



GENTLE  
AUGUST  
AYURVEDIC  
RHYTHM

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

## INTRODUCTION & CONTEXT

July asked for awareness.

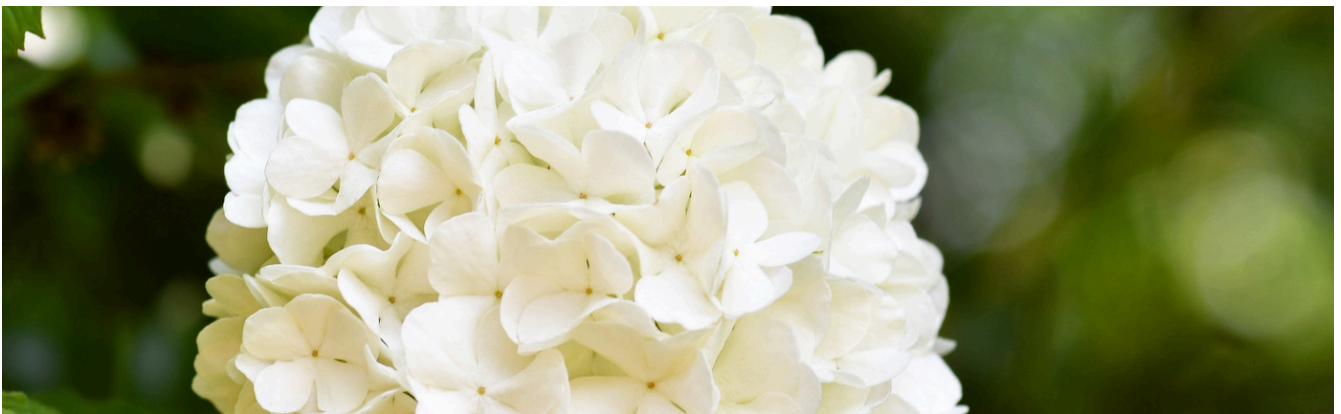
August asks for discernment.

The intensity of summer hasn't disappeared but its effect is now more subtle.

In Ayurveda, this is late summer.

Pitta (fire) is still present, but it begins to dry the system. This is where depletion can quietly replace intensity.

Not because you've done too little but  
but because you haven't restored enough.



## WHEN FULLNESS TURNS INTO FATIGUE

August often feels slower on the surface but the body may tell a different story.

At this time of year:

- Energy may feel inconsistent or slightly depleted
- You may feel tired, even after rest
- The body can feel dry - skin, eyes, digestion
- Motivation may dip after a busy summer period
- There can be a subtle sense of “running low”

This is not loss of momentum.  
It is the cost of sustained output.

August is not about regaining energy quickly.  
It is about restoring it properly.



## A SIMPLE DAILY RHYTHM

Shift from output to nourishment.

### MORNING

Wake without urgency.

Hydrate deeply.

Choose slower, more grounding movement.

### DAY

Eat meals that are both light and nourishing.

Include healthy oils and hydration.

Avoid skipping meals or pushing through fatigue.

Protect your energy rather than spending it.

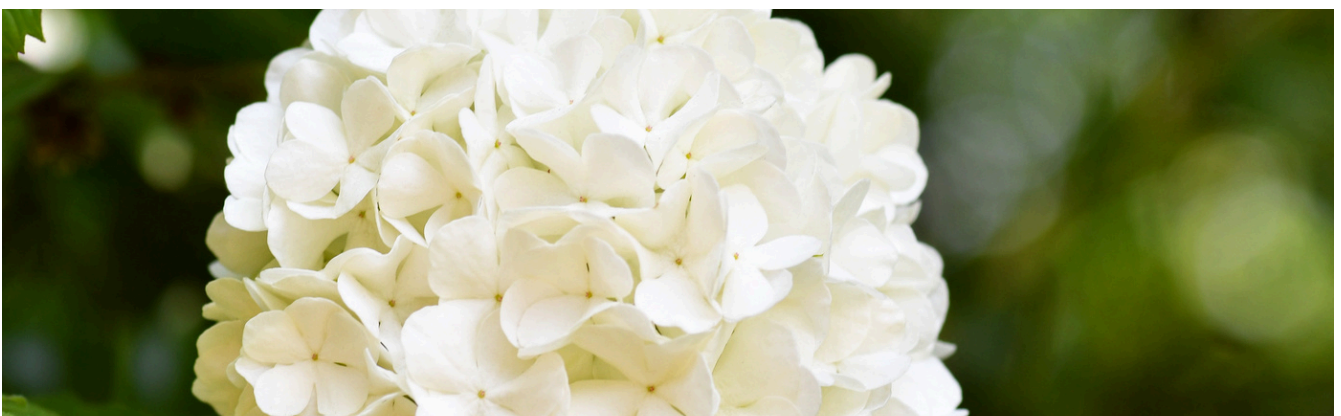
### EVENING

Wind down earlier than you think you need to.

Reduce stimulation.

Allow deeper rest to begin before sleep.

Rest is productive now.



## DURING THIS LATE SUMMER PHASE

This month I'm focusing on:

- Replenishing rather than pushing
- Eating in a way that restores, not just fuels
- Adding moisture and nourishment back into the body
  - Letting go of unnecessary effort
  - Creating space for deeper rest

Not stopping.  
But resourcing.



## CLOSING REFLECTION

If July was awareness,  
August is restoration.

Not collapse.  
Not withdrawal.  
Not losing your edge.  
But rebuilding what sustains you.  
You do not need to finish strong.  
You need to stay well.

Where can you restore?  
Where can you soften?  
Where can you give back to yourself?  
Energy returns when it is respected.

Seasonal alignment is more sustainable than willpower.

