
ATELIER VIVEKA

Winter Wellness Cheatsheet

Balance **hibernation** in the darkness with **invigorating** your flow.

LIFE

Welcome the darkness. Linger in candlelight, meditate in stillness, and go to bed early.

Regenerate your intentions for the year ahead, allow them to bloom with solstice.

Shake it up. Move and exercise, even a few jumping jacks keep that energy flowing. Don't sink into stagnation.

Fearsome pranayamas like bhastrika, kapalabhati, and agni sara will kindle the inner fire. Have a teacher show you.

Body brushing or exfoliation keeps the lymph flowing and happy.

Oil your body with sesame oil, especially your nostrils to keep the immune system up. Warm oil for extra boost.

Wrap up snugly in wool and layers. Keep cold and damp away, especially off your neck.

Decongesting herbs & oils like eucalyptus, thyme and classic fire cider are your friends.

FOOD

Eat a lot! Your inner thermostat is working full blast to keep you warm, so you need stable energy.

Find unctuousness in warm mushy food. 'Tis the seasons for stew and soups.

Keep your plate colourful. Celebrate the colours of roasted roots and dark leafy veg. The bitter taste will help keep things moving.

Liberalily sprinkle warming spices. These kindle your digestive fire & make heavy food easier. Think cinnamon, cayenne, pepper of all colours, cloves, turmeric, ginger, nutmeg.

... especially into warm bedtime milk. Nutmeg will help you sleep and warm spices will boost your inner transformation while you get some shut eye.

Snack on seasonal bounty like mandarins, cranberries, walnuts, if you must.

Experiment with ferments that add healthy enzymes to digestion.

May your winter be **merry & bright!**