

**Subject line:** BOOM! ❄️ Winter Awesomeness Achieved!

**Subtitle:** Ayurvedic Hacks for 🌲 Holiday Stress, Glowing Skin & ☀️ Solstice Love!



Dear [name],

As we conclude our cycle around the sun, we welcome winter, a season of renewal and stillness, solitude and deep quiet. Mother Nature and her plants and animals are withdrawing their energies to slumber, renew and build up strength for the next growing cycle.

If we listen closely to the Mother, she tells us to reflect these rhythms of dormancy... *"Dim your light, my child. Slow down and retreat into a warm, nurturing space to commune with your SOUL. Cultivate strength so you can emerge with VIBRANT growth when I bring you spring."*

With the Earth in repose, it's prime time to uplevel our self care and fortify our immunity by sleeping more, eating more and moving less. ✅ #wintergoals! ✅

Light a fire and allow yourself the pleasure of daydreams, self-reflection and secret musings. Draw inward and recognize **ALL** that you planted and cultivated this year (👏 Applaud yourself! You worked your bootie off! 🙌). Ponder future goals and perhaps step into the New Year with intention by [supercharging your daily routine](#).

I hope my ayurveda tips help you hack holiday stress, get your glow back and sail through the winter months with ease!



## Live Ayurvedically for Winter

~Katie's guide to a centered, uplifted winter~



Are you still in your pjs, eating leftover brownies right now? 🙌 (No judgment!) Winter's ho-hum lazy blues are upon us. Winter wellness involves balancing the dry, energetic, cold of vata with the heavy, slow, moist of kapha. Your body's needs will change as we move through the winter months so be mindful and adapt your daily routine to placate either vata or kapha.

✨ **Early winter (vata).** Nourish with hearty stews and mushy soups; warm spiced milks; amaranth and quinoa; more proteins, nuts and root veggies; and spices like cloves, chili and black pepper. **Reduce** caffeine, alcohol and over-stimulating activities. **Settle in bed before 10 p.m.** **Boost energy** levels and invigorate your lymphatic system with gentle winter walks. **Avoid raw, cold foods and icy drinks** (🙌 learn why below! 🙌). **Wear warm or bright colors**, and ditch the black clothing.

✨ **Late winter (kapha).** Support your diet with more leafy greens, radishes and broccoli; basmati rice and well-cooked legumes; and spices like mustard seeds and garlic. **Add chyavanprash** to your daily herbal support regime. **Eat in moderation.** **Amp up your workouts** with fluid yoga, dance and cycling. **Change your routine** a bit by trying new things and challenging yourself. **Avoid napping** and oversleeping, which can increase kapha. **Stay warm** and avoid dampness.



## Honor the Winter Solstice

~invite the light back into your life~



*Solstice*, a combo of the Latin terms *sol* (sun) and *sistere* (to stand still), is when the Mother takes an ephemeral pause, reflects and transitions. During the winter solstice, the Earth's pole reaches its fullest tilt away from the sun and we shift from the dark of winter to welcome the return of the Divine Light. Honor this sacred cycle with a winter solstice ritual, an incredible way to tune into the Universe and her energies.

🕯️ **Honor the stillness** of the year's shortest day and longest night by taking a sacred pause in your own life. Spend an evening in silence or solitude. Turn off electronics and lights and linger in the sweetness of flickering candlelight.

🕯️ **Try *tratak* meditation**, a type of yogic meditation that involves focusing the eyes and mind through relaxed gazing. Turn off all lights and light a candle (or use the glow of a lamp or Christmas tree lights). Get comfy, set your gaze on the flame or light and take slow, deep breaths, allowing your mind to open and relax.

🕯️ **Create a Yule altar** to honor the return of the sun. Place a candle at the center of the altar and decorate the space with nature's symbols of winter like evergreen boughs and pine cones.



## Radiant Skin All Year Long

~deep nourishment to get your glow back~



Does your skin feel thirsty, flaky, chapped or cracked during the harsh winter months? Let's fix that, stat. Give your skin a lil' extra boost with a few of my favorite skincare tricks. You already know that dry brushing and lymphatic oil massages are key to glowy, smooth skin. You'll also want to cleanse, feed and restore your skin with a nourishing oil cleanser, a misting toner (pure rose or lavender water are great) and a high-quality oil moisturizer. For even deeper nourishment, try one of these simple DIY masks once a week.

🥑 **Avocado Mask:** Mash avocado and add 10 drops of neroli or lemon essential oil. Slather on face and leave for 20 minutes.

🍌 **Banana + Aloe Vera Mask:** Mash a ripe banana together with fresh aloe vera gel. Apply to face and leave on for 20 minutes.

✨ **Want more beauty tips for a gorgeous glow?** Learn how facial and mouth exercises + red and infrared light can help you [stay radiant through the winter!](#) ✨



## Swap Your Green Smoothies

~winter breaky that grounds + nourishes~



Lady, it's time to ditch your morning green smoothie or cold juice. 😊 Trust me, I LOVE my morning blend too, BUT, it's winter y'all, and raw foods, salads and smoothies are an ayurvedic no-no. Raw foods actually contradict what our body needs to stay warm, grounded and nourished through colder months. Plus, they can cause gas, bloating and constipation – yech! Swap your smoothie for a soothing, calming bowl of oats. (Or, if you simply must have your daily smoothie, please sip it at room temperature!)

🍏 **Katie's Easy Peasy Winter Oatmeal:** Grab  $\frac{3}{4}$  cup whole oats;  $\frac{1}{2}$  chopped red apple; 1-2 dates;  $\frac{3}{4}$  cup water +  $\frac{3}{4}$  nut milk; almonds, walnuts or pecans; ghee or olive oil; and cinnamon. Simmer oats, chopped apple and dates in the water and milk. Toast nuts over medium heat with a little ghee or olive oil until deliciously fragrant. When oats are soft, top with nuts and cinnamon. Dig in and enjoy!



## Healthy Holiday Heart & Belly

~keep the holiday crazy in check~



Raise your hand if you spin out of balance around the holidays. With family drama, crazy spending, party after party, too much food and the hectic busy-ness of it all, the holidays can turn us into a **HOT MESS!** Our physical bodies take a beating with overbooked calendars. Our digestive systems get off-kilter with carb- and sugar-laden potlucks. And our emotional hearts get stressed, burdened and utterly depleted. Not to worry! With a few ayurveda lessons, you can joyfully partake in holiday festivities while staying sane and healthy.

🌸 **Lay low.** No, ma'am, you don't need to RSVP "yes!!" to every invite. Allow yourself to stay in by a cozy fire. Read a book, knit, pet your kitty, paint your toes, meditate, do nothing!

🌸 **Be mindful with treats.** Holiday goodies are often filled with highly refined sugars. Avoid belly woes by choosing dark chocolate or sharing a healthy dessert, like this [pumpkin pie!](#)

🌸 **Easy on the eggnog.** Alcohol *certainly* eases stress. BUT, it also slows your metabolism and wreaks havoc on digestion. If you do imbibe, sip moderately and hydrate with plenty of water.

🌸 **Prep for family drama.** Guard your energy field and protect your emotional heart by inviting triggering relatives into your morning meditations (figuratively, that is!).

🌸 **Travel smart!** Support yourself on the road by packing your favorite teas, essential oils, yoga mat and go-to supplements.

🌸 **Make YOU time.** Focus on yourself, you gorgeous goddess you! Put aside the to-do list, make some soothing cinnamon + ginger tea and relax in a magnesium salt bath.

✨ For more tips, check out [Katie's guide on how to keep a healthy belly during the holidays.](#) ✨



## Powerhouse Spices for Winter: Cinnamon + Ginger

~amp up your nutrition + immunity~



I geek out on spices! Ayurveda lauds hundreds of good-for-you spices, but cinnamon and ginger take the cake as favorite universal healers. They both have incredible therapeutic properties, are especially awesome at pacifying vata and kapha, and are easy to work into everyday dishes. Here's why I love 'em!

**Superfood Cinnamon:** Not only does cinnamon energize the body, help control blood sugar, and promote health and healing, it's also a powerful antioxidant. Add cinnamon to desserts, curries and tomato-based dishes, and sprinkle on warm drinks and grains. For an incredible digestive boost, mix together 1/2 tsp each of cinnamon, ghee + honey and consume twice daily.

**Immunity Boosting Ginger:** Ginger is top dog among healing spices. It destroys toxins, stokes the *agni*, clears mucus, stimulates circulation, helps with belly aches, soothes nerves... the list goes on. Add grated fresh ginger to any dish, especially kitchari, soups and teas. Stoke your digestive fire pre- and post-meal by munching on a few slices of ginger topped with a squeeze of fresh lime + a pinch of sea salt.

**Put 'em together!** Make a warming cinnamon-ginger tea by mixing 1/4 teaspoon each of freshly grated ginger, ground cardamom + ground cinnamon. Add spice mixture to 1 cup boiling water. Cover and steep for five minutes before straining.

✨ Want more spice in your life? Check out the [Shakti School blog](#) for more ayurveda tips. ✨



Wishing you much sweetness, joy and peace in 2023.

XO

*Katie*



## UPCOMING EVENTS

- TBD

