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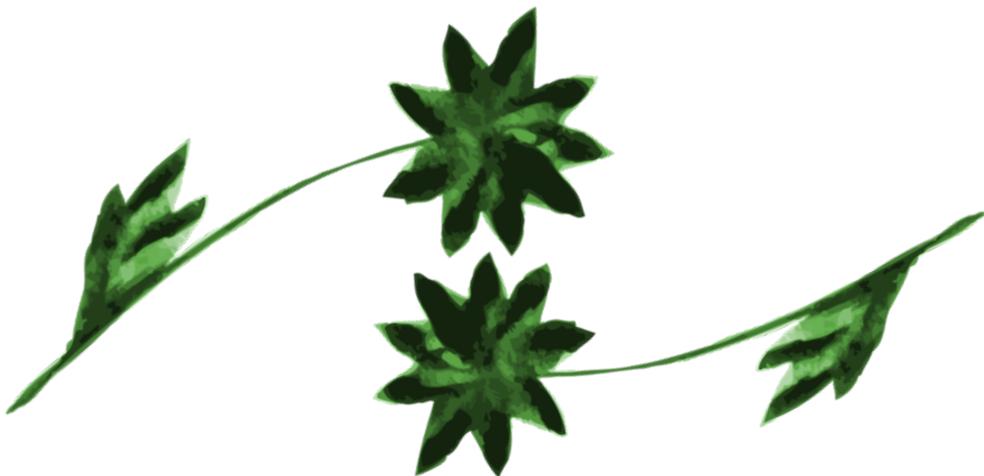


Yoga FOR Spring

A GUIDE & RESOURCE TO PRACTICING
YOGA IN THE SPRINGTIME

Contents

6 WAYS TO EMBRACE THE SPIRIT OF SPRING IN YOGA	3
SIMPLE CLEANSING TECHNIQUES FOR SPRING	6
YOGA FASHION TIPS AND TRENDS FOR SPRING	11
BEST NEW YOGA BOOKS: SPRING EDITION	16
SPRING CLEANING: GET BACK IN BALANCE	22
TAKING YOGA OUTDOORS	25
SUMMER YOGA FESTIVALS FOR 2017	30
THE YOGA OF FOOD: EATING FOR SPRING	34





6 WAYS TO EMBRACE THE SPIRIT OF SPRING IN YOGA

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BY SARAH DITTMORE

The flowers are blooming; the birds are singing; and people are digging their hands in the soil. Spring is in the air! But is spring in your yoga practice? Spring is a time of renewal, transformation, and

letting go of the old to make room for the new. The spring energy is all around us, and these six tips will help you harness the spirit of spring in your yoga practice.



Energize your practice

Winter, a season of hibernation and burrowing in, often manifests within us as lethargy. We carry onto old weight to protect us from the cold, harsh season. Spring is the perfect time for us to rise out of winter's lull with fresh energy. While you might be in the habit of choosing yin and restorative yoga classes, opt for fierier classes for the next few months: [vinyasa](#), hot yoga, and power yoga are just a few options. By building this heat within, you can burn out the old junk you have been carrying and set yourself up for a successful spring.

Detox your gut

April and May are the perfect time for some hefty spring cleaning. Most of us hold our old habits, exhausted emotions, and holiday indulgences in our gut. Incorporate a few extra [twists](#) and [kapalabhati](#) (breath of fire) into your practice to help clear out everything you don't need anymore or try a deeper [spring cleaning cleanse](#).

Be playful

During spring, joy and fun are all around as new life begins. Watch the animals play in the grass or listen to the birds chirp in the trees. New life inspires a sense of playfulness that we can embrace in yoga practice as well. Embody playfulness in your practice by going for poses you normally shy away from, laughing instead of cringing whenever you fall, trying [laughter yoga](#), and taking it all a little less seriously.

Practice outside

It is finally warm enough to practice outside, so let's celebrate. It does not matter if it's in your backyard or in the mountains, [practicing outside](#) in any way is a great chance to connect to nature. Breathe in the fresh air, dig your hands into the moist dirt, and celebrate the incredible earth we have been blessed with. As you rest in Savasana (Corpse pose) at the end of your practice, enjoy the special bliss that only practicing yoga outside can bring.

Awaken new vibrations

Those who think and talk about spiritual energy say that spring is a time of intense vibrations. The entire planet is working to shed the old tired ways of winter and embrace a brighter, more alive state of being. This transformation is tangible and contagious. Like a snake that sheds its skin, celebrate spring by shedding your winter layer and opening up to the energy of the season. Start with this [simple spring meditation](#).

Embracing the shift of spring and opening yourself to new possibilities can bring massive change.

Keep it fresh

Spring is the perfect time for a fresh start. This spring, try a type of yoga you have never done



before like paddleboard or acro yoga. View every yoga class as a fresh start. Forget what came before and don't worry about what might come next. Take every class—or for that matter every asana and every breath—as a chance to be something entirely new..



SIMPLE CLEANSING TECHNIQUES FOR SPRING

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BY KATHLEEN BRYANT

After winter's holiday indulgences and kapha-aggravating weather, spring is an ideal time for a fresh start. But forget what you've heard about celebrity fads and crazy crash diets. From the perspective of yoga and Ayurveda, the primary purpose of cleansing

isn't to lose weight or detox, it's to help us return to a natural state of [balance or sattva](#). Whether you decide on a simple tune-up or an all-out spring cleaning, here are a few basics to keep in mind:



For optimal effectiveness, choose a cleansing approach that honors your work and travel schedule and your general state of health, as well as [your dosha or constitution](#). For example, if you're a delicate vata-type with a demanding job, think twice before embarking on a restrictive fast.

The fact is, you don't need to undertake a rigorous cleanse to reap serious benefits. Many [traditional yogic and Ayurvedic cleanses are easy to incorporate into a daily schedule](#) while doing wonders for your health and well-being. Simple changes in everyday routines are more likely to stick, becoming part of a yogic lifestyle that leads to cumulative rewards.

If you've never tried cleansing before, start with small steps and seek support. Several companies offer [packaged cleansing regimens](#) that provide helpful structure. Even better, enlist support and guidance by joining a yoga teacher training, going on a retreat that incorporates

cleansing, or—if you're on a budget—setting up a buddy-system within [your yoga community](#) to learn cleansing techniques from experienced students and teachers.

Be aware of possible cleansing reactions—energy fluctuations, nausea, headaches, etc.

Sometimes, as your body releases toxins, things may seem worse before they get better. Journaling will not only highlight progress but also help you identify and cope with cravings, reactions, or mood changes. Not everyone experiences detox reactions, and you can curb many of these side-effects by “pre-cleansing”—[cleaning up your diet](#) a few weeks before embarking on a cleanse. For instance, cut out most processed foods and eat more wholesome, easy-to-digest meals that include some leafy greens and brightly colored vegetables. Befriend [carminative spices and herbs](#) like fennel, cumin and ginger.

Keep things moving—not just in terms of digestion and



elimination, but also your [lymph system](#), which removes toxins on a cellular level. Drink plenty of water and herbal teas and [dry-brush your skin daily](#). Practice asanas that include forward folding, twisting and laying on your belly to [stimulate peristalsis](#) and lymph flow.

Remember that cleansing can occur on all levels—physical, emotional, mental and [energetic](#). Take a break from reading the newspaper, watching television or using social media. Clean out

your closets—literally and metaphorically. Practice cleansing pranayamas such as [kapalabhati](#) and [nadi shodhana](#), and [meditate](#) to de-clutter the mind.

Most of all, be patient. As part of a holistic yogic lifestyle, cleansing supports shaucha, or [purification](#), the first of the [five niyamas](#) ([personal disciplines or observances](#)). Rather than offering a quick fix, a simple cleanse can lead to permanent change—a sattvic life of inner peace and well-being on all levels.



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YOGA FASHION TIPS AND TRENDS FOR SPRING

.....
BY SARAH DITTMORE

With flowers blooming and trees budding, spring is the season of growth and vibrancy. Fashion is no exception to this seasonal shift. As you put your winter coats away, pull out something a little more colorful to match the

spring energy. Give your wardrobe a fresh start with these spring yoga fashion tips and trends.



The colors of spring (and how to wear them)

From vivid pinks and oranges to muted earth tones, [Pantone's Spring Color Report](#) matches the vibe of spring. These colors seek to embody vitality, relaxation, and the great outdoors. What better combination can a springtime yogi ask for?

If you're more attracted to the earthy, muted tones, pair [patterned capri leggings](#) with a [solid color yoga top](#) for an outfit that focuses on the relaxing and nourishing aspects of the season.



If you're feeling ready to radiate this spring, opt for some of the livelier colors. Blue is in, so have fun with it and don some [vibrant aqua leggings](#) paired with a [funky, patterned crop top](#) to feel confident and ready to embrace change head-on.

Embody the playful energy of spring with your yoga pants

Spring is a time for trying new things and embracing your inner child. Unleash your playful side



by adding color to your yoga wardrobe. Why not go all out and wear some [colorful drop-crotch yoga pants](#)? You'll have a hard time not having fun in something this playful.

If you want to add fun to your wardrobe, but the drop-crotch look isn't for you, find some [multi-color leggings](#) with unique and eye-catching designs. Spring is the time to push yourself outside of your comfort zone; a funky pair of yoga pants is the perfect place to start.

Change is coming, so support yourself

Before you jump into the wild waters of spring, support yourself and ground into your foundation. Find a [reliable, well-made sports bra](#) that will be there for you when you need it. Once you have a base of support, there's nothing you can't do.

Let yourself bloom with some floral yoga patterns

I know, I know, floral? Really? I'm not talking about your

grandmother's seafoam rose-patterned A-line dress. Believe it or not, there's a modern way to wear floral. It is spring after all, we've got to make room for a bit of blooming.

Embrace the spring wildflower look with a modern [floral crop top](#) that you won't find anywhere near your grandma's closet. Slide on these [vibrant floral leggings](#) and you'll be the brightest flower in the field.

Let nature inspire your spring yoga style

When Pantone released the spring color report they were clearly inspired by Mother Nature and all her beauty. Once you've refreshed your yoga wardrobe, return to where it all began. Dig your toes into the dirt, feel the sun on your back, and connect to the earth this spring. From the color of your leggings to Downward-Facing Dogs in the grass, let nature inspire your practice this season.

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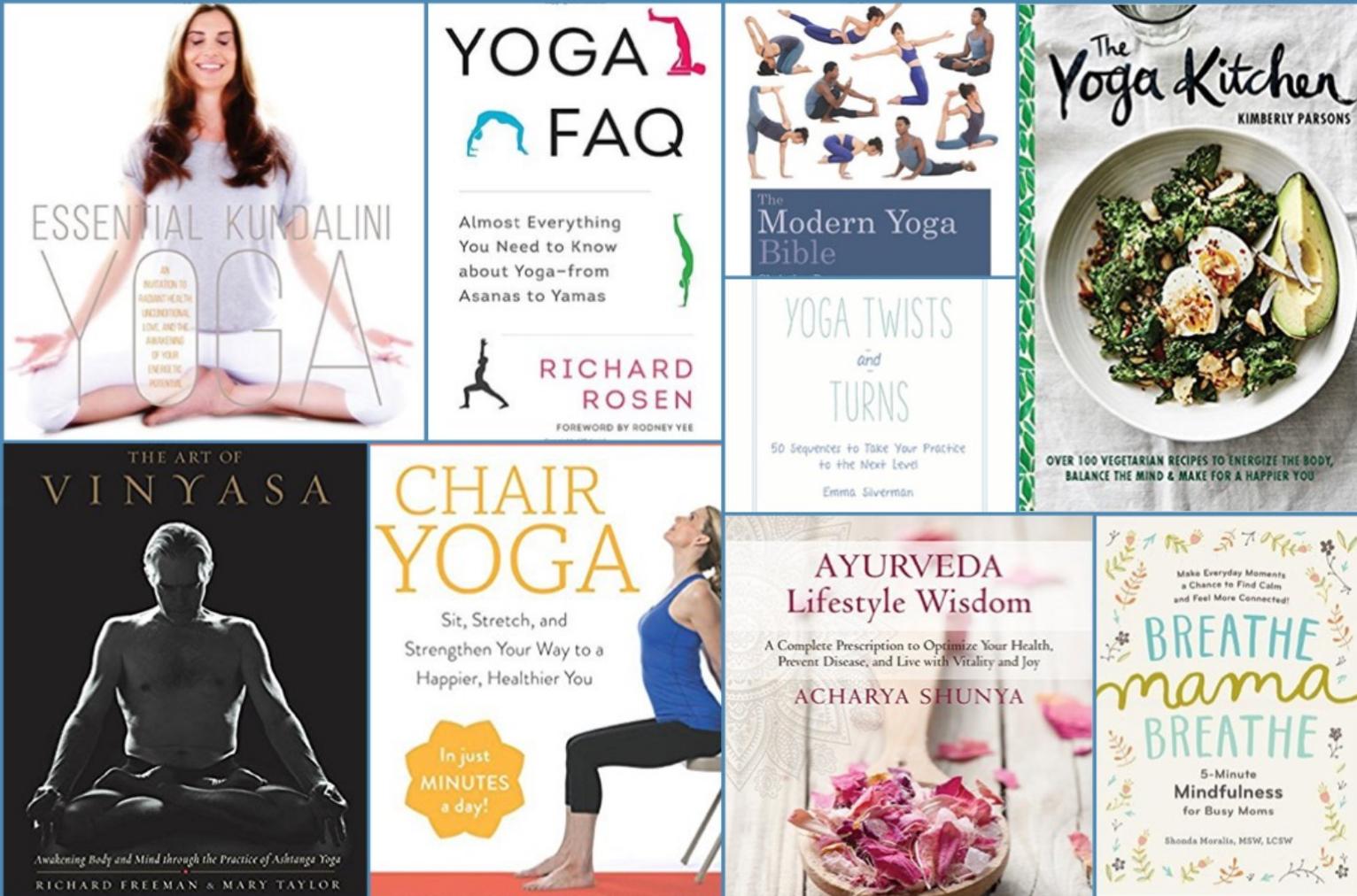
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BEST NEW YOGA BOOKS: SPRING EDITION

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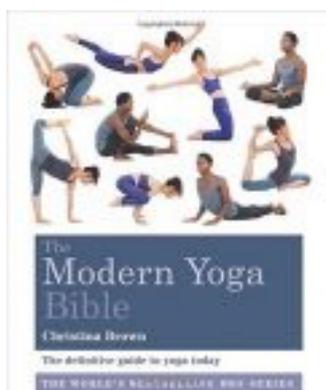
BY TIMOTHY BURGIN

There's something unique and special about holding a new yoga book in my hands; I always feel the curiosity and thrill of discovering new techniques and ideas and the adventure of exploring these on my yoga mat. I feel this especially in springtime

with the season's promise of new beginnings and abundant growth. This latest collection of new yoga books spans an interesting and wide spectrum of philosophies and techniques.

Modern Yoga Bible by Christina Brown

This is a wonderfully designed book densely packed with valuable information and great photos—but calling it a “yoga bible” and a “definitive guide to yoga” is a bit misleading. Asana, the physical poses of hatha yoga, takes up over 90% of the book’s contents. There is a brief introduction to yoga and its basic philosophy at the start and

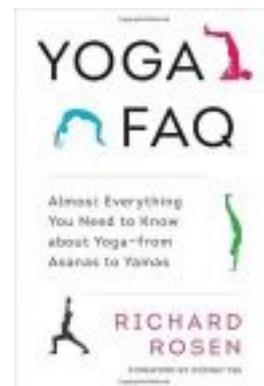


several pranayama breathing techniques and a few meditation exercises at the end, but overall this book leaves out a huge amount of the history, philosophy, and techniques of yoga. I do love how the book is uniquely divided into yang (vinyasa based movement) and yin (long holding of poses) practices. It also contains a lot of unusual poses and movements that I haven’t seen elsewhere. Even though the title is a bit misleading, this is still

a great book to add to your yoga library.

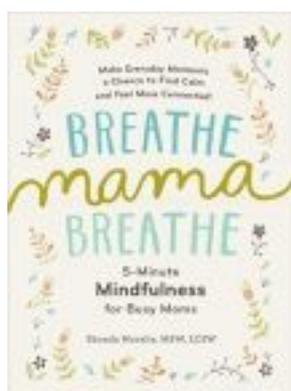
Yoga FAQ by Richard Rosen

This is a creative and interesting approach to writing a book on yoga—compiling questions and answers that yoga students may ask as they traverse along the path of yoga. Rosen is quick to dive deep into the complexities of yoga philosophy, history, and tradition, and makes a point to correct common misconceptions about yoga. Thus, most of the discussion is quite interesting and fascinating yet is sometimes quirky and obscure, like the detailed discussion about if viagra was named after the Sanskrit name for tiger. Even though this book has a user-friendly title, it would be best suited to those with some amount of practice and study of yoga under their belts.



Breathe, Mama, Breathe by Shonda Moralis

The techniques in this book—a five-minute daily meditation practice combined with short “mindfulness breaks” throughout the day—are simple, easy, helpful and effective.



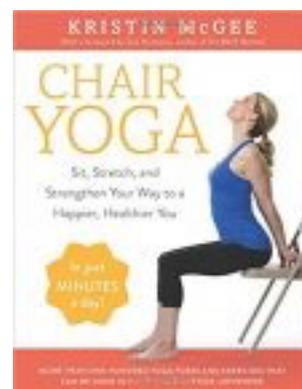
Sixty mindfulness exercises, organized into five chapters, are based around ordinary parenting

moments (dinner, homework, sibling strife, toothbrushing, etc.). You can choose a mindfulness practice for a challenging part of your day or use a practice to bring more awareness, aliveness, and connection to ordinary family moments. In the end, these exercises all boil down to remembering to “Breathe, Mama, Breathe.”

Chair Yoga by Kristin McGee

Using a chair as a prop for practicing yoga is especially helpful, and often essential, for the elderly and for persons with physical limitations.

With over 100 poses and black and white photos, this book is an

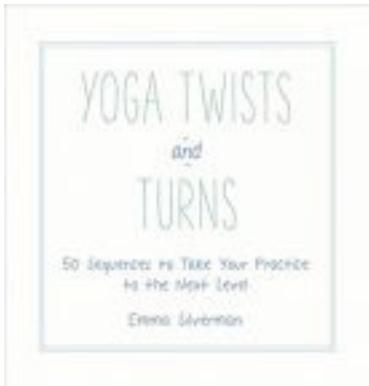


accessible guide to chair yoga. The poses and movement exercises range from simple and easy to more complex and challenging and thus will appeal to a wide range of practitioners and abilities. Since the chair yoga poses are arranged by body part (upper body, face, low back, etc.), this book is easy to use as a reference to plan a sequence.



Yoga Twists and Turns by Emma Silverman

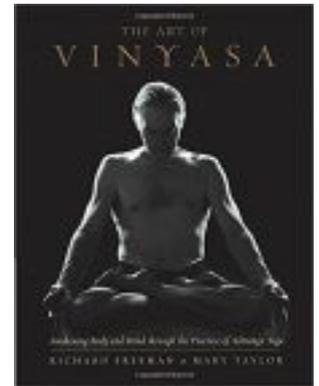
If your asana practice is feeling stale or uninspired, you will find this new book of posture sequences fun and refreshing. The sequences are built around a “challenge pose,” which



ranges in level of difficulty and organized into five themed chapters of similar pose types (backbends, inversions, arm balances, etc.). The sequences are on the short side, making them easy to accomplish and digest, and easy to incorporate or combine into a longer practice. The hardcover format of the book allows it to lay open while practicing, but unfortunately the photos are a bit small and the pages are not laid out with the sequences on facing pages.

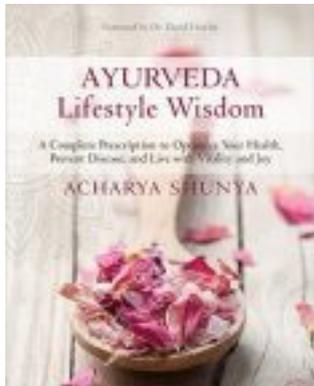
The Art of Vinyasa by Richard Freeman and Mary Taylor

This wonderful new book is a unique, fascinating and refreshing approach to the Ashtanga yoga practice and philosophy. I relished reading through the “roots and depth of yoga” in part one, which discusses the underlying philosophies, techniques, subtle alignments, mechanics, actions and intentions of Freeman’s approach to the Ashtanga system. The yoga postures are taken out of their traditional sequence and discussed within related groups (sun salutations, standing, forward bends, backbends, twists, balancings, and finishing poses). While I do not practice Ashtanga, I look forward to taking many of these interesting concepts on my mat to experiment, explore and verify.



Ayurveda Lifestyle Wisdom by Acharya Shunya

Ayurveda, India's ancient healing modality, can be difficult for



Westerners to understand and apply to modern lifestyles. This practical guide details simple and easy ways

to apply

Ayurveda through daily ritual, diet, lifestyle, spiritual practices, and self-care. These recommendations are quite extensive—ranging from sex to sleep to elimination. The healing practices are organized by time of day and seasonal changes, and also include beauty routines so that you not only feel good practicing Ayurveda, you look good too.

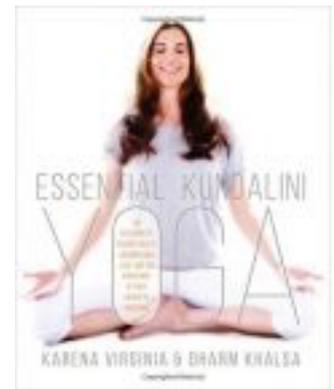
Essential Kundalini Yoga by Karena Virginia and Dharm Khalsa

This beautiful yoga book is copiously illustrated with large, gorgeous black

and white photos and is well designed with easy to follow instructions.

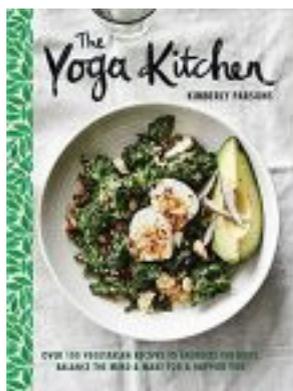
This detailed guide to the

philosophy, practice, and techniques of Kundalini Yoga describes the basic kundalini movements, mantras, and mudras as well as seven traditional kundalini yoga routines. The very enthusiastic and passionate writing tends to be a bit heavy on woo-woo spirituality and pseudoscience, which admittedly is difficult to avoid when discussing the esoteric yogic elements of chakras, nadis, bandhas, and mudras.



The Yoga Kitchen by Kimberly Parsons

This lovely hardcover cookbook contains over 100 vegetarian recipes specifically created for yogis by a trained naturopath and chef. It's uniquely organized into chapters based on the recipe's effect on the seven chakras.



Thankfully, the chapters have user-friendly titles that make the chapters easier to grasp and navigate: Ground, Flow, Vitalize, Nurture, Strengthen, Calm and Pure. The beautiful (and delicious looking!) photos are printed on thick stock and make this cookbook a delight to read. Many of the recipes have creative and slightly exotic ingredients and combinations—which might be off-putting to some—but for avid cooks, this diversity is exciting, interesting and motivating.





SPRING CLEANING: GET BACK IN BALANCE

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BY KATHLEEN BRYANT

As spring approaches, you may feel the urge to set the stage for new growth by cleaning house or cleansing the physical body.

Shaucha or **purity** is one of the foundational principles of yoga, and ancient yogis practiced six

types of cleanses, known as the **shatkarmas**. Most of these should be undertaken only with the guidance of an experienced teacher. However, some yogic cleanses, combined with gentle ayurvedic practices, make an

effective [daily cleansing routine](#) suitable for anyone who wants to release toxins and build agni, the digestive fire.

Start each morning by [cleaning the tongue](#) of ama, toxins that have accumulated overnight. A tongue scraper is the best tool. If you like, follow this by gargling or [oil pulling](#), swishing a spoonful of oil in the mouth for at least 10 minutes, then spitting it out.

Before showering, [massage your skin](#) with a dry washcloth or soft brush to stimulate circulation and slough off dead skin cells. Use light pressure, stroking toward the heart. Other simple cleanses include washing the eyes using an eyecup and purified water, and cleaning and massaging the gums with a paste of sesame oil and salt.

If you've learned [jala neti](#)—nasal irrigation using lukewarm saline solution and a neti pot—you know that it's ideal for warding off allergies or helping control symptoms of upper respiratory infections. In 2011, however, news stories about [neti practitioners dying from infections](#) scared some

away from this simple and venerable practice. If you have learned cleaning and drying techniques from a teacher, and you keep everything—water, salt, neti pot—squeaky clean, you should have nothing to worry about. (Don't use water straight from the tap.) Jala neti, like most yoga cleanses, has both a physical and a psychospiritual purpose. Nasal washing removes debris and pollutants and stimulates the sinus cavities, but also helps open the third eye, [ajna chakra](#), the seat of inner vision.

Incorporate your cleansing routine into a morning [sadhana](#), which might include meditation, [sun salutations](#), and pranayama. The [candle-gazing meditation known as trataka](#) cleanses the third eye. [Kapalabhati pranayama](#), taught in many yoga classes, is said to purify the frontal brain regions, as well as help remove carbon dioxide from the lowest regions of the lungs. Asana cleanses the body by promoting circulation and massaging the digestive organs. [Twists](#) are especially effective at this. The [pawanmuktasana](#)



[digestive series](#) focuses on building agni and freeing energy blockages in the abdominal area. This [spring yoga sequence](#) can help awaken dormant energy and release stagnation.

Just as the [spring equinox](#) marks the equilibrium of day and night,

the aim of cleansing (like the aim of yoga) is to restore balance. When purification becomes part of an ongoing healthy lifestyle, we begin to experience balance on ever deeper levels, encompassing body, mind, and spirit. This is the renewal of spring.



TAKING YOGA OUTDOORS

.....

BY KELLY GOLDEN

The sun is finally out after what has seemed like a long dark winter, and humanity is heading outdoors in droves. In my neck of the woods hiking trails are crowded and creeks are overrun with fisherman. In my neighborhood, everyone, and I mean everyone, is outside soaking in the beautiful spring at any

available opportunity. So reluctantly, I drag myself inside to expound upon the joys of yoga asana which at the moment is identifying with the natural instinct to ditch four walls and get out of doors for practice as [teachers, students, and studios across the country find a space in nature for their asana classes.](#)

Asana at its essence is a reflection of our natural world. Through the various poses we take the shapes of animals, angles, and divine expressions of natural phenomenon. It seems only natural that we would be drawn outdoors as the animals awake from their winter sleep and the trees and flowers unfold their greens and reds and pinks to explore that which we reflect in our practice. When we talk about becoming more grounded, there is a place deep within us that truly wants to feel the grass and soil beneath our feet. In our often “virtual” world, the realness of our practice guides us to the realness of our experiences.

So teachers take their classes to public parks, to outdoor spaces, and even to mountaintops. When they instruct their students to “reach their hands toward the sky,” they are met with a beautiful blue expanse instead of a non-descript roof over their heads. And the students feel the difference. My teacher says that prana, the life force that rides upon the breath, is strongest in the places that are

most alive, most green and most vibrant. So we are subtly but undeniable drawn outdoors at the dawn of spring to fill our “energetic” cup. We drink in the smells of grass and flowers that we have almost forgotten during the cold winter months, and we elevate our aliveness in the process.

Practicing outdoors brings the teachings of yoga and asana into focus. The world might be full of distractions, from birds chirping to jackhammers pounding, but when we come into contact with our Self in nature, we are able to dig deep inside to find our balance and strength. Getting out of the ordinary element of our yoga studio or gym might be just what was needed to reawaken our practice after a long, winter hibernation.

As practitioners, yogis are moving outdoors outside of the context of organized classes. Spontaneous asanas may erupt on an afternoon hike or during a day at the park. Several of my friends and students are recommitting to their practice



now that the back porch is baked in morning sunlight. Organized programs like “Park Bench Yoga” encourage public displays of asana, and provide tools to make it more accessible. There are outdoor

classes everywhere from Central Park to the Rocky Mountains. And with a little bit of searching, you can find one to choose from in your area.



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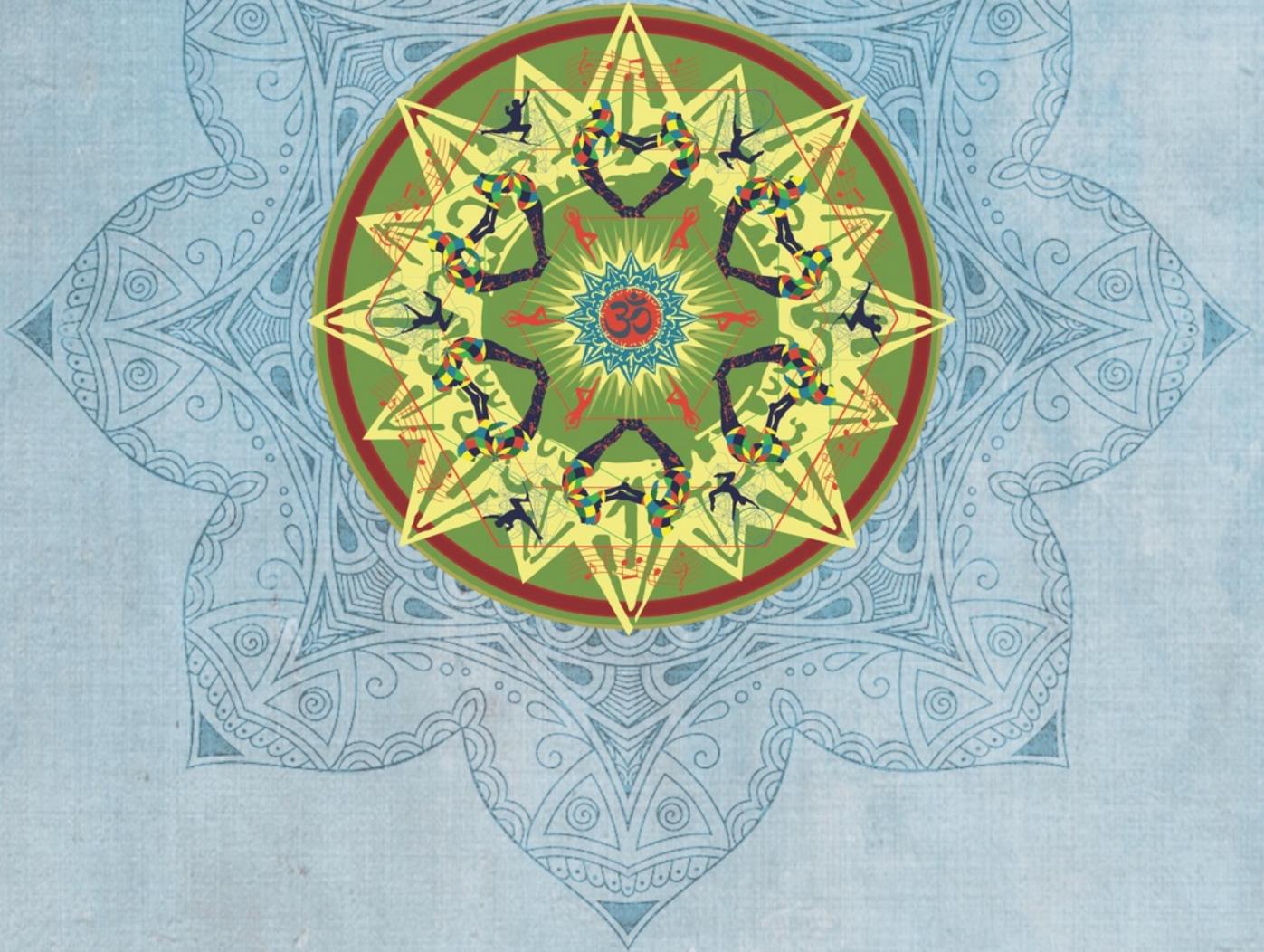
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SUMMER YOGA FESTIVALS FOR 2017

.....
BY TIMOTHY BURGIN

Attending a summer yoga festival is one of the easiest and best adventures for yogis of all experience levels. You can attend a festival near or far and be immersed in yoga classes, workshops, music, and outdoor activities for an entire weekend.

To assist you in your summer yoga festival plans, we have compiled a complete 2017 yoga festival lineup below! Since most festivals offer early bird discounts, now is the time to pick your faves and dish out the cash for your tickets.

Find your festival focus

As you peruse the long list of yoga festivals below, you will notice each schedule has a unique assortment of options. The big three areas to focus on are teachers and presenters, types of music and bands, and other outdoor activities.

Most festivals offer a wide spectrum of classes and workshops, which is great if you like to dabble and explore different styles and teachers. About half of the presenters at the [Asheville Yoga Festival](#) are local or regional teachers while Boulder's [Hanuman Festival](#) has more national and international teachers such as Seane Corn, Rod Stryker, Annie Carpenter, Amy Ippoliti, and Saul David Raye. If you like TED-like talks, look for a dedicated speaker/lecture section on a festival's schedule.

The two main music options at a yoga festival are kirtan/chanting bands and chill or yoga music bands. Many festivals will feature one or the other, while some will offer a diverse mix of all. Since

music will be the main or only evening entertainment, you might want to preview the music of any unfamiliar bands on the lineup (especially the headliners).

Even though yoga and music will consume most of your time, yoga festivals offer other unique activities such as massage/healing modalities, hiking, rock climbing, stand up paddle boards, acro-yoga, aerial arts, hula hooping, and mountain biking. Also consider the festival's food options, the size and diversity of their vendor village, and if they have a children's program.

Pick your perfect location

Just as students favor a specific yoga studio in town, yoga festival-goers gravitate towards certain venues based on location, cost, accommodations, and amenities. If travel time and cost are a big deciding factor, focus on festivals in easy to access locations (near major airports or close to home); if not consider a more remote or adventurous location.



Another big factor to consider is where you'll be laying your head down after a long day of yoga: local hotels or camping. City-based yoga festivals take advantage of nearby hotels for accommodations (and may have some or all classes in their ballrooms). In more remote locations you'll likely find camping or cabins. The Floyd Yoga Jam has a [camping option for just about everyone](#): two tent

campsites (wooded or meadow), car/RV camping, and a glamping (deluxe furnished tents) village.

Every yoga festival will be a unique and fun experience and be heavily flavored by its location and presenters. Once you have found the festival with the right mix of teachers, music, and amenities think about [what to pack](#) and [what to expect](#).

Summer Yoga Festivals for 2017:

Dates	Festival Name	Location
April 28-30	Dubuque Yoga Festival	Dubuque, IA
May 12-14	Shakti Fest	Joshua Tree, CA
May 20-21	Downtown Yoga Festival	Salt Lake City, UT
June 9-11	Wanderlust	Snowshoe, WV
June 10-11	Ozark Mountain Yoga Festival	Low Gap, AR
June 15-18	Hanuman Festival	Boulder, CO
June 16-18	The Groove Yoga Festival	Sydenham, ON CA
June 18-23	Esalen Yoga Festival	Big Sur, CA
June 22-25	Wanderlust	Bondville, VT
June 23-25	Breathe Yoga Festival	Fort Collins, CO
July 7-9	Maine Yoga Fest	Portland, ME
July 7-9	Nantucket Yoga Festival	Nantucket, MA
July 20-23	Telluride Yoga Festival	Telluride, CO
July 20-23	Wanderlust	Lake Tahoe, CA
July 27-30	Asheville Yoga Festival	Asheville, NC
July 27-30	YogaFest	Vanderbilt, MI
Aug 3-6	Wanderlust	Whistler, BC CA
August 9-13	Sat Nam Fest	Lenox, MA
August 10-13	Denver Yoga Festival	Denver, CO
August 24-27	Wanderlust	Mount Tremblant, QC CA
August 26-28	Santa Fe Yoga Festival	Santa Fe, NM
Aug 31 -Sept 3	Floyd Yoga Jam	Floyd, VA
September 6-11	Bhakti Fest	Joshua Tree, CA



THE YOGA OF FOOD: EATING FOR SPRING

.....

BY TIMOTHY BURGIN

The transition from winter to spring can be quite dramatic, outside in nature, as well as inside our bodies. Our tender hearts easily fall in love with spring’s promise of birth, new beginnings, renewal, and growth—yet our bodies are tired and sluggish due

to winter’s excess toxins and our minds depressed from winter’s cold days and long nights. Luckily yoga’s sister science, [Ayurveda](#), offers plenty of helpful guidance for us to gracefully move into and harmonize with spring, including

tips for how to eat and nourish our bodies for the season.

One of the core principles of Ayurveda is that the energy of the body mirrors the energy of the earth. Springtime creates an abundance of water—the earth is heavy with the moisture of melting snow and spring showers. Kapha, “that which flourishes in water,” is the Ayurvedic dosha (bio-elemental energy) that is dominant in the spring. When kapha becomes excessive in nature your body may feel heavy, swollen, cold, or overweight and your mind may feel sleepy, slow, dull or depressed. We can keep spring’s strong kapha influence in check by following some simple and intuitive Ayurvedic dietary advice.

Lighten up

Slowly transition between winter’s thick, heavy and dense foods towards lighter fare. Avoid rich sauces, cream-based dishes, and oily or fried foods. Shift away from heavy vegetables like avocado, olives, sweet potato, and winter squash to lighter options like berries, green veggies, cooked

grains, and steamed or stir-fried vegetables. Minimize the use of high fat ingredients like nuts, dairy, and animal protein. Instead add more beans and legumes to your meals. Be mindful of overeating in springtime and especially avoid consuming excessive amounts of bread or pasta. Minimize snacking and try to eat only three meals per day.

Purify and renew

You don’t have to undergo an onerous “spring juice cleanse” to purify your body from the excesses of your winter diet. Instead slowly add more cleansing vegetables to your diet focusing on dark leafy greens (kale, collards, chard, arugula, spinach, etc.) and cruciferous vegetables (cabbage, broccoli, brussel sprouts, etc.). While eating these veggies raw will be more purifying, this is not advised in springtime as too much raw food in your diet can weaken digestion. Instead, lightly cook these veggies, use simple food combinations, and cook with the foods that are the easiest for you to digest. Adding a little lemon

juice to your drinking water and steamed veggies will also support detoxification.

Minimize dampness

Be mindful of your water content in this kapha dominant season —not only of what you drink but also the moisture content of your meals.

Minimize consuming high water content veggies like cucumber, zucchini, celery, and tomato and watery fruits like grapefruit, peaches, oranges, and melons. Consuming too much sugar and sweets will also create excessive dampness. Include some diuretic foods like oats, parsley, carrots, asparagus, and seaweed to further reduce excess dampness.

Avoid cold and hot, seek warmth

Since spring is a transition between the cold of winter and

the heat of summer, transition away from hot and excessively warming foods towards a more warm-neutral temperature diet.

Consume more warm-neutral veggies such as carrots, potatoes, mushrooms, turnips, beets, and asparagus. Slowly taper off cooking with warm spices such as onions, garlic, leeks, ginger, black pepper, turmeric, cumin, cinnamon, clove, cardamom, and nutmeg. Cold, refrigerated or frozen foods or drinks should be avoided.

All of the above is general advice and should only be considered as a starting point for changing your diet for the spring season. Experiment and make adjustments based on your individual constitution, local seasonal foods, and the specific weather conditions where you live. Most importantly, pay attention to how the weather and the food you eat affects your prana, digestion, and overall sense of health and well-being.



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