



GENTLE  
MARCH  
AYURVEDIC  
RHYTHM

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

## INTRODUCTION & CONTEXT

February prepared the ground.

March begins to stir what was beneath it.

Energy is no longer dormant.

But it is not yet fully expressed.

In Ayurveda, this is early spring.

Kapha (earth and water) begins to melt and move.

What was heavy starts to shift.

What was still begins to circulate.

March is the beginning of momentum.



## WHY ENERGY CAN FEEL UNCLEAR

In the UK, daylight is noticeably increasing but the body may not feel fully aligned yet.

At this time of year:

- Energy may feel uneven
- You may feel motivated one day, sluggish the next
- The body can feel restless
- Sinuses, energy and digestion may feel slow or congested

This is not inconsistency.

It is the body transitioning from stillness into movement.

This is a clearing phase.

March is not about full activation.

It is about gentle mobilisation.



## A SIMPLE DAILY RHYTHM

Support movement without force.

### MORNING

Wake slightly earlier.

Warm water. More dynamic movement.

Invite circulation.

### DAY

Lighter meals. More spices.

Fresh air. Frequent energising movement.

Break up long periods of sitting.

### EVENING

Keep supper light.

Avoid heaviness late at night.

Wind down without overstimulation.

Movement clears stagnation.



## DURING THIS TRANSITIONAL MONTH

This month I'm focusing on:

- Earlier rising with natural light
- Brisk walks or more dynamic yoga
- Warming, stimulating foods and spices
- Reducing heavy, cold, or overly rich meals
- Creating momentum through small daily actions

Nothing extreme. Just encouraging the body to move forward again.

### CLOSING REFLECTION

If February was preparation,  
March is the beginning of emergence.  
Not full bloom.  
Not peak energy.  
But the first clear signs of change.  
You do not need to rush the process.  
Support the shift.  
Create gentle momentum.  
Spring will come.

Seasonal alignment is more sustainable than willpower.

