

Late Winter Is a Time for Rest and Rejuvenation

Late winter is a time for rest and rejuvenation, according to Ayurveda. So even though Punxsutawney Phil didn't see his shadow this year, and an early spring is predicted here in the Northern Hemisphere, we still have a few weeks to take advantage of this seasonal downtime. Many of us living in colder climates are making the shift from Vata Season (fall/early winter) to Kapha Season (late winter/spring). You can feel the cold, dry, lightness of Vata shifting to the cold, damp, heaviness of Kapha. This is a very tenuous time for the body (and the mind, as well). #Ayurveda cautions us to give extra TLC to ourselves as we make the transition.