

## Priorities

Breathing- to let go and clear the mind

Get things “off your chest”- let go of anything that no longer serves you well

Clear clutter from your mind/home

Try Bach flower remedies like walnut to help ‘let go’

Avoid dry heat- the lungs don’t like it!

Lung and Large Intestine meridians (front and back of the arms)



## Daily habits

Start the day with 8 full breaths

Dry skin brushing

Meditate for 10 minutes

Be consciously more positive and enthusiastic

Do less!

## Diet

Eat more spices

Reduce mucus forming foods such as dairy

Eat organic/local/in season

Longer cooking methods such as roasting, steaming, pressure cooking

## Yoga postures to open the chest and balance meridians

Warrior 1



Ardha Chandrasana



Chair



Cobra



## Avoid

Bearing a grudge

Clutter and constipation

Getting stuck in a routine

Prolonged periods of sadness

“There is a feeling that earths’ energy is gathering inward and preparing to ‘let go’ for the winter”- Sue Woodd