



Studio News

AYURVEDIC TIPS FOR SEPTEMBER

Written by Rachel Allen, Ayurvedic
Consultant at The Oak House

Most of us align our lifestyle with the rise and fall of the sun, but did you know that seasonal living has profound benefits for our physical and mental health too?

Seasonal changes in the atmosphere influence the flowering and shedding of plants and the nesting or hibernation of animals. We are part of the same ecology.

Yet, modern life, such as the availability of fruits and vegetables all year round, means we've become detached from the seasonal cycles. Ayurveda says that a lack of a seasonal regimen (ritucharya) could be a key factor in the rise of the many lifestyle disorders that are common today. So how can we prepare for late summer and the incoming autumn? Here are some tips to help prepare for an easy seasonal transition.

September is a month where the playfulness of summer slows, and new routines begin. You may feel scattered and anxious if you resist this inward pull and fail to prepare. Start building your habits slowly for success. For example, if you want to start a meditation practice, start with 2 minutes and gradually build up your mental muscle, so you don't feel discouraged.

September is an essential month for building winter immunity. Ashwagandha is one of my favourite adaptogens for this time of year. This powdered root provides a tonic for drained adrenals and has grounding and soothing properties that can help you get a good night's sleep. It can be taken in a capsule or as a tea. I like to use the powder in smoothies or hot chocolate.

WHAT'S IN THIS MONTH'S ISSUE:

- Ayurvedic Tips for September
- Upcoming Events





Apples are in season! You might see them lining the streets, so see if you can gather some from the trees of a friendly neighbour and make some stewed apples using water, cinnamon powder, and maybe a sprinkling of sugar. You might be craving sweeter foods at this time of the year to nourish your blood and the sour taste also keeps your tissues hydrated.

As the days get shorter, avoid overexertion and overfilling your social calendar. Depletion at this time of year can make you feel spaced out, ungrounded and anxious, so find time to slow down. Have snuggly nights in and nourish yourself with deeper reflection and connections. Connection to your loved ones, nature, community, and most importantly, yourself!

With the summer humidity fading, it's important to keep dryness at bay. Stay hydrated and keep your skin well moisturised. Self-massage with almond or sesame oil, known as abhyanga, can keep your skin supple and help you feel grounded. Simply warm the oil by rubbing it in your hands and gently massaging your body from head to toe after towel drying from your shower.

Experiment with seasonal recipes. In September, you will find a variety of apples, pears, dark leafy greens, and squashes at your local farmer's market. Begin swapping cold, light salads for more warming, comforting foods like slow-cooked soups and stews.



Check out the next Oak Times for some of our favourite seasonal recipes

Upcoming Events



SOUND MEDITATION BY THE RIVER

Meditation + Sound Relaxation with the talented Jonny Penn - 16th September

During this 90min session Jonny will guide you into a state of "conscious sleep", leading to a feeling of complete inner and outer relaxation and calm. End the practice accompanied by the entrancing sound of the Gong - all amongst the shady river views of the Broadway in Hatfield Park. Please note this is weather dependant and may be held in the studio should it be too wet or raining

MOTHER & DAUGHTER DAY RETREAT

18th September 10:00 - 16:30

These retreats are specifically designed to be an opportunity to BE instead of DO with our daughters as they navigate pre-puberty and puberty. We begin with connecting to ourselves, setting intentions, we explore a theme and have time to create based on the theme. We then spend time in circle with the other mothers and daughters separately to share and reflect. We end with a visualisation exercise.



FOR DETAILS ON THESE EVENTS OR OTHERS VISIT:

www.theoak-house.co.uk