



GENTLE  
APRIL  
AYURVEDIC  
RHYTHM

Cardamom Coaching  
Ayurveda • Yoga • Conscious Living  
[www.cardamomcoaching.com](http://www.cardamomcoaching.com)

## INTRODUCTION & CONTEXT

March began the movement.

April asks us to clear the path.

Energy is more present now.

The light is stronger.

The body may feel ready for change but not for force.

In Ayurveda, April is still spring.

Kapha - earth and water - continues to loosen, melt and move.

This is a month for circulation, clarity and gentle release.



## WHY APRIL CAN FEEL HEAVY AND HOPEFUL

In the UK, April can feel changeable.

Brighter days arrive, but dampness and heaviness may still linger.

At this time of year:

- Energy may rise and fall
- The body may feel sluggish or congested
- Digestion may need lighter support
- Motivation may return, but inconsistently
- Emotions may feel tender or unsettled

This is not failure.

It is seasonal transition.

April is not about pushing harder.

It is about clearing what no longer supports you.



A SIMPLE DAILY RHYTHM  
Support clarity without pressure.

## MORNING

Wake with the light.  
Drink warm water.  
Move before sitting too long.  
Invite breath, heat and circulation.

## DAY

Choose lighter, warmer meals.  
Use spices gently.  
Get outside where possible.  
Let movement break up heaviness.

## EVENING

Keep supper simple.  
Reduce screen stimulation.  
Create a softer end to the day.  
Let the body settle.

Small rhythms create lasting change.



## DURING THIS SPRING MONTH

This month I'm focusing on:

- Lighter meals with warmth and flavour
    - Daily walks or energising yoga
  - Clearing clutter from body, mind and space
    - Reducing heavy, cold or overly rich foods
  - Creating momentum through simple daily practices
- Nothing extreme.

Just supporting the body to feel clearer, lighter and more awake.



## CLOSING REFLECTION

If March was emergence,  
April is gentle clearing.  
Not urgency.  
Not reinvention.  
Not forcing a new self.  
But a steady return to energy, clarity and movement.

You do not need to rush the season.  
You only need to support it.

Clear a little.  
Move a little.  
Lighten a little.

Spring is already unfolding.  
Seasonal alignment is more sustainable than willpower.

