

**Subject line:** Ayurvedic wisdom for spring 🌸 cleaning!

**Subtitle:** Keep kapha happy: Self-care tips for your home, body & mind!



Dear [name],

Come spring, do you have an urge to deep clean *everything*; your closet + pantry, your body + mind... *eh, your life*? Just as Nature wakes up to tend to her soils, buds and blooms, our bodies naturally want to prep for spring by clearing out the clutter – the unsupportive energy, the *stagnant kapha glut* we've accumulated from our long winter hibernation.

It's time to hit that reset button ▶▶▶ with a **SPRING CLEAN!** 🙄🙄🙄

Before you eye roll, **spring cleaning like an Ayurvedic Goddess** doesn't mean a top-to-bottom house purge or a full-on juice cleanse. No, ma'am. It can be any kick-starts YOU need to regenerate YOUR mind + body so you feel superbly balanced and get your springtime groove on. 🎵🎵🎵

What does a spring cleaning look like to you? Go BIG or go small. **You.Do.You.**

- ❖ **Reboot your mind** with a new meditation practice or a vision board with your 2023 goals.
- ❖ **Reset your agni** with a spring kitchari cleanse or go meat- or dairy-free for a week or two.
- ❖ **Add to your self-care routine** with a new practice: maybe tongue scraping, daily abhyanga or 🙌 get the deets on pelvic steaming 🙌.
- ❖ **Lighten your home space** by putting away winter blankets and clothes, or declutter your home, one room at a time.

As we move into a new season, I hope my how-tos and ayurvedic inspo help you shed the heaviness of winter and welcome this special time of year!



## Revitalize your energies this spring

~dance with the rhythms of the season~



Even though spring has sprung, you might relate more to a grumpy hedgehog coming out of hibernation rather than a hopeful tulip. If you're feeling bogged down and listless, or are fighting seasonal allergies, fear not! The cold and heaviness of winter can certainly have a lingering effect as we move into the warmer, lighter days of spring. Pacify kapha with a few springtime practices that can help bring harmony to your physical, mental + emotional body.

🌱 **Turn up your workouts:** Spring is the perfect time to purify your body's channels and reduce kapha with an amped-up exercise routine. (Read on for my spring exercise tips!)

🌱 **Tune into nature:** Get outside to witness the rebirth of nature. Clear out your garden for spring planting, forage for spring greens like wild garlic and dandelion, and walk barefoot, feeling the cool energy of the soil.

🌱 **Lighten your diet:** Favor light, cleansing, easy-to-digest foods. Dig into raw greens and sprouts, play with bitter vegetables and warming spices. (Dandelions are excellent for digestion!) Opt for bitter, pungent and astringent tastes instead of sweet, salty and sour.

🌱 **Add Triphala:** Triphala is THE ultimate digestive tonic. This springtime must-have contains haritaki, bibhitaki and amla, essential Ayurvedic herbs for detoxifying and rejuvenating the body.

🌱 **Lift emotional heaviness:** Spend meaningful time with loved ones, reach out to those you've wanted to reconnect with, and let go of relationships that no longer serve you.

✨ Get more tips on how to [stay balanced this spring season!](#) ✨



## Add some hustle to your day

~workout like an ayurvedic queen~



After being cooped up indoors, **MOVEMENT** is a key theme to turn spring fatigue into energy. Daily exercise is essential to an ayurvedic lifestyle, but the recommended exercises can depend on your dosha, the season and how you feel. Generally speaking, it is suggested to try more vigorous, invigorating exercises this time of year, especially if you're feeling a kapha imbalance (like carrying extra weight). **Keep kapha happy** with cycling, rock climbing, swimming, jumping rope, rowing and quicker forms of yoga that incorporate backbends, brisk sun salutations, poses that stretch your side body and twists. If you need exercise inspo for your mind-body type, look no further:

- **Vata-types** will benefit by slowing down with lighter, calming movements, like Tai chi, restorative yoga, walking, stand-up paddleboarding and barre.
- **Pitta-types** can calm their fiery energy by balancing intense workouts with restorative exercises. Choose exercises like moderate bike riding, skiing, tennis and long-distance running. (Just avoid exercising in the hot sun!)

✨ Want more tips on [how to exercise like an Ayurvedic Queen?](#) ✨



## Creamy Coconut Yogurt

~a perfect spring condiment~



Thick, creamy homemade yogurt is chock full of healthy fats, vitamins and probiotic benefits. Sans the sugar and additives of store-bought brands, it's a good-for-you treat and one of my go-tos for keeping my digestive system in check. Top with fruit and honey for tasty yogurt parfaits, use in marinades, serve with mung dal, or add to your smoothies and popsicles.

*Ingredients:* 1 14-ounce can full-fat coconut milk (or 1 can heavy coconut whipping cream)  
2 capsules of your favorite probiotic; 1 Tbsp vanilla bean powder; 1 Tbsp maple syrup (optional); dash sea salt (\*if using for savory recipes, exclude the vanilla + maple syrup)

*How to:* Blend coconut milk in a food processor/blender until smooth. Pour into a glass jar, add probiotic capsules and stir until smooth. Cover the jar with a cheesecloth and secure with a rubber band. Let yogurt sit on a countertop for at least 24 hours (up to 48 hours is fine). Once yogurt has reached a thick consistency, add vanilla, maple syrup and sea salt; then store in the refrigerator. Viola!

Craving another springtime treat? How about my [kapha-reducing springtime ice cream](#)?



## Womb Wellness

~restore health & balance to your feminine heart~



There are many modalities for [cultivating, healing and honoring a healthy womb space](#), including the age-old practice of pelvic steaming. Also known as vaginal steaming, v-steam or yoni steaming, pelvic steaming (a much more inclusive term) is beneficial to both women *and* men and involves squatting or sitting over a pot of hot water, typically infused with herbs.

*WHY* pelvic steam, you ask? Beyond bringing a general sense of relaxation and well-being, this meditative practice can foster a more intimate relationship with your most vulnerable parts, heal emotional traumas and clear out stagnant energies. For women, pelvic steaming helps with PMS symptoms, uterine fibroids, ovarian cysts, endometriosis, fertility issues, vaginal dryness or tightness, insomnia, menopause... and so many more benefits. For men, it can improve prostate health, soothe hemorrhoids and increase blood flow.

You can pelvic steam in the privacy of your home, on your own terms. However, the guidance of a professional or experienced friend can certainly be helpful. If you're curious, you can learn more about your [pelvic floor health and pleasure](#) or try Katie's [meditation for building and healing sexual energy](#).



May you feel rejuvenated and restored as you step into kapha season! Breathe kindness this spring,

XO

*Katie*



## UPCOMING EVENTS

- **TBD**

