

AYURVEDIC AUTUMN

EARLY TO BED, EARLY TO RISE

Get to sleep prior to 10pm awake before sunrise daily.

DAILY PRANAYAMA:

Ujjayi, Nadi Shodana.



NOURISH THE NASAL PASSAGES

and prevent sinus issues with warmed nasal drops using cold-pressed black sesame oil. Sniff the goodness up your nose.



DECLUTTER:

Enter the hibernation months in a clean, simple state with ease. Clear out your kitchen, wardrobe, car, purse, and entire house. Clean and store away your summer essentials.

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PREVENT DEHYDRATED SKIN

or skin irritations with abhyanga: regular warmed oil self-massage using cold-pressed black sesame oil.

HYDRATE

Herbal teas, Ayurvedic Chai, or, fresh lemon, ginger, and raw honey tea.



DRESS IN GROUNDING HUES:

purple, burgundy, rusty orange, mustard yellow, pink colours. Carry a light scarf or shawl around your neck and shoulders for those cooler evenings.

COOK WITH:

ghee, rice bran oil, or coconut oil.

USE SPICES IN (ALMOST) EVERYTHING:

Turmeric, cinnamon, cumin, fresh ginger, cardamom, coriander seed, fennel seed, and ajwain. Also, invite a little garlic and onion back into your life once the outside temperature drops.

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AVOID CAFFEINE

And cold raw foods. Stew and spice up your Fruit.

EAT WARM, COOKED FOOD:

Kicharee, soup, dahl, rice, steamed root vegetables, curry, lightly cooked greens...

STAY WARM.

Get out in the sunshine to get your Vitamin D, boost your immune system, attune with the earth, and breathe in some fresh air daily.



ALLOW YOUR YOGA PRACTICE TO BE:

Warming and grounding, but not over-stimulating: Yin, Iyengar, restorative, slow Vinyasa.