

# BLUE LOTUS YOGA

YOUR PERSONALISED  
SEASONAL  
WELLNESS TIPS



KAPHA 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...



Kapha is the energy of structure and stability.

Representing the elements of earth and water, Kapha types are often calm, steady, and nurturing. People with a dominant Kapha dosha tend to be grounded, loyal, and strong, but when out of balance, they can feel sluggish, heavy, and emotionally stuck.

Kapha governs physical strength, stability, and endurance. It is the foundation of the body, providing structure and support. When in balance, Kapha promotes a calm, peaceful demeanor and strong immunity. However, if aggravated (often in the cooler, wetter seasons), it can lead to congestion, weight gain, and lethargy.

In Ayurveda, maintaining balance for Kapha means stimulating the energy, embracing lighter foods, and staying active to avoid stagnation. By aligning your lifestyle with the natural rhythms of the seasons, you can keep your Kapha energy vibrant and strong.

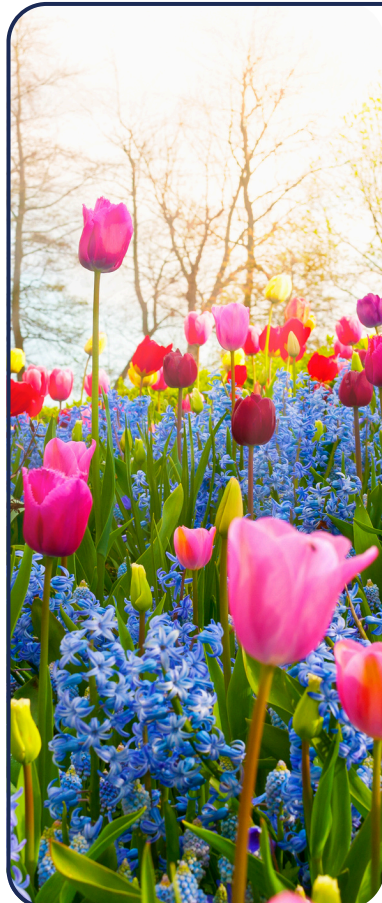
Read on to discover your Personalised Seasonal Wellness Tips to help you stay in balance through the changing seasons.

# YOUR SEASONAL WELLNESS TIPS



## WINTER

- **Spicy, Warming Foods:** Incorporate warming, stimulating foods like spicy soups, chilli, and garlic to activate digestion and clear out any stagnation.
- **Stay Active:** Engage in vigorous physical activities like hiking, running, or dancing to stimulate circulation and keep energy levels high.
- **Lighten Up on Dairy:** Reduce heavy dairy products and opt for lighter meals to prevent the accumulation of Kapha's dense, sticky qualities.



## SPRING

- **Lighter, Detoxifying Meals:** Focus on bitter and astringent foods like leafy greens, cruciferous vegetables, and herbal teas to support the body's natural detox process.
- **Stay Energized with Movement:** Regular aerobic exercise like brisk walking, cycling, or swimming helps reduce Kapha's tendency to stagnate and increase vitality.
- **Reduce Sweet and Heavy Foods:** Avoid sweets and heavy, oily foods that can lead to sluggishness. Opt for lighter, easy-to-digest meals instead.

# YOUR SEASONAL WELLNESS TIPS



## SUMMER

- **Cooling, Refreshing Foods:** Incorporate watermelon, cucumbers, and mint to cool your body and reduce Kapha's tendency toward excess heat.
- **Light and Regular Movement:** Engage in gentle exercise that keeps you moving without overwhelming your energy, such as swimming or yoga.
- **Avoid Excessive Sleep:** Kapha can become prone to over-sleeping, which may increase feelings of sluggishness. Aim for a consistent, moderate sleep schedule.



## AUTUMN

- **Warm, Light Meals:** Keep meals nourishing but light, like soups and roasted vegetables, which won't weigh you down but will support the changing weather.
- **Stimulating Yoga Practices:** Engage in more dynamic yoga practices to keep your energy levels up and combat any heaviness.
- **Mindful Movement:** Incorporate more aerobic exercises such as walking, running, or dancing to keep the energy flowing and prevent stagnation.



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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