**Gifts of Winter Practices**

January 10: Winter is a time of stillness and reflection. Take time today to meditate.

January 11: Read this poem about winter: The Winter Woods by Parker J. Palmer (<https://onbeing.org/blog/parker-palmer-seeing-beneath-the-broken-surface/>)

January 12: Emulate the quiet of winter – cultivate the art of listening… listen to *Snow* from George Winston’s album, *Winter.* (<https://www.youtube.com/watch?v=f5qGUhWPi6w>)

January 13: In the natural world, nature is quiet in winter… take time to watch an entire sunrise or sunset.

January 14: Nourish yourself this season, focusing on hot foods that warm you from the inside out. Cook a hot meal of your favorite comfort foods.

January 15: Take a slow stroll in nature, observing what shows up on your path.

January 16: Read this article about winter’s element, Water: <http://www.traditional-acupuncture.com/articles/water.pdf>

January 17: Warm yourself by a fire or a candle(s). Sit quietly and reflect on the flames.

January 18: Make yourself a cup of something warm – coffee, tea or hot chocolate, for example – and take your time sipping slowly and enjoying.

January 19: Winter is a time to slow down and reconnect. Take time today to call a friend and breathe into the conversation.

January 29: Stretch… with yoga, tai chi, or simply reaching high above your head. Move slowly and deliberately, honoring your body.

January 30: Rest your senses and input overload. Unplug from all technology for a day, or even a couple of hours.

January 31: Contemplate and journal on “Questions To Ask Yourself In Winter.”

February 1: Listen to *Variations on the Kanon* from George Winston’s album, *December.*

February 2: Spend time in nature… journal your observations.

February 3: Choose a poem from this selection and reflect/ journal about your choice: <https://www.panmacmillan.com/blogs/literary/winter-poems-poetry-snow-frost-rossetti-poe>

February 4: Winter’s element is water… take a long hot shower or a warm, soaking bath.

February 5: Spend time in silence today… like the sap returning to the roots of the tree, allow yourself to rest in the quiet.

February 6: Engage in a relaxing/creative activity… read a book, work on a puzzle, knit, crochet…enjoy.

February 7: Winter is the time to conserve energy… practice saying “No” to things that tire you out, expend reserves or cause anxiety.

February 8: Read handout on “Embracing the Gifts of Our Shadow,” journal on the questions as you feel led.

February 9: Listen to George Winston’s *Thanksgiving* from the album, *Winter*.

February 10: Tell someone you love them.

February 11: Winter is a time to rest deeply… take a nap today, or go to bed early.

*With gratitude for resources provided by Becky Thoroughgood, L.Ac.*