



GENTLE
JUNE
AYURVEDIC
RHYTHM

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

INTRODUCTION & CONTEXT

May expanded the energy.

June begins to stabilise and sustain it.

Light is now at its peak.

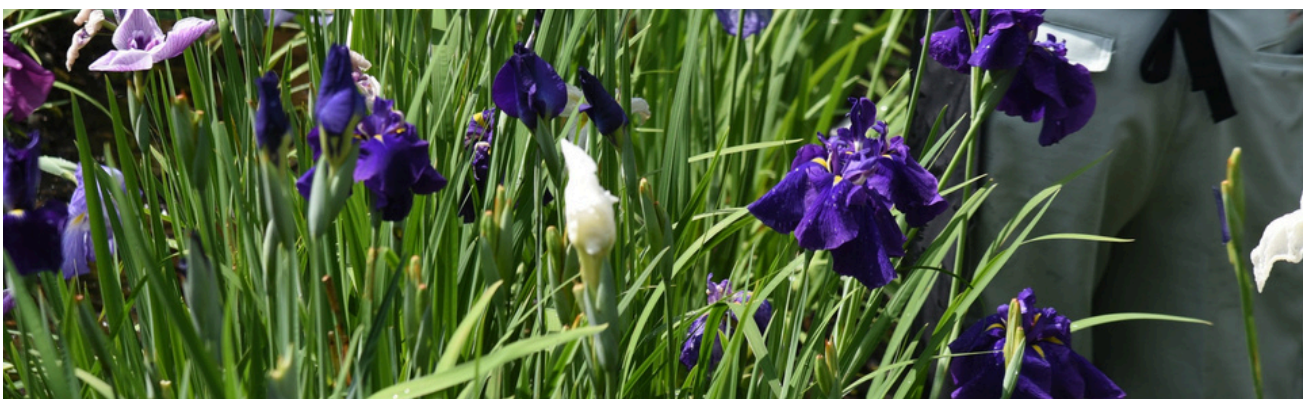
Days are long.

Energy is fully available.

In Ayurveda, this is early summer.

Pitta (fire and transformation) is now dominant.

This is a month of strength, focus and full expression.



WHY JUNE CAN FEEL FULL AND SOMETIMES OVERWHELMING

In the UK, the longest days bring both vitality and intensity.

There is more light, more activity, more expectation.

At this time of year:

- Energy may feel high and driven
- Focus and productivity increase
- You may feel pressure to keep up or do more
- Irritability or impatience may arise
- The body may feel warmer, sometimes overheated

This is not too much.

It is the peak of fire.

June is not about pushing further.

It is about managing and balancing what is already strong.



A SIMPLE DAILY RHYTHM

Support intensity with balance.

MORNING

Wake with light, but avoid rushing.

Hydrate early.

Move the body gently to start, building gradually.

DAY

Eat fresh, cooling, nourishing foods.

Take breaks from heat and stimulation.

Step outside, but avoid peak midday sun.

Balance effort with ease.

EVENING

Wind down before the body becomes overtired.

Reduce heat - physically and mentally.

Create calm, spacious endings to the day.

Balance protects energy.



DURING THIS PEAK SEASON

This month I'm focusing on:

- Staying cool in body and mind
- Choosing steady, not excessive, movement
- Eating lighter, hydrating, seasonal foods
- Not overcommitting or overextending
- Creating space within full days

Not doing more.

But doing things well, with awareness.



CLOSING REFLECTION

If May was expansion,
June is full expression.

Not overdrive.

Not depletion.

Not constant output.

But sustained, balanced energy.

You do not need to match the intensity around you.

You need to regulate it.

Soften the edges.

Cool the system.

Stay steady within the fullness.

The cycle will turn again.

Seasonal alignment is more sustainable than willpower.

