



Lotus Flower

Sound baths | Relaxation | Healing

Autumn: The Season of the Soul

Did you know autumn is often called the season of the soul? The days are getting shorter, the air is cooling, and something in us wants to turn inwards.

Here are five simple ways to welcome it in

1 Give yourself 10 to 15 minutes a day

Meditation, journaling, yoga, breathing or just quiet time. Choose whatever feels nourishing, then keep showing up. The consistency is what builds a steady foundation for the darker days ahead.

2 Enjoy the beautiful colours

Gather colourful leaves, flowers, acorns and conkers, add warm oranges, reds and golds, and put out reminders of what you're grateful for from the summer.

3 Keep a gratitude journal

It can be as simple as thinking or writing about a few things you're grateful for each day. Nothing fancy, just a few moments to notice the good.

4 Eat with the season

Think butternut squash, pumpkin, apples, blackberries and hearty root veg. Big pots of soup, slow roasts and anything warm and comforting. Cooking for the season is a lovely way to feel grounded.

5 Get outside among the leaves

I love the arboretum at this time of year. The colours are stunning, and crunching through fallen leaves is the easiest way to feel present. Even ten minutes outdoors makes a difference.

Come and join us at our sound bath

If you'd like some help slowing down, lie back, close your eyes and let the sound carry you. No experience needed, just yourself. Relax and recharge.