

Hi everyone,

I hope this finds you all healthy and happy! I'd like to share some of Ayurveda's insight on the month of March as well as some things to help you get ahead of month of transition.

About March

March often brings a strange mix of hope and heaviness.

There's more light. A hint of warmth. And at the same time, a feeling of being weighed down - physically or mentally. People often assume something is wrong when this happens.

From an Ayurvedic perspective, this is exactly what early spring looks like:

March, in Ayurveda, is a month of transition.

The heaviness and stillness of winter begin to soften as warmth slowly returns, and the body starts to loosen what it has stored during the colder months. This can feel like congestion, sluggish digestion, mental fog, or waves of energy that come and go. Nothing is wrong — the system is shifting.

Early spring is less about forcing momentum and more about gently supporting movement, lightening what feels heavy, and allowing the body to reorganize itself at its own pace.



What to Pay Attention to Right Now

As the weather warms, the body starts to melt what it's been holding onto all winter. That process can feel uncomfortable before it feels energizing.

Digestion may feel unpredictable. Motivation can be inconsistent. Old habits or emotions sometimes surface out of nowhere.

This isn't regression. It's a transition.



A Few Things Worth Noticing

Rather than forcing momentum, notice:

- Does your body want lighter meals, or just warmer ones?
- Are you craving movement - or just change of scenery?
- Are you trying to rush clarity instead of letting it emerge?

Spring doesn't arrive all at once.
It unfolds.



One Simple Shift for Early Spring

This is a good month to add gentle movement, not intensity.

Short walks...

A little more flow - just enough to get things circulating.

The goal isn't productivity - it's mobility.



Something to Sit With

Instead of asking,
“What should I start doing?”

Try asking:
“What feels ready to loosen?”

Release comes before renewal.



What's Coming

April and May are where spring really shows itself.

I'll be sharing more about easing heaviness, supporting digestion, and making seasonal shifts that don't feel disruptive.

For now, let things move at the pace they're choosing.

Warmly,
Sandra

Things to do-

Workshops

March 14th - Discover your Dosha @ Yama Yoga Studio - This is an interactive 2-hour workshop where you'll uncover your unique Ayurvedic blueprint and learn how your body, mind, and emotions are naturally designed to function and leave with practical tools for living in balance. Perfect for beginners or as a refresher! Register at yamayoga.net

In the studio

Focus on Balance - 4-Week Dynamic Balance Intensive

T-Th @ 10:30 AM

Build strength. Move with confidence. Flow without hesitation.

This progressive 4-week program is designed to dramatically improve your dynamic balance for powerful transitions, steady single-leg poses, and confident movement on and off the mat. Through a strategic blend of strength training, mobility work, and yoga-based stability drills, you'll retrain your nervous system, strengthen key stabilizing muscles, and increase joint control from the ground up.

Morning Yoga - Intro and Level 1 Yoga Class

T- TH @ 9 AM

This low pressure class is perfect for beginner or intermediate yoga students who want to build a practice in an accepting community of folks dedicated to their well-being.

Classes are held at BodywoRx Studio, Quitman - Sign up for classes at [here](#)

Remember

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small shifts for real change