

AYURVEDA IN DAILY LIFE RETREAT 3

Topic for Sun 21 November: Change of Season – Moving from Spring to Summer

In this workshop we look at the qualities of the seasons. By understanding the qualities of the seasons, we can reduce any adverse health effects created by the season.

In this workshop, we will cover:

- Why we have a daily routine.
- Spring is Kapha season.
- Summer is Pitta season.
- Adjusting diet and lifestyle accordingly, by favoring or reducing certain foods.
- Balancing Agni in Summer.
- Summer routine.
- How to tell if Pitta is high especially if you are Pitta dosha.
- Ayurvedic treatments, yoga and breathing techniques to balance and reduce Pitta.

Lunch Menu:

- Mediterranean Summer Salad with Lentils, Beetroot and Cous-Cous
- Avocado Lime Dressing
- Quinoa Chickpea Salad
- Tangy Tahini Sauce

