



# Fall Equinox

Celebrations of balance

Equal light and dark, remembering our shadow side

The Fall Equinox, sometimes called "Mabon," honors the time of equal light and dark and marks the season when we step back into the darker portion of the year. The Equinoxes (both spring and fall) are times to remember the importance of balance, equipoise, and embracing the lighter and darker aspects of ourselves. In the fall equinox, we remember the importance of going within, resting, and honoring our shadow side.

## *Autumn Equinox is:*

- *a time to finish gathering the main harvests of the year*
- *a time to determine what is needed for the upcoming winter*
- *a time to think about restoring balance in your own life*
- *a time to pause before we go deeply into the dark*
- *a time to consolidate your energy for the coming winter*

*Meditate on what you are reaping and sowing, decorate with the bounty of the harvest, eat seasonally, enjoy warm spiced beverages*

Breath— *Sama Vritti, Nadi Shodhana*

Mudra—Adhi Mudra: hands in fists, thumbs inside, knuckles down.

Grounds and balances

Asana—twist and balance focus, *balasana, table-top twist, anjaneyasana (lunge) with twist, pigeon with twist, Twisting Triangle, Tree pose-other standing balancing poses, Marichyasana Twist, Ardha Matsendrasana seated twist, Janu Sirsasana, Baddha Konasana, Viparita Karani, Sarvangasana, Nadhi Shodhana, & Deep relaxation*



# Fall Equinox Notes

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