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GET READY FOR WINTER

Newsletter of Manalaya

Even though officially, winter starts in December, 21st, the first snowfall gave us a taste of what's to come.



Winter is magic, it is the season when you get wrapped in a blanket with a hot chocolate by the fire, and the right moment to eat the typical “raclette” from the Alps. It is time to meet up, to share, to enjoy being together. However, it is true to say that winter can be long, it is therefore important to be well prepared.

Here are 5 little tips not to forget:

1. Get some fresh air!

Yes, it sounds obvious, but it is important indeed. With the temperatures getting low, we would be tempted to keep us warm under the covers. If the sun shows up, take advantage of it by recharging in D vitamin. If not, you can still get some fresh air and enjoy the nature's benefits.

2. Do sport

No, the gym does not close from December to March. And even though it did, you could still practice home (see the following article about yoga). As well as being motivational, sport helps boost the body's immune defenses and reduce risks to catch a bad cold.

3. Eat (healthily)

Bad news, although one is tempted to think that in winter one needs to eat richer, it is still necessary to regulate the "comforting" meals. Choose rather seasonal fruits and vegetables than imported. You will find C vitamin in citrus fruits and kiwis. E vitamin is found in nuts or chestnuts. Finally, to avoid the winter low morale, consider trace elements contained in seafood, cereals and dairy products. In short, enjoy yourself but eat everything.



IN HARMONY WITH THE SEASONS: WHICH POSTURES TO FAVOUR FOR WINTER?

Winter is the season when we slow down, it is more difficult to motivate ourselves, to move. As we adapt our eating habits, we must adapt our yoga practice. Softly, restorative yoga or yin yoga are ideal for taking care of ourselves and our inner balance. Here are some practices for not get swept away between the end of year holidays and tiredness.



Beginner level:

The sun salutation to bring energy throughout the day.

This exercise is to be done in the morning and potentially in the evening as a gratitude to the sun. It is a series of postures to be repeated that allows you to wake up your body by mobilizing each muscle and joint, to bring you energy little by little.

Intermediary level:

The camel posture to open oneself to the world. By opening the breast, it allows to breathe better and balance our chakras. It consists in kneeling down, knees at hips' width, and open the chest by releasing the head backwards and if possible grasp the ankles.

Advanced level:

The bridge posture to get full of energy

After preparing one's body to get to the Urdhva dhanurasana posture, you will feel lighter, flexible and warm to better face the cold of winter.