

## Seasonal Yoga

# the METAL element

## Autumn

**Autumn is when we start to gather our energy inwards. We detoxify our system and take in pure Ki. The focus is on breathing and letting go.**



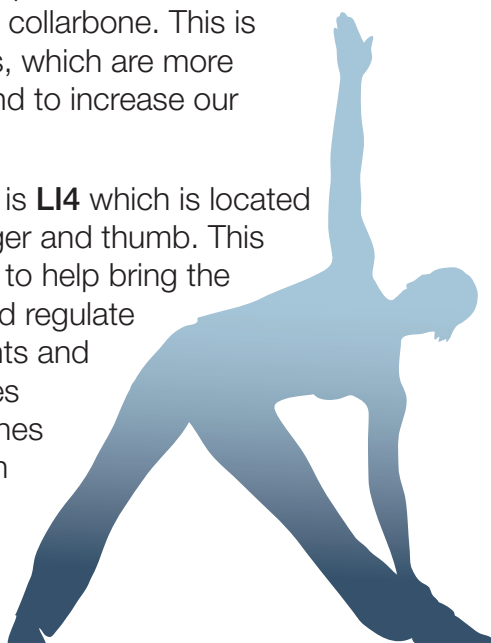
### MERIDIANS

The meridians associated with Autumn are the **Lung (LU)** and **Large Intestine (LI)**. The Lung and Large Intestine work together as a team, one taking in the pure, the other eliminating waste.

### POINTS

One of the main LU points is **LU1** which is situated in the depression under the outer side of the collarbone. This is good for coughs, which are more frequent now, and to increase our intake of chi.

A useful LI point is **LI4** which is located between forefinger and thumb. This is a strong point to help bring the energy down and regulate bowel movements and associated issues such as headaches which come with constipation.



### THE BODY

Autumn is about increasing lung ventilation and letting go of anything that is no longer of use to you. Cleansing the body and thinking about boundaries.

### YOGA ASANAS

Opening and closing, inward and outward movements. Anything that opens up the rib cage and stretches the arms.

### MEDITATION

Meditate on taking in new prana and letting go of any mental emotional issues that no longer serve you. De clutter the mind.

### FOOD

It's important to cut down on dairy foods and sugar at this time because they create dampness in the body. Warm foods that create movement like onion, garlic and ginger help get rid of any dampness.