Grounded:** Focus on nourishing soups, roasted root vegetables, and stews to counteract autumn's dry, cool qualities.
- **Gentle Yoga & Meditation:** Incorporate slow, grounding yoga practices like Hatha or Yin, and include meditation to calm an overactive mind.
- **Balancing Your Sleep Cycle:** Keep a regular sleep schedule. Consider a calming bedtime routine with warm, non-caffeinated drinks like chamomile tea or warm milk.



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

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