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the basics

one-on-one
yoga therapy

8 week
program

yoga experience class
with eating component

workshops
and retreats

The Center For Connection

Fall Newsletter

A Need For Rooting In Fall



There is a certain kind of flow that happens in the summer months that has a sort of unsettledness about it. The city has felt like a barren desert to me-and not just from the heat- but from the obvious absence of the masses. People are constantly on the move during the summer, coming and going from vacations, short trips and days

off. Even those who have chosen to stay put have an energetic flightiness about them leading to a lack of presence. There seems to be an outer focus that happens in summer, being cued into the warm weather, the outdoor parties and enjoyment from new places instead of what's happening inside.

Autumn on the other hand is a time for grounding, going from moving to settling, from flight to having both feet planted on the ground. And while many look to the changing colors of the leaves and flowing cool breezes as a symbol of movement and transition, I notice more the solid ground the leaves fall to and the roots that hold the tree down during the breeze for reference.

With Hurricane Irene's recent visit I liken fall to the ready and prepared stance many New Yorkers took before the storm. Like those who took in their lawn furniture and bordered their windows, autumn is a time to draw inward those parts that are external, loose or bound to get swept away if not carefully tethered. Fall is all about settling into one's self and taking inventory of what's happening now so that a different type of movement can happen...one from the foundation up. This state of preparedness and rooting begins by shifting from outer focus to internal looking.

On a physical level grounding can literally mean staying in the same place for a substantial amount of time. It wouldn't have been helpful during hurricane Irene if you went to the trouble of protecting your home if you then left your home roaming the streets. If you're someone who's done a lot of traveling this summer physically staying put can create a settling down effect.

Moving towards consistency of your schedule, especially sleeping and waking cycles and eating can be extremely helpful as well. Physical rooting also means regaining a sense of self presence coming back to the home that exists inside you. Taking time to sit and notice your breath and physical sensations that may be arising in your body is a simple way to take physical inventory.

Mental grounding means a shift from outer thoughts to inner concentration as well as a slowing down of your thoughts in order to watch them more carefully. Noticing and non-judgmentally labeling your thoughts as past and future can be helpful. How many times a day do you notice you are replaying some event that already happened or a situation that you think may happen sometime in the future? Ask yourself, how many of my thoughts are focusing on what's happening in the present moment? Then as you notice your thoughts, let them go.

Emotional settling happens when you become present to whatever you are feeling without trying to ignore them, push them away or want them to be different than they are. Although being with uncomfortable emotions may feel unsettling it can actually be an important way to come into yourself more fully.

Burrowing into your spiritual essence occurs when you make contact with the aspect of yourself that has the

capacity to hold EVERYTHING. It means slowly and carefully peeling off the layers of the physical, mental and emotional aspects of yourself and being with what's left-pure awareness. Then, it is time for stillness and listening. What message, direction or guidance is this part giving you?

The two fall programs I'll be running are great ways to support grounding and inner focus.



Get Unstuck is an 8 Week Mindfulness Based Phoenix Rising Yoga Therapy Program that will begin on Tuesday September 13th. Do you have parts of your life you'd like more clarity about? This mindfulness based program offers awareness-building practices that can invite deeper insight into the places that feel stuck. Each week group participants explore one of 8 themes through yoga, meditation, journaling, processing circle and personal practice exercise. There is also an all-day silent retreat that focuses on relationship to self and others. [Click here for more information.](#)



See Thy Body, Know Thy Self is a 4 Week Mindfulness Based Phoenix Rising Yoga Inspired series that works with Body Image. Throughout the 4 week group, participants explore their bodies with yoga, meditative dance and meditation as well as group discussion. Themes that will be explored throughout the series are: Introduction To Your Body, Body Awareness, Body Acceptance and Trusting Your Body. Click here for more information.



I will be leading the yoga stretch at the NEDA Walk on Sunday, October 2nd and will have a table at the event so please come down and support the National Eating Disorders Association. For more information go to: nationaleatingdisorders.org

"Though a tree grows so high, the falling leaves return to the root."

- Malay proverb