



GENTLE
FEBRUARY
AYURVEDIC
RHYTHM

Cardamom Coaching
Ayurveda • Yoga • Conscious Living
www.cardamomcoaching.com

INTRODUCTION & CONTEXT

January invited conservation.

February feels different - not fully energised, yet no longer deeply still.

In Ayurveda, this is late winter. Kapha (earth and water) accumulates before spring arrives.

Heaviness builds first.

Lightness follows later.

February is a bridge.



WHY ENERGY CAN FEEL HEAVY

In the UK, daylight is still limited, though slowly increasing.

At this time of year:

- Energy may feel inconsistent
- Mornings may feel slower
- Motivation may fluctuate
- Digestion can feel heavier

This is not weakness.

It is seasonal physiology adjusting gradually.



THE AYURVEDIC VIEW

Late winter carries Kapha qualities:
Cold - Heavy - Slow - Stable

As winter progresses:

- Kapha accumulates
- Circulation may feel sluggish
- Mental dullness can appear

At the same time, subtle movement begins beneath the surface.

February is not about dramatic change.

It is about preparation.



A GENTLE DAILY RHYTHM

Use this as guidance, not rigidity.

Morning

Warm water. Morning light. Gentle activation.

Day

Simple meals. Fresh air. Short movement breaks.

Evening

Lighter supper. Soft wind-down. Consistent sleep.

Small circulation prevents stagnation.



DURING THIS TRANSITIONAL MONTH

This month I'm focusing on:

- Earlier rising
- Brisk morning walks
 - Warming spices
- Lighter evening meals
 - Steady routines

Nothing dramatic.
Just clearing space for what's next.



CLOSING REFLECTION

If January was about conserving energy,
February is about preparing for renewal.

Not forcing growth.

Not demanding transformation.

Simply creating the conditions in which spring can
emerge naturally.

Seasonal alignment is more sustainable than willpower.

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