

AUTUMN



WORKBOOK

This workbook is to be used in conjunction with the Vitality Circle Course for Autumn. There is one page to be completed per habit.

I recommend you print this entire workbook out and keep it in a binder. Complete the corresponding worksheet each week.

The more invested you are in this process the greater your results will be.

Get curious about the journey and you will continuously be surprised by what you find.

Namaste ~ Hannah

VATA SEASON

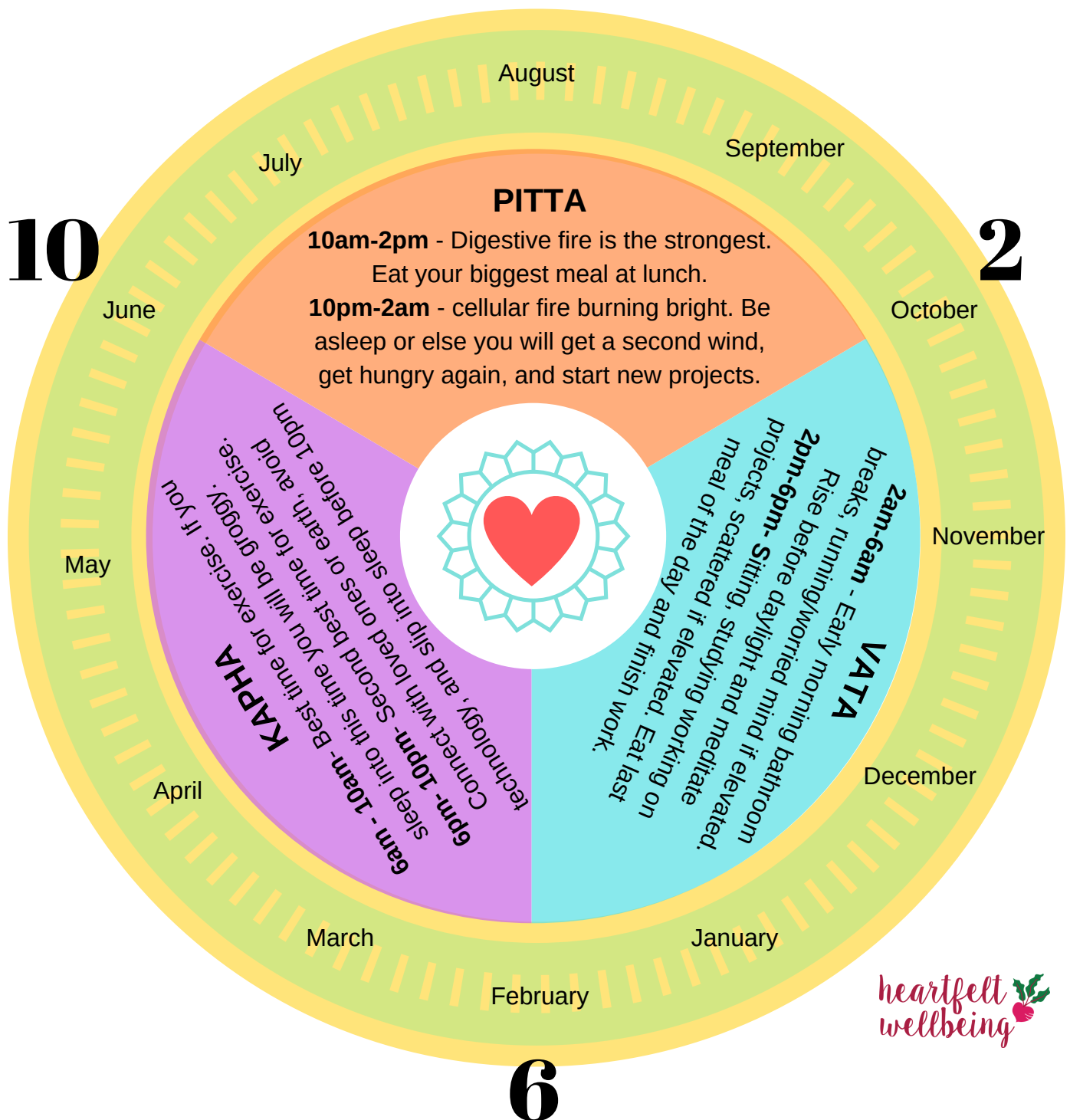
Welcome to Autumn! We are leaving Pitta (fire and water) Season of Summer behind and embracing Vata (air and ether) Season of Fall. The qualities (gunas) of Vata are **dry, light, cold, mobile, subtle and rough**. These qualities can show up in many ways depending on your Prakruti (constitution) or Vikruti (imbalances). We may notice dry skin, eyes, or hair, raw airways, or constipation from dry quality in the gut. Cold hands and feet anyone? In the mind, Vata can show up as spaciness, anxiety, or overwhelm. Healthy Vata can inspire creativity, spontaneity, new perspectives, and spaciousness. The theme for this season is to balance Vata gunas with **warmth, moisture, rest and grounding**. Learn how to pacify Vata with each habit this round. May this be your best Autumn yet!





THE DOSHIC CLOCK

Keep this page handy. It will inform many of the changes you make. Understanding the doshic clock is very helpful in habit change and commitment to the process of the Vitality Circle.



heartfelt
wellbeing

A Perfect Autumn Day

Quick Guide with Cate Stillman



Wake up your inner body

In Autumn you want a vibrant and well lubricated inner body. Get your breath moving for 20 minutes before you eat anything. Everyday. Commit.

Hydrate to Poop

Drink enough hot water to poop every morning. That might be a quart. Who knows. Add a fresh lemon slice if water isn't appealing.

Lube

Oil your skin before or after showering. Ditch your lotion. Rub oil in your nostrils, your ears, your gums, even around your anus. Dryness is weakness. You're buffing out your immune system.

Declutter

Fall is busy... just watch the squirrels. Use this busy energy to declutter your house, your wardrobe, your kitchen, your car. Enter Winter with a simple, clean, easeful living space.

Walk

Get your bodily rhythms in tune with the Earth. Walk on her. Feel her beneath your feet. Let her set your heart beat. Sensitize and be strengthened.

Early Evenings

Schedule yourself to be home towards the end of the afternoon for the remainder of the day most evenings. Evaluate what is most important. Put what is most important most important.



Saucy Apples

easy love to your colon

Slice 2 medium apples. Cover with water. Sprinkle with cinnamon and cloves. Put the lid on and simmer on low for 20 minutes. Enjoy for breakfast.

Roasted Roots

* more easy lube to your g.i. tract*

Scrub down and slice 3 beets, 1 sweet onion, 1 turnip, 1 jalapeño (Seeded), 1 clove garlic. Use 1 tsp. a high quality oil (olive, coconut) to grease a roasting pan. Add roots and 1/2 inch water. Cover. Roast on 325° for 1 hour. Throw some sweet potatoes in the oven at the same time for another lubricating root meal.

Savory Greens with a kick

* If you're raw, massage your greens with oil, salt & red pepper flakes and let sit for hours. Boil a pot of salted water. Slice 1 bunch collards into ribbons. Boil until soft. Drain. Add a little butter and red pepper flakes.

Miso Soup

For a light dinner - have a bowl along with your extra sweet potato. Cut nori sheets into ribbons for more salty oomph.

Dates for Dessert

Eat a few. Stuff with a pecan for decadence.



ACCOUNTABILITY PARTNER WORKSHEET

Accountability Partner Clarification

Get on the same page with what you're looking for in a partner, what structure and meeting rhythm will work for you both. Fill this out before your first meeting. That way you'll be able to get on the same page quickly.

Why do you want an accountability partner? What do you want to experience from this partnership?

- 1.
- 2.
- 3.

What are you able to bring to the table for your partner?

- 1.
- 2.
- 3.

What attributes are you looking for in a partner? What does he/she need to be able to bring to the table?

- 1.
- 2.
- 3.

What Structure Works Best for you? (time/place/commitment level)

Once you have found a partner, determine a consistent meeting time, your ground rules, and expectations. Then, get cracking.

Come back to this worksheet if your partnership gets off track or starts to fizzle. If your partnership takes off, come back to this worksheet quarterly to update the evolving nature of your partnership.



Make lists in each column thought out the course

What are the limiting beliefs that you hear from your inner voice?

What are the higher truths that are trying to emerge?



During Fall, it will start getting darker earlier and the colder temperatures will eventually help kindle our digestive fire. But, right now we are still experiencing warmth and light. Keep in mind that as we move past the Equinox and toward Winter Solstice that we want to focus more on warm, cooked, and hearty meals. The more Vata you are dealing with, the more you will need to tune in.

What is your biggest obstacle to eating and earlier, lighter dinner/ supper this season?

What is your strategy around this obstacle?

What is the time you feel comfortable committing to for an earlier dinner — that is a change you know are capable of making successfully?

Can you commit to making this change 3 — 5 nights a week? Write down any specifics that will help make this your new normal, as well as any new insights.

EARLY TO BED



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After burning bright all summer with light and energy, this is the season to focus on rest! Without adequate sleep, Vata imbalance can take over with worry, overwhelm, and anxiety calling the shots. Put away the phone, projects, and the snacks. Learn what creates good sleep hygiene for you and resolve to nourish yourself in this way. Sweet dreams!

What do you usually do after dinner?

What does your body want to do after dinner?

What does your soul want to do after dinner?

What is your biggest obstacle in going to bed earlier?

What is your strategy around that obstacle?

What time do you feel comfortable committing to go to bed 2-5 nights a week that will move you toward an earlier bedtime?

START THE DAY RIGHT



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Waking up before the sun allows for your energy to build with the solar energy and for you to start the day grounded before other demands on your energy take over. Remember that Vata season is more dry so you may need even more water at the beginning of the day and having a bowel movement may require more patience. As the weather cools, make your morning water warmer. Prioritize ease and hydration in the early morning.

Morning Checklist:

- * Wake up, preferably before sunrise
- * Urinate
- * Scrape your tongue
- * Hydrate. Drink 2-4 cups of hot water, with fresh lemon to increase alkalinity, if desired.
- * Poop. If not possible, hydrate more.

Answer these questions:

1. What is your biggest obstacle in starting the day right?
2. What is your strategy around the obstacle?
3. What do you sense would be the side benefits you'd experience if you started the day right?
4. Can you commit to starting the day right 4 or 5 mornings a week? Which days?

Complete these statements:

1. What I usually do right when I wake up is:
2. What would be best for my body in the morning is:
3. What would be best for my potential/spirit/soul in the morning is:

Movement is geared toward more grounding practices in the Autumn to balance the elevated Air and Ether. Strength training, movements close to the ground, and getting outside in nature are all wonderful Autumn practices.

Commit to a 5-20 minute practice a day. Start small to secure success.

Right now my daily body-breath practice will be _____ minutes each morning.

What will I enjoy doing?
(Take a walk, Sun Salutations, Stair-master, Tai Chi, etc.)

Will I do the same practice each day or mix it up? If mixing it up — create a schedule:

M

T

W

TH

F

SA

SU

What visual cue can I set out the night before to instigate the morning body breath practice?

(ex. set out your yoga mat; running shoes; bike helmet)

How will this 5-20 minute body breath practice pay off for me in the long term if I was to never skip a day for the rest of your life?

What could make an existing practice more effective?



PLANT BASED DIET WORKSHEET

Some Autumn Plant Food options: Winter Squash, Carrots, Potatoes, Sweet Potatoes, Figs, Beets, Turnips, Kale, Collards, Swiss Chard, Apples, Pears, Cilantro, Ginger, Turmeric, and Thistle.

Make a list what you eat for each meal (and snacks) this week and circle all the plant foods.

Check out what percentage of your diet you are making plant-based.

Sun	
Sat	
Fri	
Thurs	
Wed	
Tues	
Mon	

SELF MASSAGE



FOR AUTUMN

In Autumn, dry, rough, cold, and light qualities affect us all, especially if you are Vata predominant or imbalanced. Oil lubricates the skin and tissues below. Self massage calms the nervous system, cultivates self love, moves lymph to build immunity, and helps keep the energy grounded and warm. Staying grounded makes relating to others and ourselves less volatile. Self-massage with oil in the fall and early winter makes a big difference.

Take an inventory of the areas of your body that are dry, rough, or cold (check off all that apply):

☐ Face ☐ Chest ☐ Buttocks
☐ Arms ☐ Belly ☐ Feet
☐ Back ☐ Legs ☐ Hands

Focus on oiling these parts of your body well after bathing.

Vata qualities can also increase the sense of overwhelm, anxiety or spaciness. Notice if there are certain times of the day when any of these emotions are elevated for you (check all the apply).

☐ Early Morning ☐ Early Afternoon ☐ Mid Evening
☐ Mid Morning ☐ Mid Afternoon ☐ Late Evening
☐ Late Morning ☐ Late Afternoon ☐ Bedtime
☐ Noon ☐ Early Evening ☐ During the night

Self massage can be helpful during these times. Keep in mind Vata is predominant from 2-6 (AM and PM). How does it affect you?

What do you sense would be the side benefits you'd experience if you did self-massage a few times a week? If you've started self-massage, what are the benefits that you know will accrue over time with this habit?

What do you need to start or re-commit to self massage: _____
Add it to your grocery list...



Autumn season inherently has the light, subtle qualities that meditation and silence practices embody. This season is a great time to cultivate or deepen a meditation practice, ideally before the sun comes up in the morning. It is the season of the harvest, reflect on what you have cultivated.

Circle the benefits that would improve your life the most in the left column.
Once you are clear on the benefits to you, create a commitment to your practice.

1. Improve my focus, concentration, and precision.
2. Enhance the quality of my communication and relationships.
3. Heighten the clarity of my thinking and intentions.
4. Improve my efficiency and safety.
5. Deepen peace of mind and sense of flow.
6. Master stress.
7. Deepen my insight and intuitive wisdom.
8. Awaken more authenticity, heart, soul, and caring in how I show up in life.
9. Increase my resilience to change.
10. Strengthen my faith, discipline and self-confidence.

Write a paragraph or sketch an image of what you want from a meditation practice:

RELATIONSHIPS



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Research shows that our habits are not our own. We are the average of the 5 people we spend the most time around. Being aware of how and where you spend your precious energy is empowering in the journey of evolution. During Vata season, we need to connect with others to stay grounded and keep the internal fire of connection alive. Give this exercise some thought.

These are the people in my life that really support me. They believe in my abilities and cheer me on:

Make a list of people who you feel really good around. (They don't even have to be people you know very well). Then write down the qualities that they have that you admire or are drawn to. This week, notice how you feel around various people and what you are attracted to and repelled by.

These are the people in my life that are not interested in me changing, often have negative things to say, and challenge my new habits:



Simple Checklist for H E Gs (check off which ones you already do and put a star by which ones you would like to incorporate next, compare to last season):

- ___ Be hungry.
- ___ Be ready to receive (not emotionally distracted).
- ___ Don't confuse thirst and hunger. Drink room temperature water between meals to clarify this relationship.
- ___ Eat really good nutrients for breakfast. Either a simple cereal or a green smoothie. Start out on track.
- ___ Eat during daylight hours.
- ___ Have a lovely, satisfying lunch.
- ___ Notice the prana (life force) in your food. Don't be distracted.
- ___ Pause and experience gratitude. Love your food and those who prepared it before it becomes your body.
- ___ Take three deep breaths before taking your first bite.
- ___ Chew your food. (Drink your solids and chew your liquids).
- ___ Notice the tastes... the flavors... and how they change as they mix with your physiology.
- ___ If you tend to overeat... focus on getting full with more senses than just your tongue. Or eat a big pile of veggies using orange juice for dressing, with no fat.
- ___ Fast on water between meals.
- ___ Eat just as much and as frequently as your body needs. Be honest. (As a guideline: Vatas eat 3-5 x day, Pittas eat 3 x day, Kaphas eat 1-2 x day)
- ___ Chillax after eating. After a big meal, rest for 15 minutes, then walk.
- ___ Eat a light dinner, leaving time to digest before rest.
- ___ Learn about your constitution. Eat for your individual needs.
- ___ Eat your ecosystem. What grows wild where you are that you can eat?

COME TO YOUR SENSES



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Vata season is a the best time of year to really increase oil in the sense organs. Choose one sense to care for this round and explore what intentional care feels like

EYE CARE

Eyes Exercises:

- Zoom out/Zoom in
- Trace a clock in both directions
- Repeated blinking
- Trace a figure 8
- Trace an infinity sign

Moisturize the eyes:

- ghee in lower lids at bedtime
- melted ghee in goggles

MOUTH CARE

Oil Pull with sesame or coconut oil - swish oil around in mouth for 15-20 minutes. Spit outside, not down drain.

Massage gums with oil

Massage jaw if clenching teeth

EAR CARE

Lubricate ears with oil on the pinkies (great to do with nasya).

Lay on your side and fill ear canal with warm oil. Rest. Roll over and let oil drain out onto paper towels. Repeat on the other side.

NOSE CARE

Nasya:

- put a drop of oil on your pinkies and lubricate the nostrils
- lay down and tip head back, put 2-5 drops of oil in each nostril, massage nasal passages & rest

Neti:

- Use a neti pot and irrigate sinuses with saline solution or water and salt



Reflect on Vata Season. How can you take what you have learned and lean back into the support of the Universe? In what ways have you learned to trust in alignment and ease?

What I do to align with EASE:

In your body, your mind, & your relationships

Complete these sentences:

I'm becoming the kind of person...

who...

that...

wants...

cherishes...

appreciates...

What I do to align with STRESS:

In your body, your mind, & your relationships.

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HABITS

_____ 's Habits ~~~~ Reality Check this Week
 of: _____ to _____

Check off what you are accomplishing each day for a reality check on what is actually happening over the course of your week.
 Kaizen your habits. Keep yourself accountable.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Light Dinner							
Early to Bed							
Start the Day Right							
Breath Body Practices							
Plant Based Diet							
Self Massage							
Sit in Silence							
Healthier Eating Guidelines							
Come to your Senses							
Easeful Living							
OTHER:							

YOU'VE GOT THIS!!



Dial in Your Schedule

You are sensitive and exquisite. Tune into your body's needs for sleep and rest. Get the sleep you need by going to bed earlier. Start your day early. If this doesn't seem natural - train yourself. You'll build energy and a stronger system.

Routine is the Name of the Game

Wake, eat and sleep on the same schedule every day. If you don't overextend your body, you won't feel overextended. Your body will gain confidence in the nourishment... which will spread to the other parts of you. Use the word "yes" selectively.

Rub Yo'Self

Daily oil massage will revitalize you, your skin and even your mind. Rub warm sesame oil all over prior to bathing. This will calm and strengthen your body integrity and get you into your skin.

Move Your Prana

Exercise your body to ease your mind. Exercise is important but be sure to stay within your ideal level of exertion, favoring yoga and light cardio over high intensity activities.

Sit Ubu Sit

Commit to spending 5 minutes in the morning and in the evening to sit in silence. Allow this to be a time of coming home to yourself. Over time you will relish stillness.

Insulate

Layer your bedding with heavy wool blankets. Layer your body with ... layers. You have less insulation - make up for it with natural warm layers of silk, wool, and hemp. Favor warming colors in your clothing: orange, red, magenta... Keep your ears and throat covered in winter.

Cozy Up

Build cozy times into your day. You need this more than most. Avoid loud sounds and cold environments. Favor soothing and calming sights and sounds. Nurture your creative side by allowing time for creativity and imagination daily.



Schedule Your Belly Fire

Eat on a schedule - like a child. End fatigue and bloating. 7:30 am, 12 pm and 5 pm are swell. Sip hot water between meals.

Use Starter Fluid

If you bloat or skip meals, mix equal parts of cumin, coriander, + fennel powder in a plastic baggie. Take 1 tsp. in 1/2 c. hot water before you eat. Add a pinch of hing (asafoetida) for the brave and bloated.

Mantra: Warm. Spicy. Oily.

Balance your cold, dry, rough qualities with marinated salads, fermented foods, one-pot meals with a little kick to ease your belly.

One Pot Meals

Foods that combine before they hit your belly are less work for you to digest. Give yourself a break.

Slow Down + Sit Down, Sister

Seriously. Take 5 breathes to set you into rest and digest mode. Savor the experience. Adjust the tastes if needed.

Spice it up

Cinnamon, cardamom, nutmeg, ginger, black pepper, cumin, basil and mustard seed all pacify vata. Favor warming spices in all your meals to aid digestion and keep you warm all day long.

Start with Stewed Apples

Ease your gut into the day: heat warming spices in ghee or butter, add the fruit and enough water to cover. Cook until soft.

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TAKE-AWAYS

What are the specific things
I learned this season?

What do I want to remember,
or take with me, for the next
season?

Final Check-in:

- Why did you join the Vitality Circle?
- Are those reasons still true?
- Did you accomplish your goals for this season?
- What are your goals for the next season? How can you recommit to your evolution?