

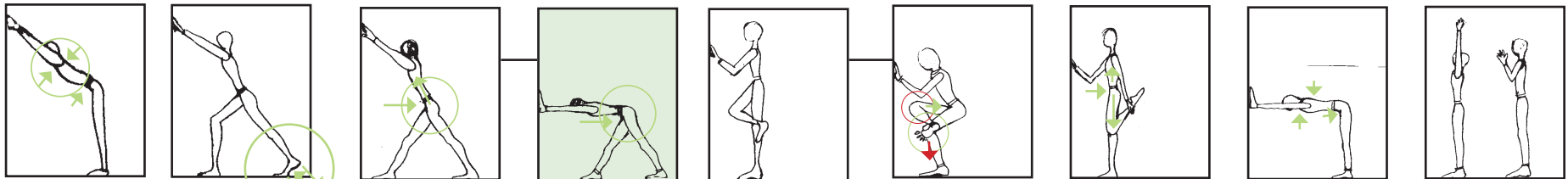
Yoga and Ayurveda for the Season - Winter Edition

January 9th, 2011 @ Shine Yoga Center • With Kate Noble and Liz Stites

Mini “anywhere/anytime” grounding practice

More than what you do, it is how you do it that seems to be the most important part. To help you feel more grounded (centered in your body and integrated with your spirit), feel the edges of your body and then hug in to your center. This routine is designed to be practiced with your hands pressing firmly into a wall to help you find your center more fully. Being centered in your body increases your sensitivity to both your outer and inner world leaving you feeling more peaceful and more empowered.

To keep your body and mind balanced during winter, you might think of utilizing the season to turn inward in reflection and restoration. Move in ways that are warming, peaceful, nurturing. Move and breathe with a steady, rhythmic flow to encourage peace and vitality.



advanced option
only do if you can
keep your spine long
with lumbar curve

Take care of your
knee by being sure
that you do not feel
ANY discomfort
in your knee. You
should feel this
stretch in your hip.
Keep the pinky toe
of your crossed over
foot reaching for the
floor.

- A. Wall push with
legs together
- B. Wall push with
legs wide and feet
pointed straight
ahead

Other yoga postures that are helpful during the winter to help you calm down and turn inward are any poses in which your focus is on your foundation, standing poses held steady, sitting poses, forward bends, headstand and headstand preparation (if that pose is appropriate for you) and many restorative poses. As winter turns to spring you'll want to include more energizing poses but continue to move with consciousness and awareness in a steady fashion.



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