

SEASONAL INFORMATION

Autumn is a time when we begin to think about letting go, as the leaves on the trees begin to change colour and gently fall from the branches – this can also be a time for us to let go of what doesn't serve us. Although the emotion associated with this time of year is sadness, on the other side of this is appreciation of life and being in the precious moment. Sadness is a natural part of life but there is also joy, wisdom and beauty.

To nourish and nurture ourselves, this is a great time for self-care, obviously by practising yoga, but also eat fresh, lovingly prepared food, take a walk and observe nature, wear our favourite colours and overall feed your senses and feel precious like the element metal.

In our yoga practice we can focus on the breath which can help us stay in the present moment and we can try to slow down and deepen the breath over time. Simple movements synchronised with the breath can be a good practice at this time of year. Poses that open and stimulate the chest and movements that stretch the sides can also help to enhance the breath.

Moving slowly allowing the body to warm and settle into poses, moving in and out of poses helping to increase fluidity in the spine and joints. Each class will vary depending on the time of day we are practising, as well as the style of yoga. There will be no two classes the same as we will literally go with the flow to release and let go.

The below is typed up from one of my many reading books, *The Language of Yin*, by Gabrielle Harris

AUTUMN: Letting go...

"Nothing ever goes away until it has taught us what we need to know" Quote by Pema Chodron

MIND:

Element Metal Yin organ: Lungs

Emotion: Grief/ Sadness Yang organ: Large intestine

The Metal element within us gives us our sense of self-worth and self-esteem. Just as Metal adds value to the Earth, the Metal within us is about recognizing our own worth. If this element becomes imbalanced within, we are unlikely to see the gifts of our being and our unique attributes. If Metal is in excess, we may be overly strict, rigid and cannot let go. The hardness of boundaries may need to soften to allow others to get closer.

HEART:

In TCM, Autumn is all about letting go, preparing for winter and returning to the earth. A time for rest and containment. We carry the abundance and fullness of summer back down to the ground to decompose.

As the leaves fall from the trees, we are reminded that we can't always be full and that there is a time to let go of everything. The tree frees itself and returns to emptiness, ready to begin the cycle again. Nature sends us the instructions to let go of what is stale and no longer of service to us and to turn our attention inward, letting go of production and striving.

BODY-

LUNGS – The physical lungs control breathing and distribute oxygen.

Just as the lungs take in qi (energy) from the sky, they also relate to our ability to take and process and filter out what isn't needed. After every inhale we must exhale.

LARGE INTESTINE – This absorbs liquids and releases anything we don't need in the way of food, toxins and emotions, thereby cleansing the body, mind and spirit.

OVERALL – The lungs and colon work in harmony. The lungs take in the pure, crisp air of Autumn and the colon gets rid of waste.

We must be able to do both in life – take in and let go.

For both of these organs and the meridian lines associated we will focus on poses that open the front of the abdomen, the chest and the front of the arms.

Thanks for taking the time to read this and I hope you found this useful and informative.