

TRANSITION FROM SUMMER TO FALL

BY KAITLYN VITTOZZI

“This morning, the sun endures past dawn. I realise that it is August: the summer’s last stand.” Sara Baume

Every year, transition from summer to fall brings all sorts of emotion. Some of us still get the back-to-school-chills, sad to see summer go. Then there’s the pumpkin-everything crew who is ready to get out of the sun and bring on the sugary spice and cooler temps. But, like everything in 2020, there is a good chance you could be feeling extra uncertainty or anxiety with that August-to-September transition this year.

So how do you take care of yourself when you mix emotional turbulence with? Here are a few recommendations.

Even as the days get shorter and darker, keep a sleep routine. I started a course in ayurvedic medicine in early August for myself. (Ayurveda is yoga’s sister science, one of the world’s oldest medical systems designed for optimum health and wellness, rather than just disease prevention.) Since I was in this course I committed myself to moving through the ayurvedic daily routine or *dinacharya*. Generally ayurveda recommends being in bed by 9:30 PM and up at 5:30 AM. I tested out this habit. To be honest, even during the pandemic I’ve been working multiple jobs, so I felt like I needed more rest. If I could sleep in until 7 or 8 AM I jumped at the chance (I realize, some of you are laughing at 7 am being sleeping in). The 5:30 AM wakeup – though I fought it for the first week – has actually given me

more energy during the day.

While you’re in bed first thing in the morning is actually a great time to check in with yourself. Neck is a little tight, ok I’ll do some shoulder openers later. Little sleepy, ok I’ll go to bed earlier tonight. Great dinner planned with my sister, can’t wait to get there tonight.

The early morning routine allows me to sit and taste my coffee or tea rather than the

worked for me. The first day I set the alarm on my phone for two minutes sitting of reciting the mantra silently to myself, “My body is balanced.” The two minutes flew by. The next day I added 30 seconds. Before I knew it 5, 10, 15 minute meditations were nothing. The dog walks are cooler which can be a break from the hot humid days.

Indoor yoga studios won’t be open in New York State anytime soon, unfortunately. Even

if yoga isn’t your primary form of movement, a little bit of it during the day could be a great compliment to help your muscles loosen up. In this season of transition, I’ve chosen yoga poses I’ve chosen have been a little bit more grounding – especially if you’re not a morning person. The heart opener pictured here is great for opening up hip and chest muscles if you’ve been sitting at a computer a lot. If you don’t own a yoga bolster you can prop up some pillows and blankets or even lie flat on the floor, and don’t hesitate to support underneath your legs.



abrupt shift from bed to laptop. I quietly watch the sun change colors. If you are a caregiver this might be your only quiet time for the rest of the day.

Meditation can help you clear some space to take note of what you’re feeling, in these days of temperature highs and lows and the flood of everchanging news stories. I’ve always struggled to have a regular meditation practice, but early in the morning has really

We’ve had very warm Septembers the past few years so there’s no reason to believe this one won’t be the same. Outdoor fitness classes will continue through the fall, I recommend checking them out. Whether it’s running, cycle, barre, outdoor yoga (if you know me, my preference is SUP Yoga on Canandaigua Lake). Especially if you have had a hard time getting motivated, sometimes a group setting could be just what you need, and you can still stay six feet apart.



{ LIFE IN BALANCE }

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Eat what is in season. At the grocery store – it can be hard to tell exactly what is in season because everything looks so fresh. Try going to a small farm stand and grabbing some late season berries, apples, beets, carrots, sweet potatoes – ok even pumpkins. Whether you’re still grilling or onto soups and stews, farm stand produce is noticeably more flavorful, so treat yourself.

Really feel the season, even if you hate that summer is fading, shying away or turning away from it like it wasn’t happening has

never made anything better. Go for a walk or hike – with your phone on silent. If walking isn’t an option right now, setup a comfortable seat outside, somewhere safe where you can be uninterrupted. Embrace what you’re feeling as you walk. The five sense are a good start. What is the temperature on your skin? How do your feet feel on the ground? What is the smell of the outdoors like today? Is there a taste to the air as you breathe in? What color is the sky? Walk quietly for a minute, what do you hear?

If you want to go deeper: What is your breathing like? How does the air feel coming into your lungs? What is your posture like? What are your facial muscles doing? If you need some class recommendations or help being with what’s happening in your life right now. Reach out to Kaitlyn@TozziYoga.com or (585) 200-7209.

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