

YOGABASICS.COM PRESENTS



# Yoga FOR Autumn

A GUIDE & RESOURCE TO PRACTICING  
YOGA IN THE FALL SEASON

# Contents

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|   |    |
|---|----|
| SAYING GOODBYE TO SUMMER:<br>YOGA FOR SEASONAL SHIFTS | 3  |
| AUTUMN YOGA: 3 TIPS TO HELP<br>YOU GREET THE SEASON   | 6  |
| THREE MEDITATIONS TO<br>EMBRACE AUTUMN                | 11 |
| UNSTEADY OR UPROOTED?<br>12 WAYS TO GROUND IN YOGA    | 14 |
| YOGA FOR AUTUMN: A TIME<br>TO SURRENDER               | 19 |
| FALL YOGA FASHION TIPS                                | 22 |
| NINE TEAS TO WARM<br>YOU THIS AUTUMN                  | 25 |
| THE YOGA OF FOOD:<br>EATING FOR AUTUMN                | 28 |







# SAYING GOODBYE TO SUMMER: YOGA FOR SEASONAL SHIFTS

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BY ALI MCGHEE

I've been waking up to a slight chill in the air for the past few days. In the mountains where I live, the tips of maples are beginning to turn a fiery red. It's that magical transitional time between summer and fall. Periods of transition are wonderful for

self-nourishment, reflection and deepening our awareness. Seasonal shifts in weather are signals for us to shift as well, and as we near fall we can slow down and prepare to nourish our bodies and minds in new ways. Below are tips you can integrate into your your yoga



practice, diet and life to flow into this new and transitional time of year with awareness and ease.

## Eat for the Season

According to [Ayurvedic](#) tradition, summer is considered to be more pitta—hot, dry and bright. It makes sense that we crave foods

primary dosha is already pitta). You can continue to eat cool things, like raw fruits and veggies (watermelon and cucumber are great choices) while they're available, but begin to change your eating habits to flow with the season. As the temperature drops and the air gets crisper, eat foods



that are cooling, like fruits and certain vegetables that are typically eaten fresh and raw. As we move into fall, a more [vata](#) (cool and dry) season, we may still need to get rid of some excess summer heat (especially if your

that are growing in plenty like root vegetables and seasonal fruits. Use these to prepare slightly heavier and warmer meals, like soups and stews with grains and beans, or roasted veggies. Cooked apples are a fantastic choice to



satisfy your sweet craving as apple harvests begin.

## Bring Structure to Your Schedule

The changeability of vatic energy during the coming season means that you will benefit from establishing a structure in your life if it's not already in place. The windiness of the fall season can extend to an unstructured, loose quality in your daily experience. Focus your attention on staying grounded and storing up energy for the winter. This will also help you stay healthy during the seasonal shift, which is also a time of heightened stress as we return to school and responsibilities get ratcheted up. If you start to feel seasonal allergies coming on, try a [neti pot](#) or some other [shatkarma](#) (yogic cleansing practices) to support your physical health. Autumn is fantastic for creative insights, so taking the time to get grounded can result in greater productivity when inspiration strikes!

## Ground Your Practice

As things cool off and the days get brisker, begin to move into deeper, more grounded yoga poses in your home practice. As the temperature drops, incorporate warming sun salutations into your sequence. Contain the fire of the fading summer through poses like [Uttkatasana](#), and then move into [Chair Twist](#) to strengthen your immune system and clear yourself of excess energy. Use balancing poses, like [Tree](#), to cultivate your own inner sense of freedom and rootedness during this period of change. Shift into [Dancer's Pose](#), a perfect combination of steadiness and vital, creative expression. End your standing sequence with deep, grounding poses, like [Triangle](#) and [Wide-Legged Forward Fold](#), and then move into deeper seated poses like [Seated Forward Fold](#). Incorporate some restorative asana, like Legs Up the Wall and [Supported Supta Baddha Konasana](#), to give yourself a little bit of extra support during this time.



# AUTUMN YOGA: 3 TIPS TO HELP YOU GREET THE SEASON

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BY LEA MCLELLAN

Time to grab a sweater and a pair of long pants—autumn has arrived! Pumpkins and apples have replaced berries and melons, and the morning sun is rising a little later ... but wait, what does this have to do with yoga?!

With a new season upon us, [yoga can be a fantastic tool](#) to help our bodies adapt to the cooler weather and shorter days. The word “detox” gets thrown around a lot in the wellness community, but it’s not necessarily about eschewing solid foods in favor of



trendy juices and hunger pangs. In the [Ayurvedic tradition](#), cleansing and detoxing during the changing of the seasons is an essential practice that keeps our bodies healthy and aligned with nature. [Since autumn is all about slowing down](#), we can take a cue from the season and “detox” the busy, full energy of summer. This doesn’t mean doing anything extreme, but rather intentionally slowing down the mind and nourishing the body through simple meditation

practices, [pranayama](#) and gentle asanas.

The following list outlines some ways you can begin to detoxify the body and align with the fall season. By simply incorporating some simple asanas and breathing techniques, you can support your physical, mental and spiritual health as we transition into the next part of the year.

## Support your digestive system

During your asana practice, integrate some twisting postures to wake up the digestive organs and eliminate waste from the body. In the Ayurvedic tradition, seasonal shifts are prime time for detoxing, which can simply mean [improving your digestive function as the foods we eat change in accordance with the weather](#). This can involve dietary changes, like eating more grounding, warm, easy-to-digest foods. It can also mean incorporating yoga poses that aid digestion—that’s where twisting comes in. (Be sure to wait at least one hour after eating



before beginning your yoga practice.)

Try this: After a few [gentle warm up poses](#), move into some standing postures and add some standing twists like [Parivritta Utkatasana \(Chair Twist\)](#) or [Parivritta Parsvakonasana \(Revolved Side Angle Pose\)](#). During your cool down, try a seated twisting pose, such as [Marichyasana](#), or “Marichi’s pose.”

## **Nourish your mental and emotional self**

While summer is a time of heat and movement, fall is a cooler, quieter time; it is beneficial to work with the seasonal shift as opposed to against it. Take more time to relax and unwind by integrating some [gentle and restorative asanas](#) into your yoga practice. After practicing the above suggestions, close your practice with a [gentle inversion](#) such as “legs up the wall” pose, before an extended [Shavasana](#). Gentle and restorative postures are calming to the body, and help

to de-stress and soothe the mind. Opting for gentle inversions will also stimulate the digestive system by reversing the blood flow to the digestive organs, increasing circulation in the feet and legs.

## **Make time for pranayama**

For some, the most challenging part of any yoga practice is sitting still and focusing on the breath—yet it can also be a powerful tool for focusing the mind and aligning the body with spirit. [Pranayama](#) is Sanskrit for “extension of the breath” or “expansion of the life force,” so in terms of reducing stress, the breath is your best ally for “expanding your life force.” As we shift into a slower season, use your breath to aid your ability to slow down and center yourself. Taking a few additional minutes each day for seated meditation with attention to the breath is yet another way to ground the spirit, shift our focus internally and stay aligned with the earth as it flows into a new season.





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# THREE MEDITATIONS TO EMBRACE AUTUMN

.....  
BY ROSE KEYES

Autumn's arrival signifies a time of [transition and release](#). The rustle of falling leaves, the final bountiful harvest, and the chilly, misty mornings alert us that change is in the air. Sometimes it can be difficult to maintain balance with so much shifting in

the world around us. Incorporate the following simple meditations for autumn into your practice to aid in grounding, centering, and connecting to the powerful energies of fall.

## Let Go

This meditation is centered around releasing thoughts, patterns, behaviors or people that no longer serve you in a positive way. This a great seasonal meditation as it directly relates to the changes occurring in the natural world: leaves changing color and falling, plants releasing seed and dying back, and a general sense of slowing down and settling in. This practice can be done either inside or outside. Come to a comfortable seated position, close your eyes, and



bring your awareness to your breath. **Feel the fullness and expansion that comes with each inhale, and the release and contraction that follows each exhale.** As you feel your body settle, focus your thoughts on one thing that you would like to release from your life. Connecting to your breath, inhale that which you want to manifest, and exhale that which you desire to release. For example: Inhale, “I am strength and wholeness.” Exhale, “I release self judgement.” Continue this practice for ten or more breaths.

## Gather Resources

What can you harvest and preserve to nurture you through the cold months ahead? For this meditation have paper and a writing utensil handy. Come to a comfortable seated position, close your eyes, and focus on your breath. Focus on all the resources and blessings that fill your life. As you sit in stillness, **notice the sensations** that arise in your body. Maybe you feel warm and happy, peaceful or safe. Pay attention to



that. After ten minutes or so, open your eyes and pick up your writing materials. Draw a big circle on the paper, and in the circle write all the blessings and resources that you thought of during your meditation. Be as creative as you want with this part, maybe also incorporating color or pictures. Remember that each item you write in the circle is something that you can refer to when times are tough, or when you need a boost. Keep the paper in a safe space like a special box or journal, or hang it somewhere prominent in your home where you will notice it throughout the day.

## Go on a walk

This meditation is best done outside, either in a large grassy space or on a nice trail in the woods. When you are ready, come to [Tadasana \(Mountain Pose\)](#). Stand tall, with feet firmly rooted on the earth. Slow your breath, feeling full expansion and contraction on the inhales and exhales. From this place of inner stillness, begin to walk, moving

slowly and mindfully, connecting the lifting of each foot with an inhale and the placing of each foot with an exhale. If you are in a field start at the perimeter and work your way inward. If you are on a trail simply follow wherever the path leads you. As you walk, maintain focus on your breath and the sensation of your body moving through space. Notice the feel of air on your skin, and the sounds and smells around you. Move as slowly as you'd like, while maintaining the connection of movement and breath. Let your intuition tell you when it's time to stop. Come back to an easy standing pose and on an inhale raise your hands up and overhead. On an exhale bring your hands to prayer position at heart center, embracing the sense of serenity and peace.

As the seasons shift we too transform, release, and renew. As you move through your yoga and meditation practice, remember to always meet yourself exactly where you are, with gentleness and loving kindness regardless of the season.



# UNSTEADY OR UPROOTED?

## 12 WAYS TO GROUND IN YOGA

.....

BY HALI PLOURDE-ROGERS

A grounded yoga practice focused on foundations and the first chakra (root chakra or [Muladhara](#)) can be just the balm to soothe and support personal growth through life's transitions. Being firmly grounded brings a sense of balance and ease as it

helps manage stress and overwhelming moments. A physical root chakra yoga practice focuses on rooting down firmly through the feet and legs while an energetic root chakra practice involves examining your inner foundation. As you practice, you'll



notice how your foundation changes. In this guide we've included poses and tips to help you stay grounded with yoga.

## Poses for grounding:

- Mountain pose ([Tadasana](#)):

Use this pose to set the foundation for other standing poses. Stand with your feet hip distance apart; point your toes and knees straight ahead. Press down evenly through all four corners of the feet: the big toe mound, little toe mound, and either side of the heel. Lift the arches. Engage the thighs. Activate the low abdominals located below the belly button. Visualize roots extending from your feet into the ground beneath you, holding you steady.

- Warrior 1 and 2

([Virabhadrasana 1](#) and [2](#)):

Continue the actions you set up with Mountain pose. Focus on stacking the joints, keeping your knee over your ankle and lifting the arch by pressing the outer edge of the back standing leg to the mat. When you're

comfortable with the actions in your feet and legs, try closing your eyes. Removing the gaze will shift your focus even deeper into grounding through the legs and feet.



- Seated poses: In seated poses such as Easy pose ([Sukhasana](#)), root down through your sitting bones.

- Prone poses: In prone poses like Sphinx pose ([Salamba Bhujangasana](#)), press the pubic bone to the mat and engage the low abdominals like you did in your standing poses.

- Arm balances and inversions: Explore shifting your foundation to the hands and forearms. If you have wrist pain, check out this [graphic](#) or try poses on the forearms, like Low Plank ([Ardha Phalakasana](#)), where you stack shoulders over elbows and press equally into both forearms.

- [Reclined poses](#): Find your foundation through the shoulders, shoulder blades, upper back, and in some cases the hips or feet.

## Tips for grounding:

- Just as your foundation flows throughout practice, your non-physical foundation may change throughout your life. Explore and question your identity, beliefs and traditions. If you feel disconnected, insecure or uprooted then examine what root chakra issues might be undermining the stability of your foundation.

- To balance the root chakra, try [this meditation](#).

- The root chakra is directly related to feelings of security and stability. Routines help people feel safe and secure because they are predictable and comfortable. To build feelings of security, work on a daily yoga asana, pranayama and meditation routine.

- Build your mind/body connection through your asana, pranayama, and meditation practices. Getting in touch with your own body and mind is the first step to being more present and in touch with the world and people around you.

- Take your practice outside. Earth is the element associated with the root chakra. Practicing barefoot in the grass not only connects you deeper to the world but also adds an extra grounding boost.

- Try [partner yoga](#). Partner yoga helps ground you through physical touch and connects you to the friends and family you practice with. It builds trust and love.



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# YOGA FOR AUTUMN: A TIME TO SURRENDER

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BY KATHLEEN BRYANT

Autumn has arrived in a gust of wind and a flurry of falling leaves. It's a pretty picture and—looking through the lens of [ayurveda](#), [yoga's sister science](#)—it's the picture of vata dosha. Autumn, the season of vata, can aggravate this dosha's attributes: rough, dry,

mobile, light, cool. It's a good time for a bowl of hot soup...and an ideal time to take a look at where vata reveals itself in your yoga practice.

Of the [three doshas](#), vata is the most easily disturbed or dis-

arranged. Vata is associated with the elements of air and ether (space), so “vata derangement” is often blamed for restlessness or air-headedness. Excess vata can result from something as simple as a long flight or as complex as prolonged stress. But whatever the cause, you’ll likely recognize its effects.

Have you ever found it difficult to focus during meditation and asana? Do you tend to rush from one pose to the next, without taking time to experience the fruits of each? Do you spend your time in [Shavasana \(Corpse Pose\)](#) ticking over mental lists like errands or groceries?

These signs of excessive vata are pretty obvious. But you’ll discover other, subtler clues within your asana. Take [Tadasana \(Mountain Pose\)](#). Are the corners of your feet evenly connected to earth, or has your weight shifted forward, as though you are poised to run? This is a sure sign of vata’s restlessness, as is clenching the toes. Gripping or clenching—the opposite of the [yama of aparigraha \(often](#)

[translated as nongrasping](#))—suggests underlying fear or anxiousness. Anxiety is vata run rampant, and related conditions include insomnia and constipation.

*On a deeper level, grasping represents a fear of letting go, like an autumn leaf clinging to a branch.*

*Instead, surrender fully to your practice. The beauty of asana is that it uses the physical body as an entry point for addressing emotions and mental states that may be otherwise elusive.*

To balance vata’s restlessness, emphasize grounding and stability with standing poses. Let autumn become a metaphor: As your practice matures with time, your awareness ripens. Focus your awareness on savoring the fruits of each pose before moving on to the next.





Because [vata](#) is associated with the [large intestine](#), cooler, dryer autumn is the season to focus on practices that strengthen intestinal fire: the [pawanmuktasana](#) [digestive series](#), [belly twists](#), [bhastrika pranayama](#), etc. If you perform [daily oil massage](#) (excellent for balancing vata dosha), it's time to switch to a "heating" oil like sesame. If the change in seasons has shifted your

daily activities, [reestablish a regular routine](#), something [Deepak Chopra recommends for grounding vata](#). Or simply move your mat into a sunny spot, and enjoy the delicious juiciness of a deeply centered asana practice.



## FALL YOGA FASHION TIPS

.....  
BY SARAH DITTMORE

As fall approaches you'll hear a lot of yogis talking about [surrendering](#) and [greeting the new season](#), and it's no wonder why. Fall is a time when many of us crave tranquility and need to tap into our inner strength. Even the "in colors" of this season are meant to help us stay optimistic to

embody the serenity and power many of us need right now.

The Pantone Color Institute listed "riverside" and "airy blue" as top colors of the season because of their serene and calming tones. The fall 2016 palette also includes shades of red, pinks, purples, greens, golds, and grays that will



bring more confidence and elegance to your look. Check out [the full color report](#) to keep your fall yoga wardrobe on point.

Of course color is only part of the game. Follow these fall yoga fashion tips to make sure you look your best every time you hit the yoga mat.

### **Add a dash of sheer**

With the temperatures dropping it's time to put your yoga shorts and capris on the shelf. But wearing ankle-length pants doesn't mean saying goodbye to feeling sexy. A big trend in the yoga scene is the sheer look. If you want to keep it hot in the cool autumn weather, opt for a pair of leggings accentuated by sheer patterns.

★ Recommended: [Jala Vega Leggings](#). Go for the magenta to really embrace the fall look.

### **Bring back the poncho**

Remember a few years ago when everyone had a colorful, hooded, knit poncho? Well that trend went to the wayside, but it's come back

in a new and improved way. Now ponchos are much subtler (think neutral colors and thinner fabric) and way more appealing. The ponchos look especially attractive when paired with tight leggings. They are the perfect thing to keep you warm when coming and going from the studio.

★ Recommended: [Jala Cold Shoulder Poncho Top](#)

### **Accessorize with gold**

Though the shade changes (this year it's spicy mustard) there is always a golden hue in the fall wardrobe. Accessorizing in yoga can be hard as jewelry gets in the way of practicing. That's why we love the temporary tattoo trend. In summer it was all about bracelets, but your fall sleeves will cover those. Our pro tip? Use the bracelet or armband tattoos as a choker instead.

★ Recommended: [Tribe Tats](#)

### **It's all about the cut**

In summer backless shirts and crop tops were a hit. Obviously neither of those are ideal for fall

weather, but v-neck sweaters are a bit old fashioned. So how do you embrace the funky shapes of summer while staying warm this fall? It's all about the cut. The fashion world is still loving simple fronts with complicated backs, only now it's moved into sweater form. So when picking a sweater to pull on over your yoga top, pick something with a fun cut or twist in the back.

★ Recommended: [LVR Pullover Cowl Neck Hoodie](#) and [Glyder Deep Sea V Yoga Top](#)

## Keep quality in mind

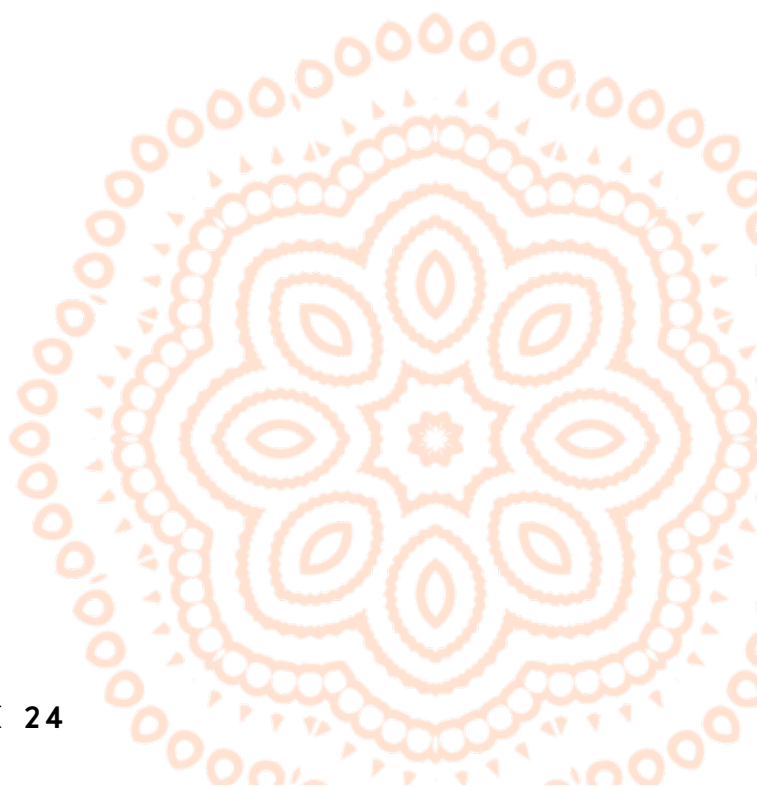
There are a lot of fun yoga leggings with bright colors and exciting patterns, but many of them aren't durable. When you choose leggings for the season, make sure you prioritize quality. This is especially important in the fall as you need fabric that can keep you warm when the wind is blowing but remain airy and light while you're sweating in the studio.

★ Recommended: [Hard Tail Forever Leggings](#)

## Embrace the autumn colors

I've already said quite a bit about what colors are in season, but one of the fun things about your yoga wardrobe is the chance to get a little more colorful regardless of the season. In yoga fashion it is totally acceptable (encouraged even) to find some funky looks that add a playful vibe to your practice. This fall that is still very in. So why not find a pair of yoga pants that shows off all the colors of the season?

★ Recommended: [Buddha Pants: Red Stripes Harem Pants](#)







# NINE TEAS TO WARM YOU THIS AUTUMN

.....  
BY SARAH DITTMORE

Now that the leaves are falling, it's time to pull on a sweater, grab a good book, and settle down with a relaxing cup of tea. There's no better way to combat the cooling weather (not to mention the cold season that comes with it) than a warm, soothing cup of tea. We've

gathered nine of our favorite teas for you to try this season, each with their own autumn-inspired benefits.



## **Bhakti Chai: Fiery Masala Chai Artisan Tea**

Stay warm amidst the blowing winds with this fiery chai tea. This blend is packed with spices to keep your inner fire fueled even as the air around you grows colder. Plus, all the ginger will help you fight autumn germs.

## **Hanami Tea: Pele's Fire**

Inspired by the Hawaiian Volcano Goddess, Pele's Fire is another tea that is guaranteed to keep you warm from the inside out. The spicy, fruity flavors in this tea are energizing, awakening, and clarifying—just the boost you need for those foggy, dreary autumn days. And it's hand-crafted and organic!

## **Pekoe: Revival Tea**

The shift from summer to fall can be overwhelming on the body. Full of peppermint, licorice, ginger, and rooibos, this tea has everything you need to revitalize your body—from aiding that pesky dry nose right down to speeding up the slow metabolism that comes with autumn.

## **Numi: Turmeric Tea**

The cold, dry air often leads to inflammation in the body, so why not pick a tea with anti-inflammatory benefits? Turmeric is known for its various healing qualities, including strong anti-inflammatory properties.

## **Traditional Medicinals: Throat Coat**

If you are starting to feel this season's trademark sore throat, grab a mug of this herbal tea. The slippery elm in Throat Coat creates a slippery, smooth tea that will coat your throat with the comforting protection it needs this time of year.

## **Ayurveda Vata Tea**

According to [Ayurveda](#), fall is vata season. [Vata season](#) is linked with dry, cold climate on the outside and restlessness, insomnia, and stress on the inside. This tea is meant to help balance your vata levels so you can make it through fall feeling strong and grounded.





### **Miss Tea: Serenitea**

Autumn is a time of change as we shed the old and prepare to burrow in for the winter, which can cause stress and worry for many of us. This tea can help counteract that with calming herbs passionflower and lavender.

### **The Republic Of Tea: Pumpkin Spice Tea**

What would fall be without pumpkin spice? Get into the spirit of the season with this delicious, pumpkin-inspired tea. Enjoy all

the seasonal flavors without the caffeine and sugar that usually come with pumpkin-inspired drinks.

### **Harney & Sons: Cranberry Autumn Tea**

The end of autumn and the beginning of winter is cranberry season, so welcome it with this premium cranberry tea. The warming fall flavors are guaranteed to put you in the mood for sweater weather.



# THE YOGA OF FOOD: EATING FOR AUTUMN

.....

BY TIMOTHY BURGIN

While it's easy to see the leaves changing colors and falling off the trees—it is much more difficult to notice how the short, cool and windy days of [Autumn](#) affect our overall sense of well-being. Both Traditional Chinese Medicine and [Ayurveda](#), yoga's sister healing

science, emphasize the need to live in harmony with the nature of each season. To achieve this harmony they both employ a very simple principle: *opposites create balance*.



*The food we eat can have a powerful effect on our **prana** (life-force energy) which in turn influences our internal harmony and overall state of health.*

By making simple changes to our diets to apply the awareness of the aforementioned principle, we can balance the energy of Autumn's cooler temperatures, it's dry and

windy air, and it's erratic and unpredictable weather patterns.

To balance the cooler temperatures of Autumn add more warming foods and stimulating spices like garlic, fresh ginger, cardamom, cinnamon and turmeric to your diet. Minimize cooling foods such as leafy greens, broccoli, seaweed, cucumber, and cabbage. Try to have all of your meals served warm or hot and avoid cold or frozen foods such as smoothies and ice cream. Reduce





your consumption of raw vegetables and minimize foods with a bitter, pungent or astringent taste.

To balance the dry and windy air of Autumn add more oily and nourishing foods to your diet. Avoid drying foods such as popcorn, crackers, millet, and dried fruit. Shift to consuming more slow cooked meals and garnish your food generously with [ghee](#) or oil. Eating steamed vegetables, whole grains, soups, porridges, kitcharis and stews will be hydrating and moisturizing.

To balance the erratic and unpredictable nature of Autumn add more grounding foods that are high in protein and high in fat (nuts, seeds, cheese, eggs) to your

diet. Try preparing meals with more simple recipes (with less ingredients and simpler preparation) and focus on cooking your food with love, gratitude, patience and attention. Having a regular schedule with your mealtimes will also be helpful.

All of the above is general advice and should only be considered as a starting point for changing your diet for the fall season. Experiment and make adjustments based on your individual constitution, local seasonal foods and the specific weather conditions where you live. Most importantly, pay attention to how the weather and the food you eat affects your prana, digestion, and overall sense of health and well-being.



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Our deepest desire and wish is to make the world a better place. Our highest goal is to remove the suffering, misery and unhappiness of the people of the world, and to remove the causes of this suffering. We are here to serve, in our highest capacity, to spread the knowledge and wisdom of the ancient path of yoga to all who desire these tools. We pray that our work helps others to learn, grow and develop spiritually, physically and mentally. May peace, love and joy reside in the hearts of all.

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