Choose how long you want to rejuve. Don’t push yourself - but let your intuition (vijnanamayakosha) guide you. Anywhere from 1-5 days recommended.

What simple guidelines can you give yourself to allow your awareness to move inward or experience the deeper silence?

What foods/recipes/meals will best serve you during this time?

What do your 5 bodies (koshas) crave in this post-holiday time?

How can you honor this?
1-5 days

Use this short rejuvenation to cleanse your taste buds, and create an internal shift in your awareness into your deep intentions for the coming year. You can look at it as a pilgrimage inward, into the season of darkness, of deep winter. The purpose of this rejuvenation is not to deeply cleanse or lose weight. The purpose is simply to clear your palate, attune you to yourself as awareness, experience your prakriti and the intelligence of clear awareness. Eat as much as you need to feel nourished and fulfilled, with space for inner light.

Tap into your small group for support. Use your rejuvenation time to refine your daily rituals and habits around your cooking, self-care, studying and spiritual practices. Drink hot water or spice water during this time. Insulate yourself during this time by avoiding distractions and wasting energy. Take a walk or go cross country skiing each day. Bask in the simple peaceful living.

Food Suggestions:

**Vata**: Mono-diet kitchari or one pot stews for 1-3 days, adding root vegetables and greens to the kitchari. Cooked apples for breakfast can be substituted for the morning kitchari.

**Pitta**: (feeling heavy): Cooked apples for breakfast; Mung bean soup with vegetables for lunch and dinner. With steamed white basmati rice, when needed.

**Pitta**: (feeling light) follow Vata recommendations. Use more mung beans proportionally than rice.

**Kapha**: Cooked pear with clove for breakfast or freshly squeezed grapefruit juice. Begin the rejuvenation with a day of easy vegetable soup. As your appetite builds on following days, add mung beans or barley to make soups and stews. Try Barley Beet Soup (or substitute turnips & carrots) or kitchari with barley or millet for lunch and dinner when your appetite is strong, or eat rye crackers with the soup.

Craving sweets? Take a ½ tsp. of raw honey after meals, or a small handful of raisins.

Make food fresh each day, or use a crock pot over night to have food ready to take to work in the morning. Need more options? Open your Ayurvedic cookbooks and enjoy!
Recipes:

APERTIF
A great digestive stimulant to take during the cleanse is this Ayurvedic aperitif. Put dime size slices of ginger on a plate. Squeeze fresh lemon juice over the ginger. Drizzle raw honey over the top. Plastic wrap and store in fridge. Eat one before meals. It will keep for a week.

BARLEY WATER
This water mixture is for someone who has low agni. It is very easy to assimilate and nurturing for fat tissue which in turn makes good quality bone tissue.

- 2 Tbsp cracked barley or barley flour (grind barley in a coffee grinder)
- 2 pinch salt
- 4 cups water

Combine above ingredients and cook for about 15 minutes so that it is somewhat overcooked. Use a filter or strainer to obtain barley water. If you use cracked barley instead of barley flour, you will need to place the mixture in a blender for a few minutes prior to straining.

For Vata body type: add 1/8 tsp whole cumin to barley mixture while cooking.

For Pitta body type: add 1/8 tsp fennel to barley mixture while cooking. For Kapha body type: add 2 thin slices fresh ginger to barley mixture while cooking.

Regular kitchari with root and green

- ¾ c. white basmati rice
- ¾ c. Split or sprouted mung dal
- 2 tsps. ghee
- 2 tsps. Grated ginger root
- 1 tsp. Mustard seeds
- 1 tsp. Cumin seeds
- ½ tsp. Turmeric powder
- ¼ tsp. Garam masala
- 1 c. chopped root of choice (carrots, parsnips, beets, sweet potatoes, turnips, etc.)

2 c. chopped greens of choice (kale, collards, chard, broccoli, cabbage, etc.)

salt and pepper to taste

fresh herb garnish, parsley or cilantro

Soak beans overnight. Rinse dal rice and beans until water runs clear. In a pot, sauté the seeds in ghee, until mustard seeds pop. Add remaining spices and sauté 2 minutes. Add rinsed rice and dal and chopped root and sauté 2 minutes. Add water and bring to a boil. Cover and simmer 35 minutes. Turn off heat and add greens and salt. Stir and cover; allow to sit for 10 minutes, then serve with garnish.

If using a pressure cooker, follow earlier cooking guidelines – less water, add more water after cooked. Mung dal may cook in 12 minutes in pressure cooker. After the pressure is released, add the greens and cover again.

Mung bean soup with vegetables

- Soak 1 cup split or whole mung beans
- and 1/8 cup basmati rice (white or brown)

overnight.

Rinse in morning. Cook, covered in 7 cups of water or 30 minutes. Add 1 cup chopped root vegetable of your choice, and cook covered for 15 minutes.

In a sauté pan, melt 2 tsp. ghee. Sauté the following spices until aromatic.

• 1 tsp. cumin seeds
• 2 tsps grated ginger
• 1/2 pinch of turmeric
• 1 tsp. coriander powder
• 1 tsp. fennel powder
• A pinch of hing or asafoetida

Add the ghee and spices to the beans. Stir in 2 cups chopped kale or collards (stems removed if digestion is sensitive). Turn off heat and cover for 10 minutes.
**Barley beet soup**

Soak 1 c. barley overnight. Strain and rinse in morning.

Sauté in a 2 quart saucepan
- 1 tbsp ghee
- 1 small onion chopped
- 1 clove garlic
- ½ tsp. mustard seeds

chop and add to pot
- 2 cups chopped beets, golden or red
- 1 cup carrot or parsnip
- barley

Add
- 6 cups water and 2 Rapunzel Veggie broth cubes

Boil, then reduce to simmer for 50 minutes, covered. Turn off heat.
Add
- 1 c. chopped greens (kale, chard, collards)

Leave covered for 10 minutes. Add salt and pepper to taste.

**Cooked Apples & Pears**

Chop 1-2 apples or pears. Heat a small saucepan. Add ¼ c. water, ¼ tsp. cinnamon, and a pinch of ginger. When water comes to a boil add apples, and a handful of raisins or chopped prunes. If you’re really hungry, triple the water and add a handful of rolled oats or barley flakes. Boil for 5 minutes.

**Wellness Broth**

4 cups water
1 celery stick
3 stalks kale or collards
1 cup fresh parsley
1 cup green beans
1” piece of fresh ginger
lemon

Bring the water to a boil in a medium-sized pot. Meanwhile, chop all the vegetables and slice the ginger; add to the pot. You can also add a few slices of lemon, or squeeze in the juice of a lemon wedge at the end. Simmer on a low boil for half an hour. Store hot in a thermos and consume throughout the day. Makes about 4 cups.

**Easy Vegetable Soup**

1 large leek, chopped small
2 tsp. ghee
2 cloves chopped garlic
1” piece of ginger, minced
2 cups carrots (kapha) or 1 parsnips (Vata, pitta), peeled and chopped small
8 cups water stock
2 Rapunzel veggie broth cubes
3 bay leaves
2 cups minced collards
2 cups chopped green beans
juice of 1 lemon
fresh chopped parsley, flax oil and fresh black pepper for garnish

Sauté the leek and garlic in ghee in a saucepan for a few minutes. Add the carrot or parsnips and sauté until they just begin to soften. Stir in the water, bay leaves, stock cubes, and ginger and simmer for 10 minutes.

Add green beans and cook over medium-low heat for 20 minutes, covered. At the end, stir in collards and lemon juice, letting and cover for 10 minutes. Remove bay leaves. If you like smooth soup, puree half the soup in a blender or using a hand blender and serve with parsley and fresh pepper.
Fill in the chart below:

<table>
<thead>
<tr>
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<th>% of your diet this week</th>
<th>% of your diet next week</th>
<th>Trigger food (you eat too much of)</th>
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<tbody>
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<td>Greens</td>
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<td>Seeds &amp; nuts</td>
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<td>Spices</td>
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- Notice what is optimal in terms of ratios for you, intuitionally, and then rationally by analyzing your constitution in this season?
- Record which trigger foods you crave that are too large a portion of your diet. Notice which foods you will need to eat more of to eat less of these other foods. (I, for one, notice an evolutionary inclination towards greens over the other categories.)

Given this chart, what is the best strategy for you to keep your channels open and build ojas this winter?

1. 
2. 
3.
winter day
*quick guide*
by Cate Stillman... .founder of yogahealer.com

focus

Hydrate with a thermos
When it’s cold out... we aren’t as thirsty. Dehydration in winter leads to a cold or flu. Fill a thermos with hot water in the morning. Add a slice of lemon, or a few pinches of cumin in you don’t have thirst. Refill 2-3 times a day. Keep track.

Oil your nostrils + skin
Oil massage creates a barrier between you and the outside world. It is deeply nourishing and it stimulates your nervous and lymph systems. Put a little oil in your nose and any other noses you’re taking care of. Use a neti pot if there is any sign of congestion. Teach your kids nasal hygiene. Oil massage your body with sesame oil before bathing all winter long.

Sleep. Silence. Stillness.
Winter is the time to take in the most sleep in the annual cycle. Go to bed early - don’t stimulate your brain. Enjoy the deep early morning stillness in silence. Build your annual reserves. If you are tired and have trouble winding down early, eat dinner around 5 pm. Before bed, sip warm nutmilk spiced with turmeric, ghee, cinnamon and nutmeg.

Move it, shake it, dance or jump
Get up and move for 20 minutes to counter the heavy winter energy. If you struggle with SAD - jump on a rebounder 20 minutes each morning. If you’re light and fragile - start the day with a breathing practice.

Cover your neck
Your mom told you the same. Keep your neck and head covered. Bundle up in warming hues, orange, yellows, reds. Keep your rooms cooler and wear more clothing for more prana.

food

Eat warm, mushy food
Soups, stews, porridges, one-pot meals, curries... are on the menu. Less moisture in the air means your body wants more moisture in your food. If you’re eating dry and crunchy... you’re making more work for yourself. If you’re a salad junky... dress ‘em early and let it marinate.

Spice it up
Add spice to everything. ‘Tis the season of black pepper, ginger, cinnamon, cloves, cardamom, cayenne + turmeric. Spices add nutrients, ease digestion of heavy foods, and warm you up. Adding a few pinches of spices to a thermos of hot water to sip through the day.

Ferment + Sprout
Living fermented foods protect your immune system. Add a spoonful with each meal. Try making sauerkraut. Or simply have a cup of miso soup with your meals. Set up some kitchen gardening and grow your own alfalfa, fenugreek, radish, and clover sprouts in absurd abundance.

Lube it up.
We need more fat in winter to counteract the dryness. Fat is heavy + grounding. Add more flax and chia seeds to your diet to maintain inner lube.

If you get sick...
Stick to the above advice strictly. Go to a spicy, liquid diet. Drink hot water with lemon, cayenne, and maple syrup. Underwhelm your digestion. Eat citrus like it’s going out of style. Get back to bed.

Get your savvy videos at:
yogahealer.com
summer day
*quick guide*

by Cate Stillman... founder of yogahealer.com

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**focus**

**Connect with plants**
Find out what is growing in your ecosystem. Learn about the edible weeds in your ‘hood. Put them in a blender with an apple and a slice of lemon and make a smoothie. Talk to the plants. Lie in a bed of clover. Ask your ecosystem what you can give back.

**Beat the heat**
Exercise early. Start early on a big hike. Don’t run at noon - you’ll be irritable by mid-afternoon. Enjoy the sun early or late... not in the middle of the day. Spend an extra moment by a stream, river, lake or ocean.

**Keep your skin cool**
Coconut oil is the best for self-massage in summer. Spritz a rose spray on your head throughout the day. Wear a big hat, wear light long sleeves.

**Wear cooling fibers**
Hemp, linen, organic cotton, silk... are the clothes of summer. Avoid synthetics like the plague. Wear cooling colors - greens, blues, pastels, silver, or white.

**Busy a.m.’s ... mellow p.m.’s**
Being busy as a bee all summer long will burn you out by autumn. Enjoy summer. Eat dinner early and have leisurely evenings playing outdoors. Invite a regular walk after dinner or spend time in the garden.

**Drink the moon**
The moon cools your blood and mind. Set outside a quart jar of water to catch the evening essence. Add plants from your yard or woods - a spring of lavender, mint, or lemon balm... cedars or dandelions. In the morning, strain, and enjoy. Squat and gaze at the moon or evening sky for a few moments at night.

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**food**

**Green is in**
We’re in the season of chlorophyll. Greens cool your blood and covert quickly into pure energy. Start the day with a green smoothie. Have salads for lunch and dinner. Grow your own greens. Add thistle or dandelion to your smoothies to cool your liver, skin and emotions all summer long.

**Diversify your species**
Adding a few species to your diet every summer enables your body to get more nutrients in the annual cycle. Commit to adding a few new plants to your diet from the farmers market... or if possible... from the weeds in your yard or woods.

**Juicy cool foods**
Put on the inner a.c. with loads of watermelon, cucumbers, mint, summer squashes, fennel, cilantro, and aloe vera. Sweet, bitter and astringent are the tastes of summer. Snap peas, ripe cherries, peaches, and whatever else is growing in the ‘hood should be consumed with reckless abundance. Leave meat, grains, nuts, and beans for winter.

**Wrap it up**
Slice and grate veggies. Throw ‘em in a wrap made out of a collard green, nori sheet, or rice paper. Add dressing before your wrap it up.

**Cate’s Summer Bevvies**
Alcohol will heat your blood faster than a raging forest fire. Refresh yourself with non-alcoholic spritzers. Stock your fridge with sparkling water, lime, cucumber, mint, lavender or rose petals. Add a splash of fruit juice for sweetness.

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Maintaining all of the Ayurvedic Principles for Winter is equally essential in a raw food world. Following these principles in winter includes:

- increase fermented vegetables - eat fermented cabbage salads.
- increase spice. These spices in particular are helpful: cayenne, cinnamon, ginger, black pepper, celery seed, cloves, caraway.
- increase citrus fruits
- increase nuts and seeds
- increase seasonal roots: beets, carrots, turnips, parsnips, avoid watery vegetables & fruits (cucumbers, tomatoes)
- eat foods warm and fresh, not cold and leftover
- eat only when hungry
- eat during daylight hours
- eat with the 6 tastes in your meals: sweet (seeds, grains, nuts), sour (fermented foods, citrus), salty (salt, celery, sea seaweed), pungent (spices), bitter (greens), astringent (lemon, vinegars).
- Don’t be strict at the expense of imbalance. Sometimes dogma overpowers what is right and creates the building blocks of indigestion.
- Favor local over imported.
- Drink your meals if you are dehydrated. Put ingredients in blender or juicer. Warm up to finger-temperature heat.
- For more grounding foods, eat porridge with chia seeds, or soaked buckwheat or sprouted millet. Spice well. Eat warm.

For those transitioning to raw in winter:

- Write a list of non-raw healthy foods for when you don’t want raw. My favorites include:
  - cooked vegetable soup; steamed vegetables
  - cooked whole grains: quinoa, spiced with ghee and spices
  - raw dairy hot chocolate
  - local wild game flesh from my favorite hunter
- My least favorites include:
  - anything with wheat flour.
  - anything with cheese