

YOU FEEL MORE PAIN IN THE COLD!

But You Don't Have To



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KAIUT YOGA EVENTS



Teacher training course

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1. INTRODUCTION

The Cold Is Showing You Something

If you feel more pain in the cold, you're not alone — and you're definitely not broken. When temperatures drop, it's common to hear people saying their pain gets worse. Sensitive knees, stiff shoulders, locked-up backs. It feels like the cold "switches something on" in the body, right? But here's what most people don't know: the cold isn't causing the problem. It's actually revealing what was already happening — just silently.

Think of it this way: the cold works like a natural scanner. It scans your body and shows you, with more clarity, where there's stiffness, where movement is limited, where circulation isn't flowing well. All the things that, on warmer days, might have been masked by heat and daily activity become much more noticeable in the cold.

And why is that?

Because cold weather demands more from your body. It constricts your blood vessels, makes muscles less flexible, and triggers a state of alert in your nervous system. The result? Body parts that were surviving on "compensation mode" go into crisis. Pain reappears, joints lose mobility, and your physical energy disappears along with the sun.

But — and this is the most important part — this doesn't mean you're getting worse.

What's happening is that the cold is showing you a map. A map of the areas that need attention, care, and reorganization. And that's the invitation of this small guide: to help you understand what your body is trying to tell you when the cold arrives.

You don't have to just survive the winter. With the right perspective, it can become a tool for transformation.

In the Kaiut Yoga Method, we work with an idea that goes against common sense: A healthy body doesn't need to be "warm" — it needs to be functional.

In other words, it needs to move well, adapt to changes, and handle challenges (like the cold) without going into crisis.

This functionality — which respects your structure and connects with your nervous system — can be cultivated every day. It doesn't require strength, flexibility, or heat. It requires presence, practice, and the right kind of stimulus.

In this eBook, you'll discover why the cold affects the body so much, how the Kaiut Yoga Method can help you manage it,

and simple strategies to transform winter into an ally for your structural health — not another villain behind your pain.



High Sensitivity to Cold

A study showed that 92% of patients with chronic pain report worsening symptoms when temperatures drop. Even among people without a formal diagnosis, this perception is real and consistent.



Evidence in Osteoarthritis (OA) and Chronic Conditions

In the European EPOSA study with 810 people with OA (knee, hand, or hip), it was observed that daily humidity increased pain, especially in cold conditions – the combined effect was significant.

A systematic review involving 14 studies confirmed that low temperatures are associated with greater pain intensity in OA, along with barometric pressure and humidity as contributing factors.



Weather Variables and Pain Intensity

About 67% of studies on musculoskeletal pain found an association between symptoms and factors like temperature, humidity, pressure, and precipitation. While there's no total scientific consensus, most studies report statistically relevant correlations.



CHAPTER 2

Why do we feel more pain in the cold?

When winter arrives, the body has to adapt to a more demanding environment. And it's exactly during this adaptation process that many people notice their pain increasing. But why does this happen? The cold isn't just uncomfortable — it creates a combination of physiological and emotional effects that can amplify existing patterns of pain and stiffness.

To begin with, the cold directly impacts blood circulation. When faced with lower temperatures, the body shifts into energy-saving mode: blood vessels in the skin and extremities constrict to preserve heat for vital organs.

This reduces blood flow to the joints, muscles, and tendons — areas that, with less oxygen and nutrients, accumulate metabolic waste and become more vulnerable to pain.

In addition, falling temperatures affect the composition of soft tissues. Muscles become stiffer, tendons lose elasticity, and the fluid that lubricates the joints becomes thicker.



The result? A less fluid, more restricted structure — a fertile ground for discomfort, stiffness, popping joints, and even pain flare-ups in people with any level of joint compromise.

But it's not just the body that reacts: the nervous system also goes on high alert. The cold triggers internal protection circuits — like the sympathetic nervous system — which releases stress hormones, increases muscle tension, and heightens pain sensitivity. This is especially noticeable in people with chronic inflammation, fibromyalgia, or hypersensitivity syndromes. Pain doesn't just increase because tissues are tighter — but because the brain becomes more reactive to what it feels.

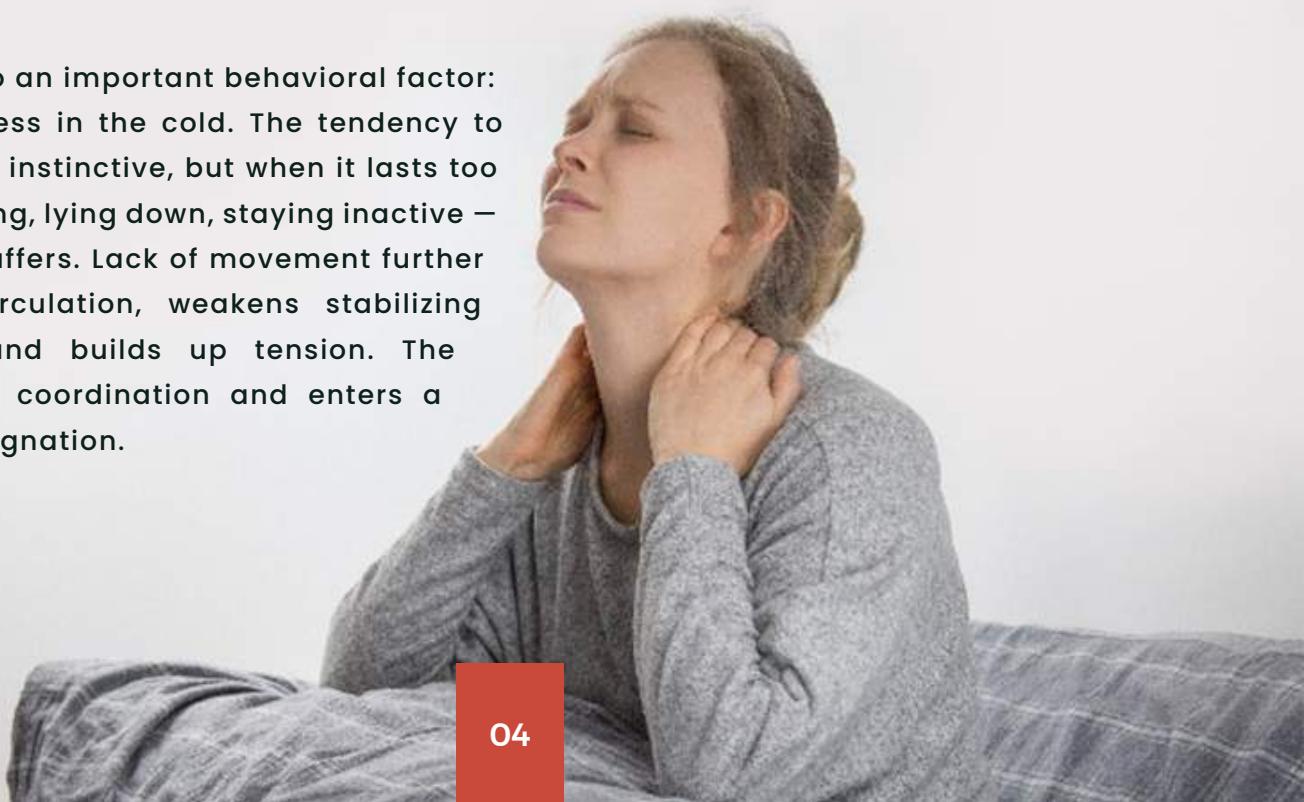
There's also an important behavioral factor: We move less in the cold. The tendency to withdraw is instinctive, but when it lasts too long — sitting, lying down, staying inactive — the body suffers. Lack of movement further reduces circulation, weakens stabilizing muscles, and builds up tension. The body loses coordination and enters a cycle of stagnation.

Finally, we can't ignore the emotional side. Less exposure to sunlight during winter affects the production of neurotransmitters like serotonin, influencing mood. Studies show that a significant number of people experience symptoms like sadness, irritability, or anxiety during this season — the so-called Seasonal Affective Disorder (SAD). These emotions have a direct impact on the body, especially on pain: they lower your pain threshold and increase discomfort perception.

In summary:

The cold isn't the cause of your pain, but a set of factors that intensify what's already dysfunctional. It increases contrast: where there's stiffness, it shows up more; where circulation fails, the signal grows stronger; where emotional stability wavers, pain amplifies.

Recognizing this scenario is essential to act intelligently — and to transform winter into an ally for your body's reorganization.





CHAPTER 3

A Healthy Body Doesn't Need to Be Warm

It Needs to Be Functional

Every winter, the same scene repeats: Pain increases, movement freezes, the body calls for help – and most people rush toward heat.

Longer hot showers, heating pads, heavy layers, morning runs, extra blankets. Heat does bring relief. It relaxes the muscles, brings comfort, and creates a sense of safety. But here's a truth almost no one talks about: That relief is superficial, temporary – and often misleading.

At the core of this reaction is a very common belief:

That the body needs to be warm to function well. As if, without heat, nothing flows. But this logic is dangerous – because it distracts us from the real cause of pain: structural dysfunction and nervous system disorganization.

So what really happens on cold days?

With the drop in temperature, tissues become denser. Muscles get tighter, tendons lose elasticity, and synovial fluid – which acts as a lubricant in the joints – becomes thicker. This is physiological, well-documented. Studies show that temperatures below 15°C (59°F) significantly increase synovial fluid viscosity, reducing joint efficiency. On top of that, the cold activates the sympathetic nervous system – responsible for the “fight or flight” response – increasing muscle tone and amplifying pain sensitivity.

But a healthy, functional body is one that can go through all of this with stability — even without artificial heating. That's because the real regulator of physical comfort isn't heat: it's functionality.

Functionality, here, means a body that:

- Moves with ease even in adverse situations.
- Has biomechanically organized and well-coordinated joints.
- Adapts to external stimuli without overreacting.
- Possesses a nervous system that can distinguish effort from threat.

That's exactly what the Kaiut Yoga Method cultivates.

It offers an approach that respects natural biomechanics, works on joint reorganization, and acts directly on the nervous system — all without relying on sweat, effort, or heat.

Instead of masking the problem with external warmth, the focus is on restoring the internal foundation.

Here's an important data point:

In a study with more than 600 people with chronic musculoskeletal pain, the combination of slow, mindful movement with simple posture holds produced more pain relief than conventional protocols involving intense exercise or thermal therapies.

Of course, heat can have its place.

It relaxes, improves blood flow, and brings comfort. But when used as the main strategy during winter, it can delay the process of structural reorganization.

Why? Because it reduces your perception of stiffness without addressing the cause. You feel better for the moment, go back to your routine — and the next day, the pain returns.

What the Kaiut Method proposes is the opposite path: Instead of suppressing the signals your body sends in the cold, we use these signals as starting points for real reorganization. The stiffness that appears when temperatures drop is, in fact, an opportunity. It shows where the blockages are, where circulation is lacking, where the nervous system is stuck in defensive patterns. And from there, the practice works with precision.

In other words: Cold-related pain doesn't need to be fought with heat — it needs to be understood with intelligence. Because the body doesn't need to be "warm" to move well. It needs to be free. Free from accumulated tension, structural compensations, outdated nervous system patterns. And that's achieved through practice — not just blankets.

If heat brings relief, functionality brings autonomy. If heat warms you from the outside, reorganization warms you from within. And when your body is functional, winter stops being a problem — and becomes just another season of the year.



CHAPTER 4

The Logic of the Kaiut Method in Winter

Cold doesn't cause pain — it reveals it. This seemingly simple phrase holds one of the most important keys to understanding the Kaiut Yoga approach during the winter months.

When temperatures drop, the body doesn't just react with chills and goosebumps. It enters a deep, silent adaptive state — altering its physiology, perception, and even the way it moves. It's within this context that the Kaiut Method stands out, offering a perspective that goes beyond temporary relief: a way of seeing cold as a magnifying glass on the most fragile points of our functionality.

From a biological standpoint, there's a series of predictable reactions that occur in the body in response to cold.

Vasoconstriction is one of the first: blood vessels in the extremities constrict, redirecting blood flow to the body's core to preserve heat. This results in reduced oxygenation in muscles and joints — which alone can increase pain sensitivity.

Studies show that this drop in peripheral blood flow can significantly lower the pain threshold, especially in people with a history of chronic musculoskeletal pain or joint conditions like osteoarthritis.

Another less obvious, but highly relevant effect is the impact of temperature on synovial fluid — the lubricant that protects and cushions our joints. In cold environments, this fluid becomes more viscous, reducing its ability to absorb impact and making joint surfaces slide less smoothly.

What does this mean? On cold days, joints literally "lock up" more easily — not because they're damaged, but because their internal environment is operating below optimal levels. A study published in the *Journal of Rheumatology* showed that synovial viscosity increases significantly when exposed to temperatures below 20°C (68°F), directly affecting movement quality.



But perhaps the most important factor of all is the nervous system. Cold activates specific sensory receptors, such as TRPA1 and TRPM8 ion channels, which detect thermal variations and transmit these signals to the brain as potential threats. This can trigger hypervigilance responses — meaning the body starts interpreting normal stimuli as dangerous, increasing muscle tension and amplifying pain perception.

This phenomenon is especially intense in people with central sensitization — a condition where the nervous system already operates in a defensive mode, and where any additional stressor, like cold, becomes a trigger for widespread pain.

In this scenario, the Kaiut Yoga Method offers a unique proposition. Instead of trying to silence the body's signals with external heat, the practice invites us to listen to them. More than that, it encourages us to recognize cold as an ally in reading our own structure.

Because it's precisely in this more demanding environment that dysfunctional patterns become visible: a lack of mobility in the hips, ankle stiffness, instability in the cervical spine. These small faults, often masked on warmer days, become glaringly obvious in the cold.

And this is where the method's logic becomes even stronger: Rather than trying to suppress these signals with sweat, blankets, or intense movements, Kaiut Yoga proposes observation, respect, and precise action. Because pain isn't a mistake — it's an invitation to reorganize. And cold, far from being an enemy, is the perfect setting to make that invitation impossible to ignore.

This type of approach is supported by scientific evidence. In studies on neuroplasticity and chronic pain, slow and sustained movement practices — especially those integrating breath, proprioception, and stillness — showed significant improvement in pain patterns, even in cold environments, by retraining neural pathways associated with threat and creating new associations between movement and safety.

What these studies demonstrate is something the Kaiut Method has intuitively known for decades: Cold doesn't need to be defeated — it needs to be understood. And when that happens, winter transforms from a limiting season into a therapeutic setting.



CHAPTER 5

Why Moving in Winter Matters

In cold weather, the body's natural tendency is to slow down — sleeping in later, going out less, sitting under extra layers. This may sound reasonable, but it creates the perfect recipe for pain and stiffness.

Several studies have shown that when we remain inactive (or sedentary) for extended periods, the body's ability to regulate pain begins to fail. For example, in people with fibromyalgia, even moderate levels of physical activity are associated with more efficient activation of the prefrontal cortex and the periaqueductal gray — two brain regions that help inhibit pain perception. On the flip side, long periods of inactivity reduce this regulatory capacity.

Additionally, behavioral science confirms: winter is the season when we reduce our activity levels the most — nearly 75% of studies report a drop in total physical activity compared to summer. More concerning: this shift leads to more time spent sitting — and the consequences are real. In one clinical trial, interrupting six months of inactivity with just 40 fewer sedentary minutes per day was enough to prevent an increase in low back pain and even improve muscle metabolism.

The equation is simple but powerful: Less movement = more pain. More cold days = more sedentary tendencies = higher risk of chronic conditions worsening — especially for those already living with pain.

But there's a way out: Studies with older adults who reduced their sitting time — even without increasing formal exercise — showed relief in chronic pain symptoms. The key was simply breaking up long periods of inactivity. This "short, frequent, and consistent" movement throughout the day is precisely the kind of conditioning that winter seems to discourage — but that our bodies desperately need.

Adding to this, interventions that encourage day-to-day "emergency mobility," like the MORPH-II study with people living with chronic pain, demonstrated that promoting light movement, combined with group

emotional support and monitoring technology, significantly improved pain perception.

Another important point: just reducing sitting time — even without turning it into formal workouts — already brings measurable benefits. A study published in BMJ Open found that cutting sedentary time by 40 minutes a day, with as little as 20 extra minutes of moderate activity, was enough to stabilize back pain in overweight participants.

In short, the body needs to move in winter. Even small, subtle movements have transformative power: They help regulate the nervous system, keep circulation active, preserve joint range of motion, and build physical resilience.

That way, cold stops being a channel of limitation — and becomes fertile ground for a body that has learned to respond with intelligence and ease.



Conclusion

Turning Cold Into Your New Ally

Cold challenges us. It pushes the body out of its comfort zone, reveals long-tolerated limits, and often makes us want to retreat, protect ourselves, and shut down. But what if this discomfort wasn't the end of the road?

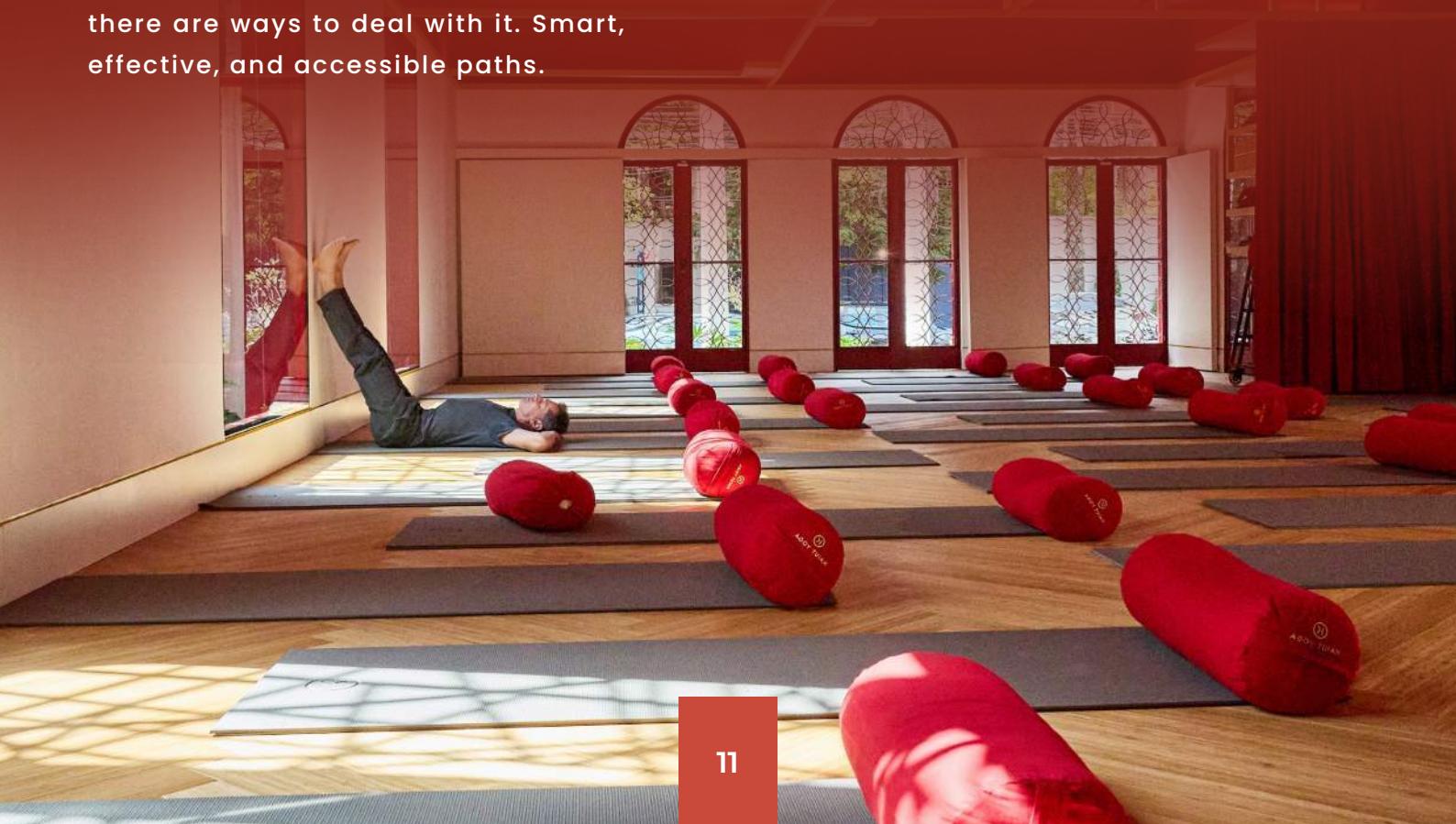
What if, instead of being an obstacle, cold was the perfect opportunity to reorganize your structure, your mobility, and your relationship with your body?

Throughout this ebook, you've seen that the pain that appears in winter is not a failure – it's a map. A set of clear signals from your body saying: "Here's something that needs attention." And most importantly: you now know there are ways to deal with it. Smart, effective, and accessible paths.

Paths that don't involve forcing, heating, sweating, or compensating. But instead, paths that involve reorganizing. With precision. With presence. With neuroplasticity applied to movement.

And that's exactly what the Kaiut Yoga Method offers – not just as a technique, but as an experience. A practice designed to work on the nervous system, restore joint mobility, and gradually bring back the functionality your body has lost (or maybe never developed). And in winter, this practice becomes even more strategic.

That's why, if you're already feeling the call to take better care of your body, don't wait for warmer days to return. The best time to reorganize your structure is right now – when the cold makes it impossible to ignore what needs to change.



And the ideal place to do that is at a Kaiut Yoga school or one of our in-person units.

Nothing replaces the experience of being in the room. The trained eye of a teacher, a space prepared specifically for the method, and time dedicated to yourself. In-person classes are a true laboratory for reconnection — a space where you're guided safely, where every restriction becomes an opportunity for functional recovery.

If there's a Kaiut Yoga school near you, make that direct connection a priority. Invest in your practice regularly — not just to reduce pain, but to transform your relationship with your body and with aging itself.

Because yes, that's what this is really about: longevity with autonomy. A body that doesn't depend on heat, therapy, medication, or luck to move well — but one that responds with intelligence, even on the most demanding days of the year.

Now, if you're in a city where there's no school or unit nearby, don't wait to start.

The Kaiut Method is also available online, with structure and support designed so you can begin your journey from anywhere. We offer live classes, on-demand content, professional support, and everything you need to build a consistent practice — even if you're physically far from a school.

Everything is available on our website:

kaiutyoga.com

There you'll find:

- A school and unit locator in multiple countries;
- Access to the official online platform, with guided classes, clear explanations, and all the structure you need to start safely;
- Exclusive materials, educational content, and a full support system for your journey with the method.

So, whatever your situation — whether you live near a school or far from everything — there's a step you can take today. And this step isn't chasing external heat. It's reorganizing your body. Reeducating your nervous system. And transforming winter into one of your greatest allies.

Because yes, cold challenges you. But it also invites you. And with practice, it can become one of your greatest teachers.



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