

SPRING AWAKENING

Mindful Movement and Healthy Eating Workshop 4/22/23 11am-1pm

Women's Wellness, 4 Oxford Rd, Ste B6, Milford, CT Register: <https://tiny.cc/SpringAwakening>

Join Andrea and Lindsey Miller for a delicious and enlightened event on Earth Day, 4/22/23

Ayurvedic Tips

Adjusting your diet to seasonal fluctuations is an ancient tradition; initially because of need - now we know the earth and our body both benefit from this practice.

Cleanse and Renew

Winter inspires us to slow down, eat more and hopefully rest. When Spring arrives, the fresh green sprouts of new vegetation invite us to change our diet, adding more roughage - raw veggies and fresh fruit to stimulate our digestive system.

Move and Breathe

Kapha busting Yoga practice, means moving and breathing with a little more heat. Take your time though, start where you are with respect... then build up the fire. Find Slow Flow video on my Youtube channel: Andrea Cashman Yoga - subscribe for free!



Cross from Winter to Spring with intention and gratitude

As we prepare to transition from Winter (Vata Season) into Spring (Kapha Season), let's take some time to appreciate this space in between. Take a deep breath, close your eyes and let it out slowly... Express gratitude for the flow of your life force. Feel your feet on the earth and imagine sending your roots deep into the earth to draw up nutrients to your bones, muscles, and all the systems that support you. Grow a little taller through your spine to welcome the energy from the sky and be grateful for the lengthening daylight.

Article and Video Links

<https://www.banyanbotanicals.com/info/ayurvedic-living/living-ayurveda/rejuvenation/spring-rejuvenation-guide/>

<https://www.youtube.com/watch?v=Oz9oRxSeTMY>