

# kapha season

## kapha lifestyle tips

**Get moving and sweat.** Releasing water through sweat is one of the ways we remove waste and stagnation. Sweating also increases our digestive fire which is responsible for digesting and assimilating our food.

**Get rid of things.** This is the perfect time of year to turn our closets upside down and toss out what no longer inspires us. Kaphas are sticky by nature so while they want to hold on to things, it's not balancing for them — it will make them feel heavier. Creating space and air in their physical dwelling will make them instantly happy and light.

**Donate.** For any kaphas having a hard time parting with "stuff" it might be easier to swallow when you know you'll be giving it to someone else who will love it.

**Forgive.** Let go of any grudges or heavy emotions you are carrying around. They might not even be yours to carry! Heavy or negative emotions can accumulate and weigh you down both energetically and physically. Perform a ritual to say, "Thank you for the lessons, goodbye," and release it.

**Dress up!** As we emerge from gray winter, spring enlivens us with color! Put away the sweats and toss on a pretty skirt, bright shoes or jewelry that makes you happy. Nature is already a step ahead of you with limey-colored new leaves, purple, pink and white flowers and tangerine sunsets!

## om-therapies for the 5 senses

**See.** Bright colors and open spaces help kapha feel expansive and happy. If kaphas see clutter everywhere or know that every last nook n' cranny of their home is full of stuff, they will feel heavy. They might feel it in their mind, emotions, or physical weight as all that "stuff" does not allow slow but graceful kapha the freedom to move about.

**Hear.** Put on some serious jams that make you want to dance and shake your booty! Even better if you grab a buddy and head to Zumba class to break a sweat.

**Touch.** Citrus-scented bathwash used vigorously with a loofa scrubby is uplifting for kapha as it helps circulation and break up stagnant tissues.

**Taste.** Kaphas do not need a large quantity of food, so to satisfy them with less, food should be flavorful, dry, and include pungent spices.

**Smell.** Choose uplifting and stimulating aromatherapy such as, grapefruit, wild orange, bergamot, basil, patchouli, eucalyptus.

*"like increases like"*

**kapha season is:** wet, cold, heavy, static, dense

**find balance by adding:** dryness, warmth, lightness, movement and space

Kapha is the energy of lubrication and structure and is the over-arching energy during late winter and spring. Kapha-type folks will particularly benefit from the tips outlined in this seasonal bloom.

Are you a kapha?

Take the dosha test to find out:

[heymonicab.com/blog/dosha-test](http://heymonicab.com/blog/dosha-test)

## kapha nutrition

Kaphas need to keep their food dry, light spicy and vegetables should take up most of the room on their plate.

**YES foods include:** All vegetables either steamed, roasted or grilled. Apples, pears, pomegranates, berries, cranberries, raisins. Liquid spicy soups, rice noodles, barley, quinoa, basmati rice. Asian-inspired meals (no heavy sauces). Honey or stevia as a sweetener.

**NO foods include:** Cold, heavy, "comfort foods", extra salty or extra sweet foods. Cream sauces, yogurt, ice cream, dairy, brown rice. Meat, fish, banana, dates, citrus fruits, fried foods, soda or bubbly water, candy, iced drinks.

**tip: honey is kapha's #1 food**

Honey may seem sticky and heavy but it actually digests in the body as heating and scraping. That's why honey is used in teas when we have congestion — it cuts right through the gool!

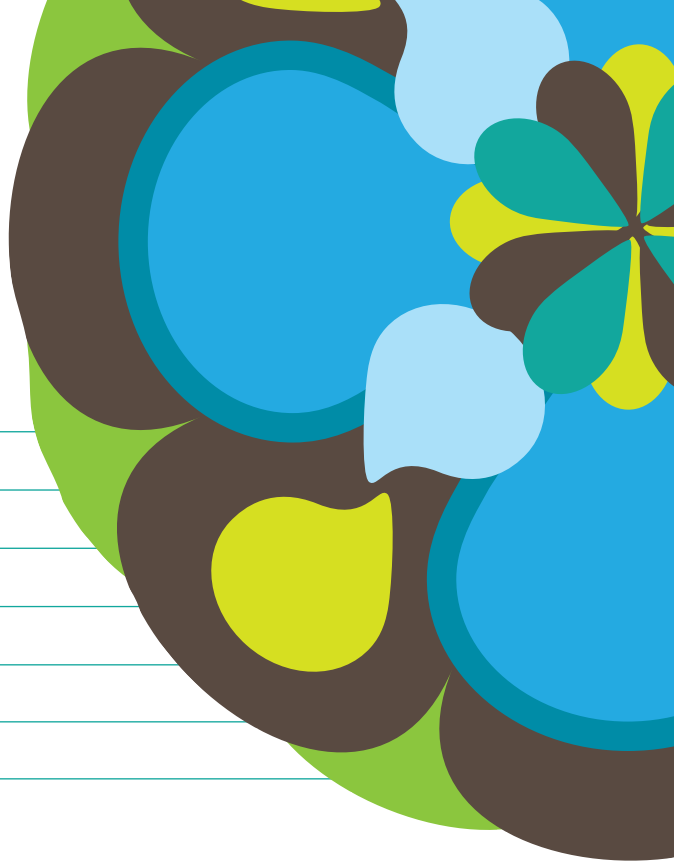


**put this knowledge into practice!**

Using the journal on the next page, commit to practicing new diet & lifestyle changes for summer so you can live your best life!



# life practice



List some things you didn't know about vatas or vata season

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Choose 1-2 of those things to work on this week  
*(as you make them a habit, add 1 more and 1 more...)*

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Observe: How do you feel since making the changes?

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