

Seasonal yoga – bringing balance to mind/body/spirit

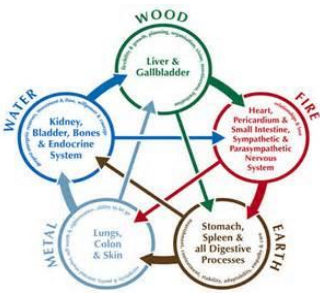
Spring	Wood
Summer	Fire
Late Summer	Earth
Autumn	Metal
Winter	Water

Bringing union to our inner and outer worlds

Reflecting what is happening in nature to what is occurring within the body

Seasonal yoga focus

Winter gentle flow rejuvenating for the nervous system, Spring Detoxing & energy building, Summer high energy to stimulate the heart and feelings of joy, Late Summer time to work on immunity and become more earthed in time for Autumn which deals with the ins and outs in life - breathing properly!



Using the essence of each element to bring balance: for example too much fire can be controlled by focus on the water element. Not enough fire (lacking in joy/energy) could be helped by stimulating wood element.

How to live in harmony with the seasons:

Based on Traditional Chinese Medicine from 3,000BC

Diet right for the season- fresh seasonal produce

Bodywork- to encourage energy flow

Meditations- reflecting on the qualities of the season

Emotional guidelines and focus on mindset, such as letting go in autumn or creating vision for the future in spring

Physical environment- such as home, climate, activities- decluttering in spring, introducing colour to resonate with the energy of the season

Exercise routines to balance energy flow

Daily practices

Awareness of the breath

Self massage

Allow the prana/qi to flow through alignment of the spine

Being aware of what depletes your energy and invest time in the people/experiences that nourish you

Meditation

