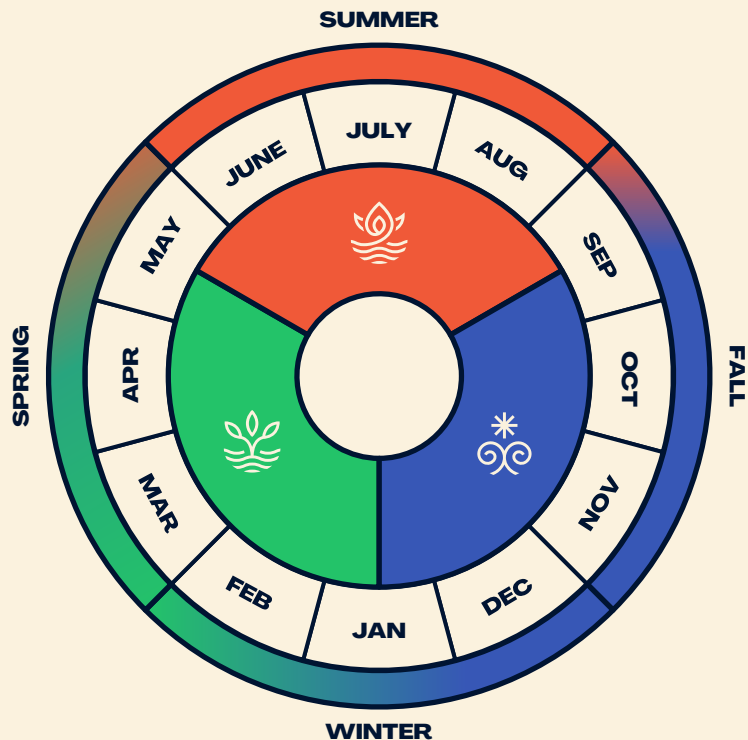




THE *Ayurvedic* CALENDAR



Kapha season

Late winter through early spring brings in the cool, wet cycle of Kapha season. Water and earth are the primary elements during this time of the year.



Pitta season

Summer is the hot and moist time of the year. This season brings in Pitta qualities of fire and water.



Vata season

The cold, dry, and windy weather of late fall through early winter happens during Vata season. The elements of space and air predominate during this time.