

Lynda Spieser is a certified Kripalu Ayurveda Health Counselor, Body Thrive Health Coach, Kripalu Ayurveda Yoga Teacher, IAYT Yoga Therapist and Modo Yoga Teacher.



As author of the [CLAS Age-less-ness Series](#), Lynda teaches practical, modern applications of the time-tested wisdom of Ayurveda to individuals via retreats, in her clinical practice and to groups of engaged women, meeting weekly and committed to holding each other accountable for automating new, rejuvenating habits. Habit science combined with food and lifestyle self-care practices that are tailored to the individual's unique constitution and state, evolve them to feeling ease and balance so that they may be more the way they want to be with their day.

Ageless Habits for Ageless You.

Lynda Spieser



Spring evokes all the senses as nature awakes – the sound of birds in song, the feel of warmer breezes, the sight of green emerging, tastes that are fresh, the smell of the earth.

Spring is for casting off the weight of winter, clearing out the clutter, and cleaning. What could be more relevant, more nourishing than Spring cleaning and clearing for your very own body, mind and senses?

If you want to embrace Spring, change your environment. Get out of town and relax for a couple of days. Join us at *Place of Pause* to experience the self-care practices of Ayurveda, one of the oldest, continuously practiced health systems. Ayurveda draws its wisdom from nature. We align with its rhythms for nourishment, sleep and energy.

In this program, you will _

- learn how Spring influences your state and how to balance it with food and lifestyle.
- practice cleansing the senses to connect more effectively to your world.
- establish daily rhythms that calm your nervous system.
- eat seasonally and take home recipes that boost your digestive system.
- take part in cooking demonstrations with hands-on participation to really integrate learning.
- walk in nature for movement, meditation and fascination.
- star-gaze and moon-bathe for healing and cleansing your chakras (subtle energy centers).

Leave lighter, clearer in body, mind and senses.

You are positioned to ebb and flow with balance and harmony into Spring.





Friday - relax

- 5 pm Arrive, Connect, Settle-in
- 6 pm Dinner - welcome {with welcome bread}
- 8 pm - 10 pm Evening ritual with guided meditation, foot massage & tonics

Saturday - refresh

- 8 am Breath / Body practices - energizing & mobile
- 9 am Breakfast - organic & warm
- 10 am Talk - "Clean & Clear with Elemental Living"
- think pared down, essential, pure, natural
- 11 am Forest hike & Fascination exercise
- 12:30 pm Lunch - fresh & cleansing
- 1:30 pm Free time
- 3 pm Cooking demo - seasonal ingredients & delicious
- 6 pm Dinner - nourishing & light
- 8 pm - 10 pm Evening ritual with star-gazing, moon-bathing & tonics

Sunday - renew

- 8 am Breath / Body practices - energizing & mobile
- 9 am Breakfast - simple & cooked
- 10 am "Elemental Living, continued"
- think cleansing the senses & discussion
- 11 am Beach walk, guided meditation & journaling
- 12:30 pm Lunch - local & satisfying
- 2 pm Closing - positioned to ebb and flow with balance and harmony into *Spring*

Elements are:
Ether
Air
Fire
Water
Earth

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Food is:
Seasonal
Fresh
Local
Cooked
Organic
Simple

Friday - relax

5 pm Arrive, Connect, Settle-in
6 pm Dinner - welcome {with welcome bread}
8 pm - 10 pm Evening ritual with guided meditation, foot massage & tonics

DOMINATING QUALITIES are:
Heavy Slow
Cold Cloudy
Smooth Dense
Soft Stable
Gross Sticky

Saturday - refresh

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3 pm Cooking Demo - seasonal ingredients & delicious
6 pm Dinner - nourishing & light
8 pm - 10 pm Star-gazing, Moon-bathing & tonics

BALANCING QUALITIES are;
Light
Warm
Mobile
Subtle
Clear

Sunday - renew

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