

December



| NAYUR YOGA

*Winter is the quietest season. Ponds and lakes begin to solidify as the earth slows down.*

*Some forest dwellers are in their hibernation caves. Birds have migrated south to warmer climates. The midday sun brings little relief; their warm rays hardly seem to reach the earth. The cold in December forces us to roll up our collars and wrap our scarves up to our cheeks.*

*December is the most intimate time of the year. Beautiful memories of times past and years long gone bring sentimental feelings for loved ones, family and friends.*

*The Christmas season is in full swing and will probably fill everyone's calendar. It can be challenging to stay grounded and stick to routine when social life is full of celebrations and lavish menus.*

*The challenges and rewards of family dynamics can bring out the best and worst in everyone. Remember that every valuable member of your family provides an important opportunity for love, appreciation, and even self-reflection - especially those who drive you crazy!*

*This is a time of year to protect your immunity by staying warm. The dead of winter is a time when both Vata and Kapha are easily aggravated due to the incessant cold. Heat is the only common cure between the two!*

*Make sure you eat a warm breakfast before heading out into the cold. Drink hot water throughout the day as it warms, hydrates and easily cleanses. When the days get shorter and fresh air feels like it's burning on your skin, it's tempting to forego exercise. Keep exercise in your routine to prevent your blood from becoming stagnant and the dark days bringing you down.*

*Continue cooking soups and stews. Well-cooked vegetables like cabbage and kale offer a mild bitterness. Adding them to slow-cooked stews and soups makes them easier to digest - especially for Vata types.*

*Keep these tips in mind to ensure everything is merry and bright as you ring in the New Year! I wish everyone a happy holiday and a happy new year!*

*Love & Light*