

NOVEMBER / DECEMBER 2015

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Issue

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Ordinary Moments

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for immunity &
stress relief

HOLIDAY APPETIZERS

Under 200 Calories

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Yoga Getaway Guide

4 Energy
Boosting
Practices
to Beat the
Holiday Blues

Stay **Happy**
and **Healthy**
this season with
AYURVEDA

**CELEBRATE
THE PAST,
EMBRACE
THE FUTURE**

Yoga professionals weigh on
the benefits of celebrating.



Gift Guide

2015



Sundara Holistic: Ayurvedic Skincare

Sundara Holistic: Ayurvedic Skincare Launched by NYC-based Ayurvedic practitioner Kiera Nachman, this skincare line is formulated for each of the doshas. Whether you have dry, sensitive, or oily skin, you will find a product suited to your needs. The line also features several finishing products, meaning compatible with all skin types. The line features botanical face oils, body and hair oils, and a unique lip balm and under-eye cream, both made with ghee, turmeric, and saffron. Bring some healing into your loved ones' lives this holiday season with some aromatic, non-toxic, food-grade skincare, to bring beauty and radiance from the inside, out.

Winter Wellness: Ayurvedic Seasonal Tips for Self-Care

BY KIERA NACHMAN

Winter. Just the thought of it can make us want to flee to the tropics until the first sign of spring. When we are faced with the long, cold winter months, we immediately get the urge to hibernate. This may not be the worst idea - there is good reason for our bodies to be sending us this message.

While summertime is often filled with a busy social calendar and time spent basking in the sun, winter is the perfect season to look within, and nurture your body and mind. Ayurveda, the ancient holistic system of health and healing - and yoga's sister science - teaches us how to live within the laws and rhythms of nature.

As humans, we are actually inseparable from nature. According to Ayurveda, we are made of the same material as the rest of the universe: we are a microcosm of the macrocosm. So, as the seasons shift, so do our bodies. In order to stay in balance, stay healthy and avoid disease, we must follow a seasonal routine, or *Ritucharya*.



In the wintertime, when we look around us, our environment is cold, windy, and dry. A fundamental rule in Ayurveda is that like increases like. So, if we are in a season that has certain qualities, we want to bring the opposite qualities into our diet and lifestyle, so that we don't fall out of balance - and fall prey to disease.

Vata season lasts from approximately mid-October to the end of February. Since our external environment during this time is light, cold and dry, we want to avoid these characteristics in the foods we choose. Instead, incorporate heavy, warming, moist, and nourishing foods and remedies into your daily life. Also, digestion is stronger in winter, so please stay mindful that our bodies can consume larger portions of food than in other seasons.

Let's take some time for ourselves this winter season, by incorporating some Ayurvedic *Ritucharya* tips into our daily life. The health benefits will last into the spring and beyond.

Kiera Nachman is an Ayurvedic practitioner based in New York City, where she has a private practice. Kiera created Sundara Holistic, an Ayurvedic skincare and wellness brand, with a commitment to the ancient wisdom of Ayurveda. Sundara Holistic products are 100% natural and non-toxic, using only food-grade and plant-based ingredients.

WHAT TO AVOID

RAW FOODS AND SALADS These are difficult to digest in Vata season, and will unbalance you during this time. Summer (Pitta season) is the best time to eat raw vegetables.

Bitter, astringent and pungent foods. Indulge instead in sweet, salty and sour tastes, which will balance Vata.

LEFTOVERS, RAW FOODS, CANNED FOODS, PROCESSED FOODS These will aggravate Vata. Eating fresh, homemade, sattvic meals is best for Vata types.

COFFEE AND CAFFEINATED TEA Especially for Vata-dominant types, these are too stimulating. Consume in moderation.

DRY SNACK FOODS This includes chips, popcorn, crackers, and dry, cold cereal.

