



YOGA FOR FALL

HOW TO BALANCE YOUR ENERGY FOR THE SEASON

With the days getting shorter and the nights longer, we're fully submerged in fall. A season when the Air and Ether forces reign supreme; the energies of Vata. To counterbalance these, it helps to add more Water, Earth and Fire into our routines with warming foods and self-care. One beautiful way to stay mentally balanced is through movement that is both fluid and grounding. So we've created a flow especially for the fall season, for all you starseeds out there. These exercises are slightly modified classic hatha yogasanas, moving the fascia first and then grounding you down to stay in balance.



THE LIGHTNESS OF BEING



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DYNAMIC SPINAL TWIST

Start on your back to get some energy and feel your body moving in balance.

Lie down on your mat, spread your arms in the T-shape, bend your knees and place the soles of the feet flat on the mat. As you inhale, bring your knees towards the chest and glue them together. Exhale twice as slowly, bringing your knees towards your left, but only as far as you can go without moving the shoulder blades from the mat, turn your head to the opposite side.

Inhale again, bringing your knees and head to the centre. Exhale whilst moving your knees to the right and gazing towards your left shoulder.

Remember your exhales should be twice as long as the inhales. You can practice building the breath ratio from 4:4, until you reach 4:8.



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FLUID LEG KICKS AND HIP OPENING CIRCLES

Roll over to your belly.

Come to your hands and knees with a neutral straight spine, making sure your knees are directly under the hips and shoulders above the wrists.

Inhale and activate your arms and the core muscles to keep your hips in line. As you exhale, start swinging your right leg back and forth. Do at least 10 rounds of those and repeat the exercise with the left leg. Make sure your hips are aligned and your movement is fluid.

Move back into tabletop for one breath. Lift your right leg up; bend as high as you can while keeping the spine straight.

Slowly move it clockwise to the side and when your knee is almost down move it back up towards your right elbow, to form a circle. Continue the circles for at least 10 rounds.

Change the sides. Make sure you get maximum motion in your hips while doing the circles without losing the integrity of the spine.



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TABLE TOP, CHILD'S POSE AND DOWN DOG

Inhale on your hands and knees, and then exhale whilst moving your hips towards your ankles into child's pose and rest the forehead on the floor.



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Inhale, lift your seat up back to tabletop, exhale, tuck your feet under, lift your hips up and back to downward facing dog. Inhale and bend your knees, returning to table top and untucking your feet.

Exhale slowly, lowering your seat to the heels, forehead on the floor.

Whilst doing this sequence, make sure it's all one fluid movement, and really glue your palms to the mat - do not change the position of your palms or feet. Finish in downward dog.



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DYNAMIC PYRAMID

Start standing at the back of your mat. Bring your right foot about a metre to the front, turn your left foot out at 45 degrees and rotate your hips, so that they both facing the front of the mat.

Inhale and raise your arms up, extending the sides of your front body. Exhale and slowly fold over your right leg, keeping the shoulders in line with the ears, without rotating the hips and without collapsing in the spine. If you notice that you are collapsing, or putting pressure in the shoulders, try to modify the pose - place either the left palm, or both palms on your lower back, and try the exercise now.

Make sure your back leg is as active as the front one, hips are facing to the front, and the spine is straight. Do five rounds of those then switch the sides.

INVERTED TABLE TOP

Inhale and bend the knees, placing your feet hip-width apart and parallel. Exhale and place your hands behind your back onto the mat into an inverted table top, fingers facing forward. Inhale and lift the pelvis high into the air, then exhale and extend the head back if that's comfortable (otherwise just keep the chin slightly tucked so you have one line from your sacrum to the crown of your head).

Your ankles should be directly under the knees and your hands should be directly under your shoulders. By pressing the heels down firmly you can continue to keep the pelvis lifted high.

To end the practice, I highly recommend a seated forward fold followed by the resting pose, savasana for at least 3 minutes.



THE LIGHTNESS OF BEING

