



GENTLE  
SEPTEMBER  
AYURVEDIC  
RHYTHM

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

## INTRODUCTION & CONTEXT

August restored what was depleted.

September reorganises what remains.

There is a noticeable shift now.

The light softens.

The pace changes.

In Ayurveda, this is the transition from summer into autumn.

Pitta (fire) begins to reduce.

Vata (air and space) starts to rise.

This is a month of adjustment - externally and internally.



## WHEN CHANGE CREATES INSTABILITY

September often feels like a reset but not always a grounded one.

At this time of year:

- Routines begin to change again
  - The mind may feel busier or more scattered
  - Sleep can become lighter or disrupted
  - The body may feel more sensitive or irregular
- There can be a subtle sense of unease or restlessness

This is not a lack of focus.

It is movement.

Vata brings change, creativity, and possibility  
but without grounding, it can feel unsteady.

September is not about doing more.

It is about creating structure within change.



## A SIMPLE DAILY RHYTHM

Stabilise the system gently.

### MORNING

Wake at a consistent time.

Begin slowly.

Favour warmth over stimulation.

### DAY

Eat regular, grounding meals.

Avoid skipping or eating on the go.

Create simple structure in your day.

Focus on one thing at a time.

### EVENING

Wind down earlier.

Reduce input and noise.

Create calm, predictable endings.

Consistency creates calm.



## DURING THIS SEASONAL SHIFT

This month I'm focusing on:

- Re-establishing simple daily routines
- Eating warm, nourishing, grounding foods
  - Slowing down decision-making
  - Creating more stability in my day
- Protecting my energy from over-stimulation

Not restricting.  
But anchoring.



## CLOSING REFLECTION

If August was restoration,  
September is recalibration.

Not control.  
Not rigidity.  
Not forcing routine.  
But gentle structure.

You do not need to have everything figured out.

You need something to return to.  
Where can you simplify?  
Where can you steady yourself?  
Where can you create rhythm again?

Ground before you grow.

Seasonal alignment is more sustainable than willpower.

