

# A Field Guide to Urban Living

## Autumn

### The art of trusting the process and letting go

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Autumn is the season of release and refinement, a time to support the lungs, colon, and Metal element. As you begin to align with these rhythms, subtle changes emerge: your body feels lighter, skin tones improve, cellulite softens, weight slowly melts away, posture becomes freer, and a sense of calm vitality returns. Even grief and melancholy are embraced, moving through you as you cultivate trust in life's cycles.

These effects are unique to autumn – this is the time to cleanse, restore, and let go. Daily habits now can create visible and subtle shifts over weeks.

#### **Metal Element – Quick Guide**

**Imbalanced:** coughs, lingering colds, sore throats, dry or irritated skin, constipation, melancholy, feeling down, disorganization, difficulty letting go of attachments

**Balanced:** clear hydrated skin, strong immunity, emotional balance, grounded, inspired, living by your values

The lungs and colon do more than support immunity – they influence skin quality, posture, how we move, and our ability to discern what to keep and what to release in life. Autumn is the ideal season to work with this element for emotional and physical clarity.

#### **Breath Practices**

**Extended Exhale:** Exhale fully, relax, pause, inhale naturally → cultivates trust in the process and patience for life's unfolding

**Three-Part Breath:** Belly → ribs → chest inhale, reverse exhale → gently massages internal organs, detoxifies, and grounds the mind. Breath practices not only strengthen the lungs – they also tune the nervous system, allowing the body to release stagnant energy and old patterns.

#### **Yoga Essentials**

**Forward Fold with Shoulder Opener:** Standing with feet turned inward roughly hip distance apart. Hook thumbs behind back, hinge forward, stay 10 breaths → releases tension in lungs & shoulders

**Dynamic Down Dog** → Up Dog: Inhale Down Dog, exhale swing to Up Dog, 10 counts → energizes lung pathways, improves circulation

**Fish Pose:** Lift chest, tilt head back, thumbs inside fists, 5 breaths → opens throat & heart, encourages emotional release

**Autumn yoga supports detoxification while gently challenging stiffness from colder, drier air.**

#### **Autumn Foods & Mindful Eating**

**Foods:** Miso soup, brown rice, pears/apples, sesame or pumpkin seeds, warming herbs (ginger, cinnamon)

**Avoid:** processed foods, preservatives, excess yeast, cold raw foods

**Mindful Chewing:** Slow, deliberate, savor aroma, activate digestion, prevent overeating

We often focus on *what* to eat, but *how* we eat is equally powerful. The way we chew and savor food directly impacts colon health, lung strength, and emotional balance.

#### **Autumn Ritual**

Move body 5–7am → invigorate lungs & metabolism

Declutter a drawer, wardrobe, inbox → physical clearing creates mental clarity

Cold/cool shower + salt/mitt scrub → circulation, toxin release, skin vitality

Accept life, release what no longer serves you, grieve gently

Autumn is also the season to explore subtle energy shifts: the body responds not only to food and movement, but also to clearing clutter, letting go emotionally, and cultivating daily trust in life's cycles.

If you need more Autumn yoga jump into the Yoga on Demand - <https://www.kellihoward.com.au/yogaondemand>

These classes offer practices rarely found in mainstream yoga classes – designed to support body, mind, and emotional balance fully aligned with autumn rhythms.