



SUZANNE MARTIN YOGA

January Ayurvedic Seasonal Summary

THE SEASON

Dominant Doshas: Kapha + Vata

Key Qualities: Cold, Heavy, Damp (kapha) or Cold, Dry, Mobile (vata) depending on climate

Digestive Fire: Strongest of the year—your body can handle substantial, nourishing meals

Season's Invitation: Rest, restore, reflect, and rebuild reserves for spring

UNIVERSAL WARMING SPICES FOR JANUARY

Ginger • Cinnamon • Turmeric • Black Pepper • Cumin •
Cardamom • Fenugreek • Bay Leaf • Hing

TOP 5 FOODS TO FAVOR BY DOSHA

VATA (Cold, Dry, Windy Climate)

1. Hearty soups and stews with root vegetables
2. Well-cooked grains with ghee (oatmeal, rice, quinoa)
3. Soaked chia/flax seeds and warming nuts
4. Quality fermented dairy with warming spices (yogurt, kefir)
5. Bone broths and nourishing proteins

KAPHA (Cold, Damp, Heavy Climate)

1. Lighter grains (quinoa, millet, buckwheat, brown rice)
2. Well-spiced beans and legumes with ghee
3. Bitter root vegetables (turnips, rutabagas, parsnips)
4. Lighter ferments (sauerkraut, kimchi, pickled garlic)
5. Clear broths and warming teas

PITTA

1. Nourishing meals with healthy fats and oils
2. Hearty proteins that ground and sustain
3. Root vegetables and warming grains
4. Balanced approach—enjoy winter's cooling relief
5. Continue some cooling practices to prevent indoor overheating





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DAILY RHYTHM FOR DEEP WINTER

Morning (Before Sunrise):

- Rise gently • Abhyanga • Warm shower • Yoga/pranayama • Meditation • Warm beverage
- Nourishing breakfast

Midday (12:00-2:00 PM):

Largest meal of the day • Warming spices • Good oils • Quality proteins • Sip warm water

Evening (6:00-8:00 PM):

Light warming dinner • Cozy activities • Herbal tea • Wind down

Before Bed (9:00-10:00 PM):

Warm milk with turmeric/ghee/honey • Gentle breathing • Gratitude • Sleep by 10 PM

TOP 3 LIFESTYLE PRACTICES BY DOSHA

VATA

1. Daily abhyanga with warm sesame oil before bathing
2. Sip warm water throughout the day—non-negotiable for hydration
3. Oil everything: Food with ghee, nasya oil for nose, extra rest and warmth

KAPHA

1. Dynamic movement daily—cardio, sun salutations, avoid oversleeping
2. Stimulating routine: Warm water with ginger/cinnamon, intermittent fasting
3. Stay active: Brisk walks, pranayama (kapalbhati), keep energy circulating

PITTA

1. Maintain nourishing routine with warming, substantial meals
2. Build deep reserves while digestive fire is strong
3. Balance indoor heat with continued cooling practices as needed

WINTER CONTEMPLATION

January is nature's invitation to go inward. Use this time to:

- Reflect on the year that has passed
- Journal about patterns and lessons learned
- Set intentions for new habits that serve your spirit
- Plant seeds now for spring's vibrant renewal
- Balance the active energy of the year with restorative stillness

Remember: Your body's call for rest, warmth, and substantial nourishment isn't laziness—it's ancient wisdom preparing you for the year ahead. Trust the season. Trust your body.