

# Yoga for Grounding

## Grounding and Anchoring: The Yamas and Niyamas

September is the beginning of a new season and for some the start of the new school year. As part of your yoga practice, we invite you to start to deepen your knowledge and understanding of the first two limbs of yoga: the Yamas or restraints and Niyamas or observances.

Each of the Yamas and Niyamas contains five 'jewels' which form the basis of yogic thought. Reflecting upon the 'jewels' and integrating them into our daily lives can support us in finding more space, lightness and balance and a deeper connection to our resting place.

This month as part of our theme on grounding and anchoring, you might like to deepen your understanding of 'ahimsa' or non-harming, the first of the Yamas.

### Journaling

To learn more about 'ahimsa,' consider journaling on the following questions:

How can you cultivate to develop attitudes of kindness towards yourself and others?

How do we concretely practise non-violence in relation to our diet, our exercise, or the environment?

As we move into a new season and a new term it might be helpful to consider how we create and maintain balance in our lives?

Balance in our lives helps to create peace and a light touch in relation to ourselves and the world around us.

At the start of the season and new term it can be helpful to check in with yourself to bring awareness to the messages from your mind and body and be guided by them. Do you need more sleep? More exercise? A better diet? More peace and stillness? More breath awareness?

See if you can act on these messages to anchor yourself in YOUR best place to start the new season and the new term.