

RANJANA YOGA CLASS

Seasonal Yoga and Diet

A Beginner's Guide

Adjusting practice and food through the year,
and what sattvic eating means

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General education only. Not medical advice. Speak with your doctor before starting any new practice.

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1. What seasonal practice is

Traditional yoga and Ayurveda suggest adjusting routines through the year: gentler or more energising practice, lighter or warming food, earlier or later rising. Today the idea can be as simple as listening to how weather and daylight affect you.

A sattvic diet is described in yoga traditions as simple, fresh, vegetarian food that is light and nourishing. People of many diets practise yoga, and you do not need to follow any one diet to practise.

The short answer

Match your practice to the weather and your energy: cooling and calm when it is hot, warming and active when it is cold. Eat balanced, fresh food, and speak to a doctor or dietitian before major changes.

2. Before you begin: safety first

General education only. Check with your doctor first if you are pregnant, have high blood pressure, a heart, lung, joint or spine condition, osteoporosis, an eye condition such as glaucoma, or have had recent surgery or injury.

Stop and rest if you feel:

- sharp, pinching or burning pain (a mild stretch is fine, pain is a stop sign);
- dizziness, nausea or breathlessness;
- numbness or tingling, or pressure in the head or neck.

Doctor first

If you have a medical condition, are pregnant, diabetic, underweight, or take medicines, speak to your doctor or a dietitian before changing your diet or fasting. Do not follow extreme diets or fasts.

Stop and get medical advice if you notice:

- dizziness, weakness or fainting after changing diet;
- unplanned weight loss;
- symptoms that worsen.

3. Adjusting practice by weather

Conditions	Practice ideas	Note
Hot weather	Gentle, cooling, slow; practise in cooler hours.	Stay hydrated.
Cold weather	Warm-up first, steady flows, standing poses.	Keep warm.
Rainy, damp weather	Energising movement and sun salutations indoors.	Keep the space dry.
Low-energy days	Restorative or short gentle sessions.	Rest is fine.

4. What "sattvic" food looks like

Typical features	Note
Fresh, simple, seasonal food	Fruit, vegetables, grains, legumes, nuts.
Light cooking, little oil	Easy to digest for many people.
Eaten calmly	Sit down, chew well.
Not tied to a belief	No diet is required for yoga.

Dietary needs differ. A dietitian can advise on balance and protein.

5. A 15-minute any-season routine

Time	Practice	Notes
3 min	Slow breathing	Settle.
4 min	Cat and cow, standing poses	Match your energy.
4 min	Gentle twist and fold	Mild.
4 min	Rest	Relax.

6. Your four-week plan

Week	Focus	Length	What to notice
1	Notice how weather affects you	Daily	What helps today?
2	Adjust practice length and pace	10-20 min	Do you feel better?
3	Eat regular, simple meals	Daily	Any change in energy?
4	Review with a professional	Visit	Ask about any diet change.

7. Choosing a class or teacher

Classes that vary through the year, or teachers who ask how you feel, are helpful. Avoid anyone who insists on a strict diet.

- Tell the teacher about your condition, medicines, injuries and pregnancy before class.
- Ask about their training for your situation.
- Avoid anyone who says yoga can replace your treatment.

8. Practising at home

At home, keep a flexible routine and adjust to your day. Wear comfortable layers.

9. Honest expectations

Seasonal adjustments are a matter of comfort and tradition. There is no strong evidence for strict seasonal protocols. A balanced diet suits most people, and you do not need to be vegetarian to practise yoga.

10. Common mistakes and fixes

Mistake	Fix
Following strict fasts	Check with a doctor.
Treating one diet as the only way	Needs vary.
Practising in extreme heat	Stay cool.
Skipping meals before practice	Eat lightly earlier.
Ignoring energy	Adjust the plan.

11. Questions people ask

What is a sattvic diet?

A traditional yogic description of fresh, simple, vegetarian food.

Do I have to be vegetarian?

No. Yoga does not require any one diet.

Should I change practice by season?

If it helps you feel good. It is not required.

Is fasting good?

It is not suitable for everyone. Ask your doctor first.

12. A pre-session checklist

- Have I eaten lightly, at least two hours ago, and had some water?
- Is my space clear, warm and free from interruptions?
- Do I know what I will practise, and how long I have?
- Is there anything in my body today (pain, tiredness, illness) that means I should do less?
- Do I know my stop signs: sharp pain, dizziness, breathlessness?

Running through these five questions takes less than a minute and prevents most beginner problems.

13. Your first week, day by day

Day	Suggestion
1	Read this guide. Try just the warm-up and the final rest.
2	Rest, or a five-minute walk.
3	Repeat day 1 and add one new pose or step.
4	Rest.
5	Practise a short version. Notice how you feel afterwards.
6	Write a few lines in the practice log.
7	Rest. Plan next week from what you noticed.

Three short sessions a week are a good start. Regular, gentle practice builds confidence, and rest days let the body adapt.

14. Glossary

Term	Plain meaning
Sattvic	Calm, pure, in the yogic description of food.
Seasonal	Related to the time of year.
Hydration	Having enough fluid.

Reminder

This guide is general education and not medical advice. It does not diagnose, treat or cure any condition. If you have a health concern, speak with your doctor before starting a new practice.

Practice log

Print this page and keep a short record. Notes help you see patterns over time.

Day	Minutes	Energy notes	How it felt	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				