

CREATE SPACE WELLNESS PRESENTS

Rest & Reset

A SEASONAL
TRANSITION GUIDE
TO WELLNESS

Fall Edition

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Hello!



We are so happy you're here and joining us for a seasonal reset! This reset is meant to help our body and mind adjust to the new season embrace nourishing habits and diet for a calmer, revitalized and connected you.

On September 22nd/23rd 2023, we will warmly welcome the Autumn Equinox. Autumn gracefully demonstrates the beauty of letting go. It serves as a gentle reminder for us to take a slower pace and turn our attention inwards. Through this seasonal reset guide, we hope to share knowledge, tools and tips that can be integrated into our busy lives as we gracefully transition into the fall season.

This guide is meant as a supporting toolkit. Take the bits and pieces that is accessible for you and that you can work into your life but also challenge yourself to try something new. You don't have to implemented everything at once , try 1 or 2 and work your way up.

We hope you enjoy it and truly feel the nourishing effects as we transition into the fall season.

With open arms and a full heart,

Daniella & Nancy

In this Guidebook you
will find:

1 Lifestyle Tips and
Tools for seasonal
transition

2 Journal Prompts and
writing sections

3 Breathwork and
Meditation

4 Ayurvedic Recipes

Ritucharya

‘Ritu’ = season and ‘Charya’ = guidelines

One of the defining characteristics of Ayurveda, or the ancient Indian science of life, is the relationship that it has with the wisdom of nature. It teaches us that our bodies does not exists in exception to the natural world, instead it is intrinsically integrated with it.

According to Ayurveda, when we tap into the intelligence of nature and follow seasonal routines or ‘ritucharya’ we are able to maintain optimal health.

Following seasonal routine means we take into account the natural changes that occur during each season and tap into nature’s intelligence.

In this guide we will provide you diet and lifestyle routines that promote balance in the body and mind during the fall season.

Fall Season According to Ayurveda

Ayurveda is the sister science to Yoga. In Sanskrit, 'Ayur' means life and 'Veda' means science or knowledge. Thus, Ayurveda translates to 'knowledge of life' and it is a 5,000+ year old science of life based on achieving mind-body balance.

Ayurveda takes a whole-body approach to health that sees the entire person, rather than just a single symptom.

In Ayurveda, the fall season mirrors the vata dosha's traits with its dry, windy, and unpredictable nature. Thus, balancing the vata energy becomes our focus for seeking equilibrium during the fall season.

Vata Qualities

Dry
Light
Cold
Mobile
Irregular

Common Vata imbalance symptoms

Tired or fatigue
Restlessness
Anxiety
Overthinking
Insomnia
Cold hands & feet
Dry skin and hair

A white ceramic mug filled with a dark liquid, likely coffee or tea, sits on a matching saucer. A cinnamon stick is tucked into the mug. The scene is set against a soft, warm background with out-of-focus bokeh lights, suggesting a cozy indoor setting. The overall tone is gentle and inviting.

FALL LIFESTYLE ROUTINE

1. Reflection

As Autumn arrives, nature gracefully transitions, slowing down and preparing for the new season. Falling leaves prompt us to reflect on our blessings and release what no longer serves us.

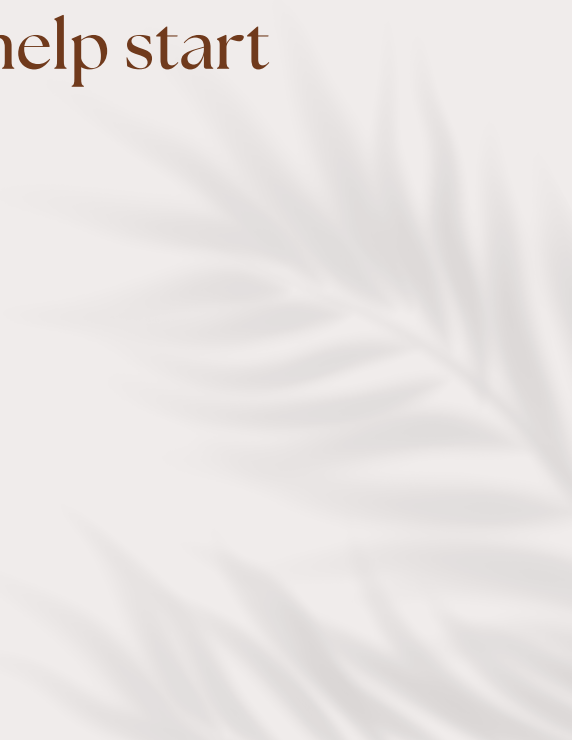
As we begin the season, taking time to reflect and set intentions, allows us to mindfully outline the direction of the season for us.

Take a moment to reflect on these questions as the season begins.

Daily/Weekly Reflection

Take a moment in your day or week to reflect on where you are at. This regular reflection will support your awareness of what you might need more of or less of.

The prompts below will help start you off.



DAILY/WEEKLY REFLECTION

WHAT DID I DO FOR MY OWN SEASONAL SELF-CARE
TODAY/THIS WEEK

TODAY I FEEL...

TODAY I AM GRATEFUL FOR....

FALL LIFESTYLE ROUTINE

The Fall transition can be difficult as the days become shorter.

Whether only 5 minutes or 30, a morning routine helps to kickstart our day.

An evening routine helps us wind down from our day and slow down our nervous system.

Fall Season Lifestyle Tips

Harmonizing with nature's rhythms (dry, windy and cold), fall season lifestyle is all about participating in activities that is warming, grounding, slow and intentional.

Lifestyle

- Routine has a very grounding and stabilizing effect on the body & mind. Wake up, sleep & eat at about the same time each day
- Self oil massage calms the nervous system, lubricates, rejuvenates the tissues, and promotes healthy circulation throughout the body.
- Regular meditation & pranayama exercise. Chanting mantras or repeating positive affirmations can help slow the mind down during meditation.
- Practice mindful eating, remove distractions, and pay attention to your body's hunger & fullness cues.
- Choose simplicity. Simplify your commitments and prioritize to create space for what truly matters.
- Prioritize sleep. Try to sleep before 10pm and wake up at sunrise. Create a calming pre-sleep routine, such as reading, meditation, or gentle stretches. Use a special sunlight lamp to help wake up if you need

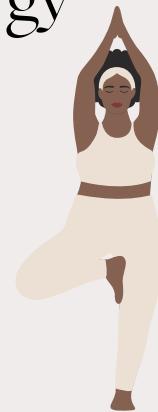
Yoga Poses for Vata Energy



BALASANA/CHILDS
POSE



UTTANASANA
/FORWARD FOLD



TRIKANASA/TREE POSE

Yoga poses in autumn should be grounding, calming and practiced slower but repetitive. Be present as you go through your yoga poses/classes.

Morning routine

GENTLE YOGA/STRETCH

Start your day with a few minutes of deep breathing and/or gentle stretching to wake up your body & mind. Move into more energizing movement if you're finding it difficult to wake up



ENERGIZING POSES:

Side arm stretches

Cat/Cow

2 or 3 rounds of Sun Salutation

Warrior 1 and 2



TONGUE SCRAPING

Tongue scraping is a direct way of removing toxicity from our body. Use a copper tongue scraper (widely available online) and scrape your tongue first thing in the morning, before you drink or eat anything.

NOURISHING BREAKFAST

Start the day with a nourishing, warm and grounding breakfast to pacify any Vata qualities. Hot porridge topped with spiced stew fruit is an excellent choice.



Evening Routine

GENTLE YIN OR RESTORATIVE YOGA

Wind down in the evening with gentle yoga or relaxation practices. Disconnect from screens at least an hour before bedtime to promote restful sleep.

Slow stretches with longer holds help to unwind the body. Use pillows, blankets and blocks to support you.



YIN POSES:

Childs pose	Supine twist
Forward fold	Butterfly pose
Happy baby	Thread the needle

HERBAL TEA OR TUMERIC MILK



Have a soothing cup of tea that has either:

Chamomile

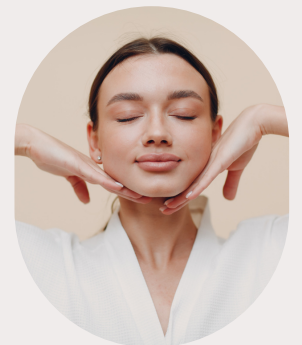
Lavender

Ashwagandha Root

or like the seasonal herbal blend recipe included in this workbook

OIL MASSAGE

Practice self-massage with warm oil, such as almond or coconut oil, before showering to nourish the skin, improve circulation and calm the nervous system before bed.



Gratitude Meditation

**Try this simple gratitude meditation.
Adjust timing to what is available to you.**

- Find a comfortable position and close your eyes.
- Breathe deeply and slowly in and out. Notice the breath going in and out.
- Notice how you're feeling in your body starting from your feet all the way up to your head.
- If you feel any tension in that part of your body, focus on breathing into that area.
- Turn your attention to someone in your life that is important to you.
- Send them love and gratitude.
- Now turn your attention about something your are grateful for in your life.
- Send love and gratitude outwards into the world.
- Think of one more thing you are grateful for.
- Send your love and gratitude to this.
- Now think about how all of this makes you feel.
- Feel the love and gratitude.
- Send yourself some love and gratitude.



Meditation Tips



Get Comfortable. You don't have to sit cross legged. You can sit any way that works for your body.



Guided Meditation. It can be very difficult to sit in silence. Guided meditations help you focus and there are a lot out there. Insight Timer is a great app for this.



Get out of the 'Meditation is hard!' mindset. Start small. You can meditate for 2 minutes and work yourself up.

Balancing Breathwork

Alternate Nostril Breathing (Nadi Shodana)

1. Sit in a comfortable position with a tall back.
2. Close the right nostril with the right thumb. Inhale into left. Hold.
3. Close the left nostril with the ring finger. Lift the thumb.
4. Exhale down the right nostril. Inhale back up the right nostril.
5. Exhale left, then continue at a comfortable rhythm
6. Try to do around 5 rounds or continue as long as you need

What this breathwork does:

- Balances left/right sides of the body
- Balances the masculine and feminine energy in our body
- Grounding and energizing



Scan here for reel
tutorial



FALL SEASON DIET

Eating seasonally is a fundamental principle that aligns with the body's natural rhythms and the changing qualities of the environment. Seasonal foods are often at their peak of freshness and nutrient content.

Fall Season Diet Tips

Harmonizing with nature's rhythms (dry, windy and cold), fall season diet is all about grounding and warming foods. Nourishing foods that are high in protein, high in fat and cooked together with warming and stimulating spices served hot are best in fall season.

Increase

- Warm and comfort meals such as soups and stews
- Drink plenty of fluids, Take small sip of warm water throughout the day
- Consume more oily foods like avocado, coconut, olives, nuts, and salmon
- Use spices. Spices are warming and 'stroke' our digestive fire. Incorporate spices in your cooking where possible
- Breakfast of cooked grains - oatmeal, tapioca, cream of rice are perfect at this time of year
- Lunches and dinner: steamed vegetables, hearty grains, soups and stews are grounding and nourishing

Avoid

- Avoid cold, frozen or carbonated drinks and food as it put out our digestive fire
- Only eat raw fruit and vegetables in small quantities
- Minimize stimulants e.g. caffeine, nicotine, alcohol as they tend to undermine groundedness
- Fall season requires adequate nourishment, avoid prolonged periods of fasting
- Avoid snacking. Stick to 3 main meals a day, having your largest meal at lunch to give your digestion time to fully digest before next meal

Fall Shopping List

Fall is associated with the qualities of 'Vata' which are cold, air, dry and light. To stay balanced, focus on food that are warm, moist, heavy and oily. Below is a sample of fall seasonal food that can help pacify Vata dosha.

Vegetables

- Beets, carrots (cooked), green beans, leeks, olives, onion (cooked), parsnip, peas, pumpkin, squash, sweet potatoes, watercress, zucchini

Fruits

- Apples (cooked), apricots, bananas, dates, figs, grapes, kiwi, lemon, lime, oranges, plums, prunes, raisins, mandarin

Grains & Legumes

- Amaranth, oats (cooked), quinoa, rice, sprouted wheat bread, wheat
- Lentils (red), mung beans, split mung dal, tofu

Oils

- Almond oil, avocado oil, castor oil, ghee, olive oil, peanut oil, sesame oil, sunflower oil

Nuts & Seeds

- Most nuts and seeds are pacifying to vata and great for the fall season

Spices

- Allspice, anise, basil, bay leaf, black pepper, caraway, cardamom, cinnamon, cloves, coriander, cumin, fennel, garlic, ginger, mustard seeds, nutmeg, oregano, paprika, parsley, rosemary, saffron, salt, tarragon, thyme, turmeric, vanilla

Breakfast: Stewed Fruit

According to Ayurveda, eating fruit in the morning hours, on its own, on an empty stomach is the best way to maximize its benefits. Lightly cooking fruit & adding spices improves digestibility and wakes up the prana in the food.

INGREDIENTS

- 1.5 Tbsp organic ghee
- 1/2 tsp salt
- 1 tsp fresh chopped ginger
- 1/2 tsp cumin seed
- 1 tsp cinnamon
- 2 whole cloves
- 4 cups apples
- 1 cup kiwi (or other fall seasonal fruit)
- 1/2 cup raisins
- 4-6 cups water

INSTRUCTIONS

1. Heat the oil in a small pan and simmer the ginger, cumin, cinnamon and cloves until the aroma comes up.
2. Mix in the apples and raisins and add water to cover. The amount of water depends on how much liquid you prefer.
3. Simmer covered on low heat for about 10 minutes, or until the apple skins are soft.
4. Turn off the heat and add the kiwi, and let sit covered for a few more minutes. Serve warm and on its own.

Apples are incredibly nutritious.

A great source of fiber and the fall season is peak season for apples so this time of year they're especially nutritious and delicious.



Lunch/Dinner: Kitchari

A simple one-pot hearty dish that makes it quick and easy to add a thousand-year-old healing food and all of its benefits to our modern diet.

INGREDIENTS

The base:

- 1 glove garlic
- 1cm fresh ginger grated
- 1tsp cumin & coriander seeds
- 1tsp turmeric powder
- 1tbp organic ghee (or coconut oil)

The veggies, liquid & seasoning

- 1-2 cups of seasonal green veggies (eg spinach or kale)
- 4 cups of broth (or water)
- Juice of 1/2 lemon
- Handful of chopped coriander
- salt to taste

The Carbs

- 1/2 cup basmati rice
- 1/2 cup split yellow mung dal (soaked in water or broth for a few hours beforehand will speed up cooking time)

INSTRUCTIONS

1. Warm ghee (or coconut oil) in a medium pan, add herbs & spices till fragrant.
2. Add rice & mung dal with 4 cups of broth (or water) and simmer on med-low heat for 25 mins (or until rice is cooked).
3. With 10 mins to go, add veggies.
4. Serving add coriander leaves, lemon juice, salt and stir through.
5. Before you eat: Be sure to be free from distractions and digital devices. Take in the fragrant of the dish and then tuck into this this seriously delicious dish. YUMMO!!!

This Ayurvedic 'chicken soup' is perfect for when you are feeling under the weather, exhausted after a long trip or in need of a cleanse or a comforting hug.



Night tonic: Turmeric Latte

The aromas of the spices soothes the soul and warm the heart. A great drink to replenish, relax and help with sleepless nights.

INGREDIENTS

The base:

- 1 cup whole milk (or non dairy alternative of your choice)
- 1 tsp ground turmeric
- 1/2 tsp ground cinnamon
- 1/2 tsp black pepper
- 1 cardamom pod cracked
- 1tsp organic ghee (or coconut oil)
- For sweetness: 1 tsp of honey or a square of your favourite dark chocolate (because sometimes we just need chocolate)
- 1 tsp ground ginger, 1/2 tsp nutmeg and/or 2 cloves as digestive aid booster
- 1/4 cup of water to lighten milk if too heavy



Scan here for reel tutorial

INSTRUCTIONS

1. Place all the ingredients in a pan (except honey).
2. Whisk gently, bring the milk to a low boil & simmer for 5 mins.
3. Remove the pan from the heat and add honey if using.
4. Strain and serve.
5. If you have a blender handy, give the warm milk a quick blitz. This will emulsify the ghee and make it super creamy.
6. Be sure to be free from distractions and digital devices when drinking your golden milk. Smell the wonderful aromas of the spices and let out a big sigh. Enjoy!

*Heart Warming hug in a mug!
Cinnamon, black pepper, cardamom are all warming spices. They help boost circulation and keep our fingers and toes warm - perfect for cooler mornings and evenings.*



Fall Season Herbal Blend

Enjoy this herbal blend once or twice a day when experiencing Vata imbalances or when the weather is cold and dry.

INGREDIENTS

- 1 part Ashwagandha root
- 1 part Cinnamon bark
- 1 part Ginger root
- 1/2 part Cardamom pods
- 1/2 part Licorice root
- 1/2 part Fennel seeds



INSTRUCTIONS

1. In a bowl, mix the herbs and spices together thoroughly to create a balanced blend
2. Pour 1 cup of boil water over 1 teaspoon of the herbal blend in a cup or teapot. Cover and let the herbs steep for about 5 to 10 minutes. Strain the tea and enjoy. Store remaining herbal blend into an air tight jar.
3. Optional: add a touch of honey or a splash of almond milk to enhance the flavor and nourishing qualities.

Specific benefits of each herb:

- *Ashwagandha: Adaptogenic and calming; supports the nervous system.*
- *Cinnamon: Warming and aids digestion; improves circulation.*
- *Ginger: Warming, aids digestion, and reduces excess Vata.*
- *Cardamom: Warming, aromatic, and supportive for the respiratory system.*
- *Licorice: Soothing, supports the adrenals, and adds a natural sweetness.*
- *Fennel: Digestive and calming for the nervous system.*

Happy Autumn!

We are in deep gratitude that you chose to share in this seasonal reset with us. We hope you take the bits that work for you and that you might try something new as well.

If you are interested in going deeper into your seasonal resets or general wellness, we offer a first time free 30 minute 1-1 consultation where we can see what might be the right fit for you.



Your thoughts are invaluable in shaping future offerings that can continue to serve your needs and interests. If you have any reflections, insights, or feedback you'd like to share, please feel free to reach out.

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DISCLAIMER:

Information, recommendations, or suggestions provided in this guide is a basic overview and does not substitute for professional medical advice, diagnosis or treatment.

Always seek the advice of your physician or other qualified health professionals for questions you have regarding your personal circumstances before undertaking any diet, supplement, fitness, or other health programs.