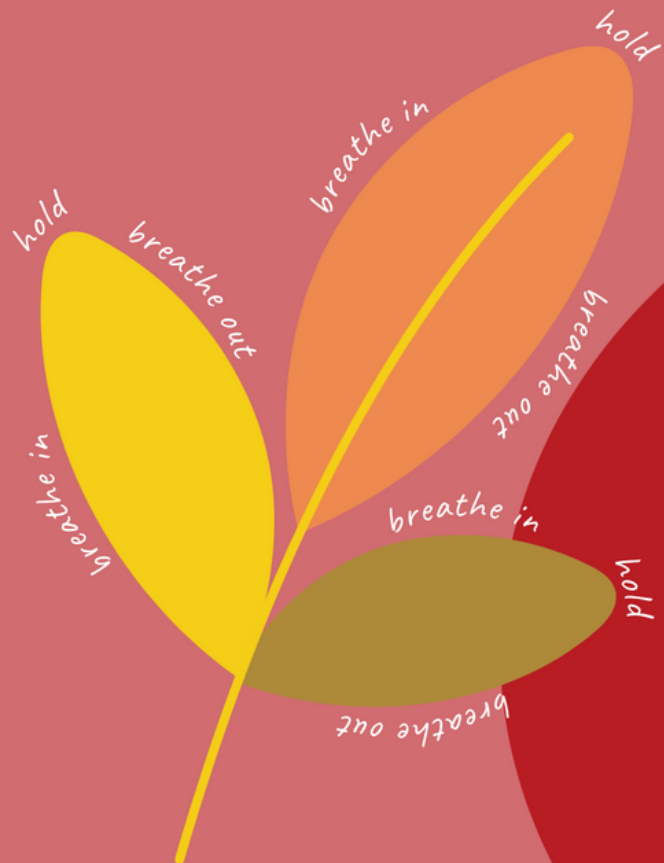


THEME: "HEDGEHOGS AND AUTUMN LEAVES"



"AUTUMN LEAF BREATH"

With a leaf in your hand or drawn on paper, breathe in nice and slowly as you trace up one edge... Hold for one second on the tip... Breathe out nice and slowly as you trace down another edge... Hold at the corner. Do around the entire leaf to feel calm, comforted and connected to nature, remembering how leaves change and fall away, making way for a new season.



[HERE](#)



YOGA STORY FOR COURAGE: HOLLY THE HEDGEHOG

Holly Hedgehog was excited to begin the day, but also nervous! With the shifting season, changing colours and cooler air, Holly felt like curling up into a little ball and hiding away. But Holly thought of the "Leaf Breath" that made her feel calm and strong. Let's give it a go together ~ With a leaf in your hand or drawn on paper, breathe in as you trace one edge... Hold for one second on the corner... Breathe out as you trace another edge... Hold. Do around the entire leaf to feel calm and brave!

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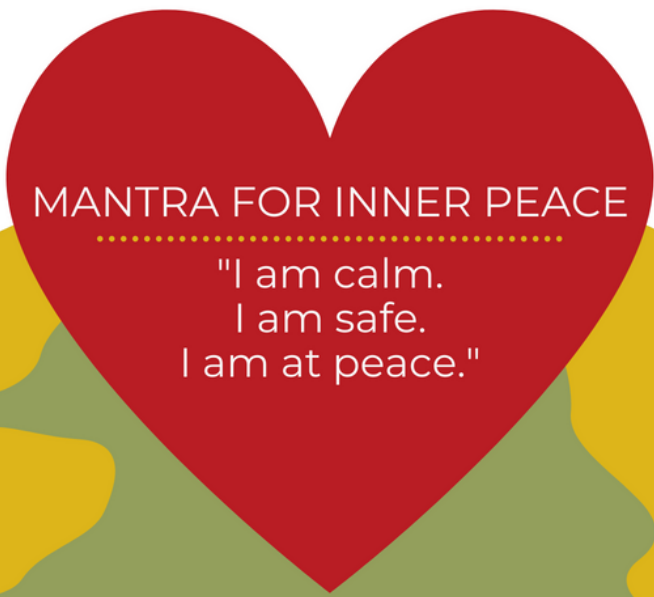


ACTIVITY: "NURTURING SPACE"

As we settle into the Autumn season, it's a great time to create a calming, comforting, nurturing nook or space for you as well as your little ones. Just as Holly the Hedgehog likes to get all snuggled up in leaves, you can have your space with warm blankets, diffusers with calming scents, candles, fairy lights and whatever you need to bring in a feeling of security and comfort.



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MANTRA FOR INNER PEACE

"I am calm.
I am safe.
I am at peace."

HERE



ACTIVITY: "NATURE MANDALA"

Everything is connected - we are to one another and also towards the earth, so let's use this time to reconnect to ourselves, to each other, and to nature. Find materials outside like rocks, leaves and petals to make your nature mandala. While doing the activity, we can also thank our earth for sharing its abundance and beauty.



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CALMING, HEALING SPACES



NATURE ELEMENTS FOR ART AND HEALING



CALMING ELEMENTS
HERE



ART VIA NATURE
HERE

