

Dear (insert individual's name here):

How are you adjusting to these rainy, cold, blustery days? Have you been spending more hours indoors, more time sitting?

Indoor gentle morning Yoga stretching and Pranayama breathing exercises can both help to maintain healthy metabolism and immunity at this time of change of season, especially when done just before sunrise. Pranayama done at this more Kapha-dominant time of day, can help disperse the longer nights' inertia and accumulation of cold.

Lifestyle adjustment for increased external kapha dosha means to rest early to support arising early for pranayama, nasya, abhyanga and other morning practices that promote disease-free, vibrant living according to Ayurveda.

For example, a Kapha-pacifying nasya: Morning and evening on an empty stomach, self-administer nose drops made of 1 oz. pure unrefined sesame oil and 5 drops of pure eucalyptus oil. Insufflate while reclining with head well back, continue to insufflate for about 5 mins. each nostril. Nasya helps maintain clear upper respiratory channels such as sinuses, nostrils, sensory and brain pathways.

Kapha-pacifying adjustment can also mean to take lighter foods such as teas and soups, such as:

Energizing Kapha-pacifying tea recipe to serve about 4:

Method:

Boil sliced ginger root in a pan of 3 cups pure water for 3 mins. Remove from heat. Add a pinch of black pepper, a pinch of cinnamon and one tsp. of lime juice. Cover. Cool until comfortably hot. Stir. Strain. Sip.

Optional: Add 1 tsp. local honey at serving.

Hearty Kapha pacifying soup recipe to serve about 8:

- 1 cup chopped leeks, celery,
- 1 cup cubed beets, yams, purple potatoes or other veggie
- 1.5 cups wild Canadian rice(soaked 24 hrs., rinsed, drained)
- 1.5 cups red rice (pre-soaked 1 hr., rinsed, drained)
- 1.5 cups yellow split moong dahl (soaked 1-4 hrs., drained)

Method:

In a large pot, put enough sunflower oil to coat the pan lightly. When at medium heat, add 1T freshly ground ginger root and stir. When beginning to brown, add 1 tsp. black mustard seeds and stir. When the mustard seeds are popping, quickly add 1 tsp. cumin seeds and stir.

Now add the leeks and celery. Stir to coat all particles with the spice mixture. After about 2 minutes, add the other vegetables and stir until all pieces are well coated with the spice mixture. Now quickly add the wild rice and stir, then the red rice and stir and

lastly the yellow split moong dahl and stir. Sprinkle with 2 tsp. of turmeric powder and stir. Quickly add sufficient water to come within 1 ½” of the pot top.

Stir gently and leave your spoon in the pot while the soup comes to a boil to prevent boil-ever. Simmer for 15 mins. Cover. Cool. Blend half of the soup mixture into a puree and add back into the remainder of the soup batch. Salt and pepper to taste at the time of serving. Garnish with fresh cilantro and lime juice. This is a full meal deal with all 6 tastes (vary to your personal needs) and all food groups (vary serving to your personal needs).

TAKE TIME FOR YOUR SELF-CARE, REST AND REJUVENATION

Do you need a break, even a few days or a week? Sign up for your PERSONAL AYURVEDA HEALING RETREAT in November in Surrey, B.C. For more information and to evaluate your eligibility, please call Jaisri at 604-290-8201. [Link](#)

Do you need a longer break, like a couple of months? Sign up for your personalized six-week in-depth classical panchakarma healing retreat Dec. 14-Jan. 31 in Coimbatore, India. Experience healing of the soul, rejuvenation of the mind and cleansing of the body. For more information, please call Jaisri at 604-290-8201. [Flier](#)

PLAN AHEAD - UPCOMING 2107 AYURVEDA SEMINARS LEARNING OPPORTUNITIES SIGN UP NOW TO ENSURE YOUR SPOT!

NEW PROGRAM:
SECRETS OF AYURVEDA COOKERY
IN FOUR SESSIONS
with Jaisri M. Lambert
www.ayurveda-seminars.com

Do you crave to understand the ancient, unchanged principles of daily food routines from Ayurveda? Benefit from the oral tradition of the world's oldest holistic health science and learn in person with Jaisri M. Lambert, professional Ayurveda teacher and consultant.

March 11, 2017

- **General Introductory Concepts and Recipes.** Lay your foundation in the basics of spicing, combining of rice, dahl and beans, the science of the six tastes, doshic typing, food combining and so much more. Basic recipes are featured.

March 12, 2017

- **Intermediate Concepts & Recipes.** Go deeper with more complex recipes for everyday family variety and seasonal adaptation. Emphasis is on simplicity, thrift and satisfaction!

March 18, 2017

- **Breakfasts in Ayurveda.** Westerners consistently enquire about what to eat for breakfast, the all-important morning meal. Learn a variety of recipes and methods for satisfying morning hunger while providing sustained energy.

March 19, 2017

- **Kitchen Home Remedies.** Learn simple ways the science of Ayurveda cookery has sustained generations of healthy Indians, and why Indian cookery has been sought after throughout history for its medicinal value in everyday family management. Celebratory recipes are featured.

Times: 10am-3pm. Includes late lunch together.

Investment: \$145/day or part
\$275/2days
\$395/3days
\$495/4days

Pre-registration by Mar. 4: \$ 59 non-refundable deposit to ensure your place.

To register, please click on the PayPal icon on my Contact page to pay your deposit.

For more information, please visit www.ayurveda-seminars.com or call 604-290-8201.

Turiya Therapy – 10-day format in Nelson, B.C.

This new format is to facilitate those coming from out of town for this intensive, practical program. Do you want to enhance your bodywork skills? Begin your healing arts practice? Support self, friends and family to heal unresolved psycho-spiritual energy patterns? Turiya Therapy is on the forefront of neuro-plasticity science. [Flier](#)

When: April 28-May 7, 2017 10am-6pm daily

Investment: \$1997 if prepaid by April 21, \$2127 thereafter

Deposit: \$197 (non-refundable) holds your spot to April 1 (balance due)

Where: ACOS - #2-560 Baker Street, Nelson, BC.

Contact: Camela Cowan at 250-505-3875 or camelacowan@yahoo.ca

For more info: Jaisri Lambert at 604-290-8201 or Jaisri@ayurveda-seminars.com

Abhyanga – 10-day Ayurveda Massage Therapy Program in Surrey, B.C.

Another newly formatted program is for those familiar with Ayurveda and licensed for bodywork practice in your area.

When: July 21-30, 2017 10am – 6pm.

Investment: \$1997 if prepaid by July 14, \$2127 thereafter

Deposit: \$197 (non-refundable) holds your spot to June 1st (balance due)

Contact: Jaisri M. Lambert at 604-290-8201 or Jaisri@ayurveda-seminars.com

Soon, I plan to be in India, on Indian time and with an Indian phone. Reach me if you can at: 011-91-848-911-5562, keeping the 12.5 hr. time advance difference. Or call me at 604-290-8201 and leave your message as usual.

Looking forward to hearing from you and sharing more AYURVEDA. Our network expands by you tagging and forwarding those whom you feel will benefit. Please share these tips from Ayurveda with your tribe!

Love and Light,

Jaisri M. Lambert

Founder

Ayurveda Seminars & Consulting