



Our modern-day conveniences have made it nearly impossible to feel seasonal shifts in their entirety. Yes, we have to swap our tank tops and flip flops for boots and coats but with homes, heaters, alarm clocks, and supermarkets we have created an environment that shelters us from experiencing, experimenting, and transforming with the seasons.

We may not literally be able to step into a cave and hibernate for 6 months (for those who can, I'm jealous) but we can metaphorically step into a cave by making subtle shifts in how we eat, move, and meditate that honor our primal body and being.

***The Why:** The Autumn Equinox (Fall) literally represents the sun being in line with the Earth's equator. On this day, there will be equal amounts of daylight (12 hours) and darkness (12 hours) and from here on out the Sun will begin to shift towards the Southern Hemisphere resulting in shorter days and longer nights.*

***The What:** The shift in light triggers changes in behavior patterns in almost ALL living creatures. Animals begin to migrate or hibernate. Leaves begin to change colors. Summer fruits and vegetables provide their last bounty. With all of nature preparing for Fall, it would only make sense that human beings also have some prep work to do.*

***The How:** Nourish yourself this season by aligning with food, movement, and meditations that your body is asking for. This simple guide offers seasonal foods to add to your diet, movement practices to do, and a meditation to nourish the mind.*

## **What to eat.**

As it cools down outside fall foods heat up and peak during this season. They are packed with immune boosting vitamins, nutrients, and antioxidants that are the perfect “vaccine” to fight off colds and keep the body moving. And of course, they make for delicious desserts... pumpkin pie anyone?!

### **Here’s a list of my top 10 favorite fall foods:**

(These are based on my location in California, make sure to see what’s in season in your area or stop by the local farmer’s market)

1. Apples
2. Dates
3. Squash
4. Spinach
5. Pomegranate
6. Brussels Sprouts
7. Cauliflower
8. Pumpkin
9. Sweet Potatoes
10. Persimmons

## **How to move.**

Summer is all about fun and games. We spend a lot of time outdoors in the sunshine. We are more adventurous with our bodies and explore new limits, (backbends and handstands anyone?)

The colder months tend to make us sluggish and slow combine that with slouched shoulders and poor posture and you’ve created an ideal environment for the pesky cold bug. Keep the blood flowing and body temperature up by staying active. If it’s too cold and wet to do your outdoor activity take it inside: join a gym, create a home yoga practice with sun salutations, or you tube a fitness video. Heart opening and grounding yoga poses keep the blood purified and the mind focused.

## How to meditate.

As we witness nature shedding its leaves and darkening its sky, we are reminded how we too are connected to this rhythm of life. Autumn represents a shift from light to darkness, a time of contemplation and release. We often attach ourselves to the light, waiting for the summer months while suffering through the dread of winter, but without there would be no light.

### **Here are three practices to guide your meditation and mindset for this Autumn:**

1. **Observe silence.** One way to “tune in” and “align” with nature is by observing silence to heighten your intuition. Start with a daily 5-minute meditation and work your way up to 15 minutes where you sit in silence and observe the body and breath, without doing much the intuition will rise. [Click here for a guided meditation.](#)
2. **Balance darkness with light.** Rather than escaping the darkness, play with it. Explore it and embrace it, without fear or judgement. Naturally as night falls earlier in the evening, sit with the darkness vs. turning on the light or television. Notice as the mind shifts inwards and settles into silence.
3. **Let go.** Just as the leaves begin to change colors in preparation to let go, we too shift our perspective on lingering thoughts and emotions in preparation to let go. Acknowledge and reflect on your year and then let go of that which no longer serves you. You can also do a short writing exercise with these questions:
  1. What have you been successful in up until this point?
  2. Who has helped you throughout the year to manifest all your successes, have you thanked them? If not, how can you thank them?
  3. What do you want to let go of? Behavior, habits, relationships, etc.
  4. What do you want to manifest going forward?
  5. What have you celebrated this year? How can you have mini celebration for all your successes and all that you're letting go of.

Throughout the next few months continue to explore the Fall season with curiosity through food, movement, and meditation. Take time to observe nature and experiment with little shifts that make you feel alive this season.

