



FALL WELLNESS *Guide*

OM MAITRI AYURVEDA





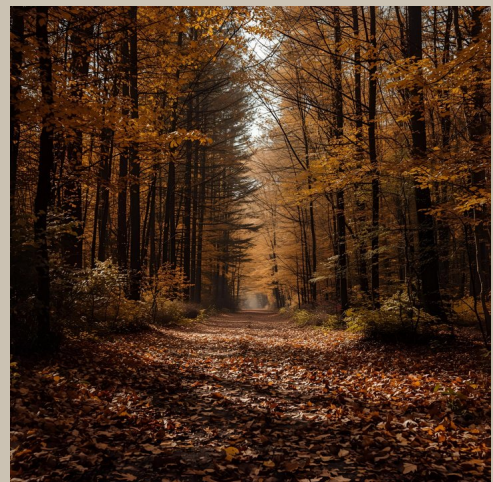
WELCOME, FRIEND

As the vibrant energy of summer gives way to the crisp, changing embrace of autumn, nature invites us to slow down, reflect, and restore balance.

In Ayurveda, fall is associated with vata dosha — a time of change, dryness, and increased movement. This guide is designed to help you align with the season's rhythms through nourishing foods, grounding rituals, and mindful practices that support warmth, stability and inner calm.

Whether you're new to Ayurveda or deepening a long practice, may this be a gentle companion on your way.

*With love,
Brit*



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WHAT IS VATA DOSHA?

In Ayurveda, fall is vata season — the time when the qualities of vata dosha, made of air and ether, are most active in nature and in us. Vata governs movement: the breath, the circulation, the flow of thought.

It is light, dry, cool and mobile by nature. In balance, vata brings creativity, energy and clarity. Out of balance, it shows up as anxiety, dryness, constipation, insomnia, and the feeling of being scattered or spread too thin.

In Ayurveda we use opposite qualities to create balance. So through this season the work is simple to name and worth doing daily: stay *warm*, stay *grounded*, stay *nourished*.



Boulder, Utah — the turning of the season

A top-down view of a person lying in a bathtub. The water is white and filled with many small, dried flower petals and several large, round green leaves. The person's arms are spread out to the sides, and their legs are bent at the knees. The text "MAITRI" is centered over the person's chest area.

MAITRI

*benevolence, or loving
kindness toward oneself*

SELF CARE IS NOT SELFISH

DINACHARYA



TIPS FOR DAILY RITUALS

A daily routine is the most reliable way to bring real change to the body, mind and consciousness. Rhythm establishes balance in the constitution, and it gives particular ease to vata dosha – which is exactly what this season asks for.

It steadies the biological clock. It aids digestion, absorption and assimilation. And over time it generates something less measurable but more valuable: self-esteem, discipline, peace, happiness and longevity.



DINACHARYA

MORNING ROUTINE

- Oil pull
- Scrape the tongue
- Cleanse the eyes
- Dry brush & shower
- Neti & nasya
- Warm water with ½ tsp ghee
- Meditate
- Practice pranayama
- Gentle movement — asana or a walk

EVENING ROUTINE

- Set a consistent bedtime
- Create a calm environment
- Practice abhyanga
- Warm bath with magnesium
- No screens an hour before bed
- Legs up the wall
- Drink a nighttime tonic
- Journal





CARING FOR THE SENSES

Ayurveda teaches that it is forgetting our true nature as spirit beings, and the misuse of our senses, that creates imbalance in our lives.

When we tend the senses — oil pulling, gentle oil massage, an eye cleanse — we tune in to the body in new ways. We make better decisions about our health through the day, and we keep the body strong and listening.

ABHYANGA

The traditional practice of massaging warm oil over the entire body. Shower or bathe after your abhyanga, and before bed.





HOW TO DO ABHYANGA

- Steadies and calms the mind
 - Lubricates muscles and joints
 - Maintains suppleness and youthfulness of the skin
 - Counteracts dryness
 - Improves the function of the immune system
-

HEAT THE OIL

Place about $\frac{1}{4}$ - $\frac{1}{2}$ cup of oil in a small bottle and float the bottle in warm water in the sink or bathtub. Alternatively, set the bottle on a warming device — do not leave it unattended.

OILING THE BODY

Rub the warmed oil over the body gently, so as to attend to the lymph. Use circular motions over the joints and long strokes over the bones. Massage the breasts and the belly. On hair-washing days, apply oil to the scalp and gently massage it in.

Keep the oil on the skin for 20 minutes or more to allow complete absorption.

WASHING

When washing your hair, apply shampoo directly onto the oil, rinse, shampoo again and proceed as normal. It is best to minimize soap and let the oil remain on the body.

A NOTE ON TOWELS

Use an old towel to dry off, as it will absorb some of the oil. Reuse this towel and throw it out if it begins to smell rancid; avoid washing an overly oiled towel, and wash it separately from other laundry. A robe or set of oil clothes to wear between application and shower is helpful — treat it as you would the towel.

◆
NIGHTTIME TONIC

MOON MILK

INGREDIENTS

- One cup milk of choice — whole, almond or coconut
- ½ tsp ashwagandha powder
- ½ tsp ground cinnamon
- ¼ tsp ground ginger
- A pinch of ground nutmeg
- 1 tsp coconut oil
- 1 tsp honey or maple syrup

METHOD

- 01 Bring the milk to a low simmer, but don't let it boil.
- 02 Once hot, whisk in the ashwagandha, cinnamon, ginger and nutmeg.
- 03 Gently simmer for five minutes.
- 04 Stir in the coconut oil and pour into a cup.
- 05 Sweeten with honey or maple syrup, if you like.



DATE

MOOD



DAILY JOURNAL

YOUR THOUGHTS

GRATITUDE

INTENTIONS

NOURISHMENT

Healthy, whole, seasonal food is an essential part of living with the rhythms of nature. Through fall, to meet the dry, mobile and cool qualities of vata, we turn toward food that is warm, moist and a little oily.

Soups, stews and warm dishes prepared with warming spices and seasonal vegetables are the best meals for autumn.



SPICES FOR FALL

Spices that kindle agni, support circulation and calm the nervous system: ginger, cinnamon, cardamom, clove, nutmeg, turmeric, fennel, cumin, black pepper and hing.

BEST FOODS FOR FALL

warm · moist · cooked, not raw

GRAINS

- Cooked oats — with ghee and spices
- Amaranth
- Rice, basmati is best
- Quinoa
- Wheat, in moderation

VEGETABLES

- Sweet potatoes
- Carrots
- Beets
- Squash
- Zucchini
- Green beans
- Spinach, steamed
- Garlic
- Pumpkin
- Okra

FRUITS

- Apples
- Pears
- Bananas
- Figs
- Dates
- Raisins
- Avocado
- Citrus

FATS

- Ghee
- Olive oil
- Sesame oil
- Avocado

DAIRY

- Butter
- Cream
- Kefir
- Yogurt, not cold
- Warm milk
- Soft cheese in moderation

NUTS & SEEDS

- Soaked almonds
- Walnuts
- Pumpkin seeds
- Sesame seeds

PROTEINS

- Moong dal
- Lentils
- Tofu or tempeh
- Chicken or turkey
- Beef
- Buffalo
- Eggs
- Fish
- Venison



EATING CONSCIOUSLY

“How we eat is a reflection of how we live. Our hurrying through life is reflected in hurrying through meals. Our fear of emotional emptiness is seen in our overeating. Our need for certainty and control is mirrored in strict dietary rules.”

“For in changing the way we eat, we change the way we live. By focusing attention while eating, we learn to focus attention in any situation. By enjoying food, we begin to enjoy nourishment in all its forms. And by eating with dignity, we learn to live with dignity.”

— MARC DAVID, *Nourishing Wisdom*

THE HEART OF THE CLEANSE

KITCHARI

INGREDIENTS

- 1 cup basmati rice
- 1 cup split yellow mung dal
- 7 cups water, approximately
- 2 tsp ghee
- 1 tsp mustard seeds
- 1 tsp cumin seeds or powder
- 1 tsp turmeric powder
- 1 tsp coriander powder
- 1 tsp fennel powder
- A pinch of hing (asafoetida)
- Salt

METHOD

- 01** Pick over the rice and dal carefully to remove any stones.
- 02** Wash each separately, running water through until it runs clear.
- 03** Sauté the seeds in the ghee until they pop, then add the ground spices.
- 04** Add the mung dal and salt. Sauté for one to two minutes.
- 05** Add boiling water, bring to a boil, then simmer 30 minutes, until the dal is about two-thirds cooked.
- 06** Prepare any vegetables that suit your constitution, or that are in season. Cut them small.
- 07** Add the rice and vegetables. Stir to mix, adding extra water if needed.
- 08** Return to a boil, then simmer 20 minutes until the rice is fully cooked. Aim for minimal water remaining, leaving the lid on so the excess is absorbed.
- 09** Salt to taste. Top with cilantro, Bragg's aminos, or a little more ghee.

NOURISHING VEGETABLE STEW

INGREDIENTS

- 2 T ghee
- 1/2 white or yellow onion, roughly chopped
- 1 leek, white parts only
- 3/4 cup carrots, chopped
- 1-2 medium potatoes, peeled and cubed
- 2 medium tomatoes, cubed, with juice
- 1 cup chopped mushrooms
- 1/2 cup raw cashews
- 1/2 T cumin
- 1/2 T coriander seeds
- 1 cinnamon stick
- 1 tsp ground turmeric
- A thin slice of ginger
- 1 bay leaf
- 3-4 cups broth
- 1 cup quinoa or millet
- 1/2 cup coconut milk
- A small handful of green beans
- Juice of 1/4 lemon
- Sea salt

METHOD

- 01 Heat the ghee in a medium pan over medium-high. When hot, add the onion and leek with a pinch of salt. Stir frequently until golden and tender, about 10 minutes.
- 02 Add the carrots, potatoes, tomatoes and their juices, mushrooms, cumin, cinnamon, cashews, coriander, turmeric, ginger and bay leaf, along with the broth.
- 03 Bring to a boil over medium-high and cook 15 minutes, uncovered.
- 04 Add the quinoa, reduce to low, and simmer 30 minutes covered.
- 05 Stir in the coconut milk and green beans. Cook another 10 minutes over low, covered.
- 06 Remove from heat. Season with lemon juice and salt to taste.

WARM • GROUNDING

RED LENTIL SOUP

INGREDIENTS

- ½ cup dry red lentils
- 1 carrot, chopped
- 1 stalk celery, chopped
- 1 small sweet potato, chopped
- 4 cups vegetable broth
- 2 bay leaves
- 2 tsp ghee
- 1 can coconut milk
- 2 tsp turmeric powder
- 3 tsp adobo seasoning
- Salt and pepper to taste

METHOD

- 01 Using a slow cooker, instant pot, VitaClay or a pot on the stove, warm the ghee and add the bay leaves.
- 02 Slowly add the lentils, carrot, celery and sweet potato. Cook thoroughly.
- 03 Add the vegetable broth, enough to cover the vegetables and lentils.
- 04 Once everything is cooked through, pulse with an immersion blender.
- 05 Mix in the coconut milk, turmeric, adobo seasoning, salt and pepper.
- 06 Ladle into a bowl, garnish with cilantro, and enjoy.

SOMETHING SWEET

COCONUT PEACH MUSH

THE MUSH

- ½ cup cooked white basmati rice
- ½ cup organic coconut milk
- ¼-1 tsp coconut sugar, optional

THE TOPPING

- 1½ T ghee
- 1 sliced peach
- A pinch of cardamom powder

METHOD

- 01 Blend the cooked rice with the coconut milk and coconut sugar, adding water as needed.
- 02 Melt the ghee in a saucepan. Add the sliced peach, sprinkle with cardamom, and sauté three to four minutes, turning occasionally.
- 03 Spoon the mush into a bowl and top with the peaches.

COCONUT DATE BALLS

INGREDIENTS

- 1 cup unsalted cashews
- 1 cup pitted, soft, soaked dates
- 1 tsp coconut oil
- ½ tsp cardamom

METHOD

- 01 Add everything to a blender or food processor. Blend until well mixed and the consistency you like.
- 02 Roll into balls and refrigerate about an hour to set.
- 03 Enjoy within a week.

MAKES A GALLON

DELICIOUS YOGI TEA

INGREDIENTS

- 1 gallon water
- 30 cloves
- 30 whole green cardamom pods
- 30 whole black peppercorns
- 1 large finger of fresh ginger, thinly sliced
- 5 cinnamon sticks
- 1 bag black tea, or 1 tsp tulsi
- Milk and honey to taste, optional

METHOD

- 01 Bring the water to a boil. Add all the spices, holding back the tea.
- 02 Boil 30 to 45 minutes. Longer is stronger.
- 03 Add the tea and boil another five minutes. The tea goes in last because it amalgamates the spices and seals in their flavor – and the tannins help the body assimilate the nutrients in the spices.
- 04 Serve with freshly made almond milk.

*Make a pot in the morning and it will carry you
warm through the whole of a cold day.*

HERBAL ALLIES

Much like spices, herbs can be used to balance the cold, mobile, dry qualities of vata season that so often leave immunity low. These four nurture resilience through the shifting rhythms of the year.



ASHWAGANDHA

The ultimate vata-balancing adaptogen — restoring strength, promoting vitality, and bringing restful sleep.

BRAHMI / GOTU KOLA

A rejuvenative for the brain and nerves. Enhances focus, calm and emotional balance.

TULSI

The “incomparable one.” Known to uplift the spirit, support immunity and bring clarity to the mind.

TURMERIC

Supports robust immune health and healthy lung function, and fortifies the body’s natural defenses.

MAKING HERBS WORK FOR YOU

Not all herbs are right for all people at all times of year. Pay attention to what changes in the body, mind and spirit as you bring an herb in.

You can make herbs considerably more effective by taking them well. Drink them with warm water — or better, warm water and ½ tsp of ghee. The ghee carries the herbs into the tissues and helps them reach the places they are meant to reach.

Always start with a low dose and increase over time. Herbs work more slowly than prescription medicine, and they are at their most powerful used as prevention rather than rescue.



Ghee — the classical anupana, or carrier

PRANAYAMA



Pranayama, or focused breathing, is one of the most effective ways to support vata dosha — the force responsible for all movement in the body. When we practice two to ten minutes of focused breathing each day, we direct the five vayus of vata, inviting them to work in our favor. Pranayama supports hormonal health, mental clarity, and peace of mind, body and spirit.

NADI SHODHANA

alternate nostril breathing

- 01 Find a seated position where you can keep a straight spine.
- 02 Close your eyes and bring your attention to the breath.
- 03 Extend your right hand in front of you, palm up. Fold the index and middle fingers toward the palm, leaving the thumb, ring and little fingers free.
- 04 Close the right nostril with your thumb.
- 05 Inhale slowly and deeply through the left nostril.
- 06 Close the left nostril with your ring and little fingers.
- 07 Exhale slowly and deeply through the right nostril.
- 08 Continue alternating — inhaling through one nostril, exhaling through the other.
- 09 Keep a steady rhythm. Try inhaling for a count of four, holding for four, exhaling for eight.
- 10 Continue for at least five to ten rounds.
- 11 Gently open your eyes and return to your natural breath.

THE RHYTHM OF THE YEAR

RITUCHARYA

and why fall is the season to cleanse

Dinacharya is the rhythm of a day. *Ritucharya* is the rhythm of a year — and Ayurveda noticed something about it long before we had language for the mechanism: what accumulates in one season becomes the illness of the next, unless it is cleared.

Fall is the seam. The heat that built through summer is releasing, vata is rising, and the tissues are more mobile now than at any other point in the year. Whatever has gathered — undigested food, undigested experience — is already loosened and looking for a way out.

That is what makes autumn one of the two great cleansing windows. Not because a cleanse is fashionable at this time of year, but because the body has already begun the work on its own. A well-timed cleanse simply helps it finish.

Miss the window, and what should have left in the fall settles deeper. It tends to reappear in the cold months as congestion, heaviness, low immunity, and the aches that arrive with winter.

WHAT A CLEANSE DOES

- Rekindles *agni*, the digestive fire
- Loosens and clears the *ama* held in the tissues
- Resets appetite, and the taste for real food
- Settles the nervous system before winter
- Returns you to your own rhythm

*“Spring and fall are the two doorways.
The body opens them whether or not we walk through.”*

TWO WAYS IN

CLEANSE WITH ME THIS FALL

One is a reset you can do from your own kitchen, alongside a group.

The other is the deep water.

START HERE

\$300

10 DAYS

FALL COMMUNITY CLEANSE

online, from anywhere · offered each fall

- Daily live gatherings in a virtual classroom
- Live guided meditation each morning
- Teaching throughout – the why beneath every practice
- Seasonal recipes and dinacharya guides
- A WhatsApp group, so no one does it alone
- Optional herbs and supplies at my Banyan Botanicals discount

WRITE FOR THIS SEASON'S DATES & TO SAVE YOUR PLACE

GO DEEPER

FROM \$3,400

7, 14 OR 21 DAYS

PANCHAKARMA

residential at the Om Maitri Rasayana Center · Boulder, Utah

- A two-hour consultation before you arrive
- Daily Ayurvedic body therapies
- Meals prepared for your constitution
- One-to-one with me every day
- Meditation, yoga and gentle movement
- Private lodging at the Juniper House
- A follow-up consultation after you go home

Not sure which is yours? Write and tell me where you are. I'll tell you honestly which fits, and when.

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