

# Summer - Autumn

Wednesdays 6:30-8pm

## Session 1: Initial Consultation (July 15th)

Brief overview of Vata, Pitta, Kapha and Summer

Each participant will take the Dosha quiz to find imbalance. Then write through their family medical and personal medical history - hair, nails, body type, usual energy. This will help them discover their possible Dosha.

You will leave with a greater understanding of yourself and a few changes to implement until our next session.

- Ayurvedic Morning & Evening Routine (build our own together to balance for possible dosha & season.)

## Session 2: Foods (July 29th)

Develop understanding of a personal summer food plan.

Each participant creates a meal plan from the summer foods to share.

Learn about the importance of food & herbs as our medicine and preventative care.

- Brief discussion on how to travel ayurvedically
- check in about routine & answer questions

## Session 3: Touch - Skin Care & Movement (Aug 12th)

Teach Exfoliator & Give recipe for rose water toner. Healing through the senses starting with touch; learn how massage & skin care & even laundry can contribute to our overall health and vitality. Create an individual movement plan based on the season & potential imbalance.

- check in about food plan & answer questions

## Session 4: Meditation & Breathwork (Aug 26th)

Learn 3 meditations and 3 breathwork techniques to use as calming tools throughout the month. The power of our breath is highly underrated! This is our best and most accessible tool to combat stress.

- check in about routine & food - add meditation and breathwork into your morning & night routine

- check in about exfoliation, what did you notice?
- answer questions

## Session 5: Scent & Marma (Oct 9th)

Learn about aromatherapy and how to balance with essential oils, spices and floral scents. Take home recipes for natural bug spray & cooling mist. Learn how to make your own body oils and understand scent and its effects on you individually. Learn 3 marma points you can practice with essential oils

- Learn how to incorporate aromatherapy into your self massage
- Learn how to intentionally spice your foods for the season
- check in about Breathwork & Meditation
- answer questions

## Session 6: Autumn Overview (Sept 9th)

Half-way through we will shift our focus from Summer into Autumn. This is a good time to re-evaluate our imbalances and focus. Learn the elemental energy of Autumn and how it affects us. Create a new routine for autumn and a new food plan focused on vata balancing foods.

- autumn 3 day detox plan : Option to join in person intensive to set yourself up!
- check in about meditation & breathwork
- answer questions

## Session 7: Color & Chakras (Sept 23rd)

Discover how color can affect our mood and wellbeing. This lesson will include a brief overview of the chakra system and how color is associated with each energy center. Reflect on how you can notice color more through your day & journal about what shifts you can make to allow color to balance your body & mind. Notice differences of summer - autumn fashion: how color plays a big part of our mood.

- check in about scent discoveries - autumn scents are more earthy, notice your own shift
- last call for vata retreat
- answer questions

:Sept 26-27 Vata Retreat: 11-4pm, 12-3pm

### Session 8: Sound (Oct 7th)

Create an individualized mantra & chakra sound. Learn how sound can bring balance, discuss the importance of natural sounds in our day to day. How can we find more ways to incorporate this? (Biophilic living) Practice the chakra mantras together. Vata is element present in autumn - sound is the best way to bring it into balance.

-check in about meditation

- discover how sound can be used as a meditation aide

### Session 9: Moving Forward (Oct 21st)

Reflect and create a future plan with the best routine, food, meditations, breathwork, scent, color, marma, chakra focus and sound score for you!

Discussion on what they learned, what was most helpful

Brief overview of what is to come