

"This is a quieter, more reflective time of year, a time when sleep and rest are the main medicine."

KAT MAIER, ENERGETIC HERBALISM



Address the 3 Pillars in WINTER - A CHEAT SHEET



3 COACHING PILLARS

- **Nourishment:** Herbs, H2O, Food, Sleep
- **Self-Care:** Yoga, Rituals, Exercise that gets your heart rate up.
- **Personal Development:** Building a trusting relationship with your self



NOURISHMENT FOR WINTER

- Rest, Rest, Rest!!!
- Daylight hours
- Broths + Stews
- Seaweeds
- Warm Foods
 - Black + mung beans, Barley, millet, Nuts, sweet potatoes, squash, carrots, cabbage, mushrooms, apples



SELF-CARE FOR WINTER

- Keep your kidneys warm, wear socks, and cozy attire.
- Start a Yoga practice.
- RITUAL: Ginger or Rosemary bath.



PERSONAL DEVELOPMENT FOR WINTER

- Connect to your dreams, keep track of dreams.
- Start a journal. It's the perfect medicine for this season.



"In Western culture, the frenetic holiday season contradicts what nature intends for the season of winter."

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