

Hi everyone,

I am excited to share a new monthly Ayurveda newsletter to help you understand the seasons and the subtle shifts you can make to stay in balance. You are getting this because you have been to one of my webinars, classes, or an event and signed up to get information from me. There are instructions at the bottom, though, if you don't want to be included each month!

Let's talk about Ayurveda

By February, most people are done with winter.

The novelty is gone. The motivation from January has worn off. And yet—nothing has actually changed outside. It's still cold. Still heavy. Still asking for patience.

Ayurveda doesn't see February as a failure to move forward. It sees it as the **second half of winter**, when the body is still rebuilding strength—even if the mind is bored.



What to Pay Attention to Right Now

This is often when digestion feels the most sluggish and energy dips unexpectedly. People get frustrated with themselves for not “doing more,” when what’s really happening is that the system is conserving fuel.

Late winter tends to amplify heaviness—physically and mentally. That’s not something to power through. It’s something to work with.

A Few Things Worth Noticing

Instead of asking why you’re tired, it might be helpful to notice:

- Are you skipping meals or eating lightly to compensate for low energy?
- Are you expecting clarity when your body is still in repair mode?
- Are you judging rest instead of allowing it?

Ayurveda is practical that way. It assumes the body is doing something intelligent—even when it’s inconvenient.



One Simple Shift That Helps in February

February is a good time to **simplify food**, not restrict it.

Warm meals. Fewer snacks. Regular timing.

Digestion often improves not because we eat “better,” but because we stop asking it to multitask.

Something to Sit With

Instead of asking,
“Why am I still feeling stuck?”

Try asking:
“What might be finishing up before I move forward?”

Not everything moves on our preferred timeline.





What's Coming Up Seasonally

March brings a noticeable shift—and with it, different needs.

I'll be sharing more soon about supporting digestion and energy as we come out of winter, without jumping straight into extremes.

For now, you're not late.

You're still in season.

Take good care,

Sandra

PS - there is lots of stuff to check out!

- I've created a new website and am busy adding new things daily! It has a members area where you will be able to log in and get some goodies.
- I also have a new monthly webinar series that goes a bit more in depth about what seasonal changes to make each month to live in balance - foods, routine changes and more... check it out here.

PSS - if you don't want me to email you monthly

As promised - if you don't want to be included, simply unsubscribe with the link at the bottom of this email.

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small shifts for real change