

Ayurveda Cheat Sheet for Autumn

Focus on this...

Slow Down Your Yoga Practice

Taking time to slow down your practice and incorporate more grounding yoga poses into your regular practice is important this time of year. Poses like anjaneyasana (low lunge with arms & gaze low) build flexibility and strength but also help you feel grounded.

Deep Breathing (To Combat Colds, Flu & Allergies)

Nadi Shodhan (alternate nostril breathing) is great to clear out “gunk” in the nose and balance the body. It’s been shown to give a boost to the immune system as well. Check t

Sinus Prevention & Relief

Use Nasaya oil to keep the nasal passages from getting dry and crinkly. It’s also a great way to protect the nasal passages from allergens floating through the air.

I use the Banyan Botanical Nasaya Oil but you can use a little sesame (not the kind used for cooking) to make your own. 1-2+ drops placed in the nose (head tilted back) or use your finger and place a little in each nostril. Give a sniff and a quick gentle rub to the outside of the nostrils will seal it all in. Once at bedtime and once in the morning after you’ve blown your nose and cleared out any gunk that accumulated over night.

Add to your diet...

Incorporate More Soups & Stews

As the weather begins to cool, add in more cooked vegetables, soups & stews. This is a wonderful time of the year to take advantage of the root veggies and bitter greens that are still available. Add beets, carrots, asparagus and sweet potatoes into your diet.

Use Ghee!

Add in ghee as your cooking oil of choice if you aren’t already using it. It’s a wonderful nourishing oil to use through the entire year for cooking and to add to rejuvenative (Rasayana) teas taken before bed.

Bedtime Rasayana Tea:

Warm, simmered organic milk of your choice (cow, goat, almond, etc)

Add the following to the warm milk...

1 pinch each ginger, cinnamon, cardamom

1/2 teaspoon organic ghee

1 tablespoon (or to taste) honey or maple syrup optional but recommended if possible - 1 teaspoon ground herbs: shatavari (women) or ashwagandha (men)

Avoid or Limit...

Dry cereals, cold or iced foods, barley, corn, buckwheat, rye, dried fruits & sour fruits. Raisins are fine when soaked in water first. Dates are fine. Apples and pears are fine when cooked. Avoid raw salads and raw vegetables.