

h o m e b o d y

equinox ritual

RECOGNISE → RESTORE → REJUVENATE

A journal to help you recognise what you've grown, restore your energy + nourish what you want to carry through autumn + winter.

WHAT IF ABUNDANCE ISN'T ABOUT MORE?

Our Equinox practice was inspired by **Lakshmi, a Hindu goddess associated with abundance, prosperity, beauty, good fortune + flourishing.**

LIFE IS RICH. *Love what you have + love where you're headed.*

RECOGNISE 🌻

ST25: TIANSHU / STOMACH 25

📍 Located 3 thumbs on either side of the navel.

ST25 is traditionally used in TCM in relation to the **abdomen, digestion + intestinal function.**

WHAT HAVE YOU GROWN THIS SUMMER?

Before rushing into another season, take a moment to recognise the one you've just lived.

In Traditional Chinese Medicine, worry is traditionally associated with the Earth element + Spleen/Stomach.

Think of all the energy you've spent trying to mentally digest life; replaying, anticipating, planning, fixing + wondering what might happen.

What did I worry about most this summer?

How did it actually unfold?

If I hadn't spent that energy worrying, what might have felt more peaceful or nourishing?

WHAT DID I GROW DURING SUMMER?

Maybe...

Strength in your body.

Peace in your mind.

Resilience.

Softness.

A relationship.

Friendship.

Work.

Creativity.

Confidence.

Boundaries.

Adventure.

A passion project.

Something completely different.

MY SUMMER HARVEST 🌻 (what has grown...)

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RESTORE 🌻

SP6: SANYINJIAO / SPLEEN 6 • THREE YIN INTERSECTION

📍 Find the top of your inner ankle bone. Measure approximately 4 thumbs up, then come just behind the inner edge of your shin bone.

SP6 is the meeting point of the **Spleen, Liver + Kidney yin channels** and is traditionally used as a nourishing + grounding point in TCM. *SP6 is traditionally avoided during pregnancy.*

WHERE IS MY ENERGY GOING?

Vitality isn't about having endless energy. It's having the capacity to live your fullest life.

GIVES ME ENERGY 🌻

DRAINS MY ENERGY

AND NOW GET SPECIFIC...

What am I giving energy to that isn't giving anything meaningful back?

What do I want to give my energy to?

How am I going to put energy into it?

REJUVENATE 🌻

KI1: YONGQUAN / KIDNEY 1 • BUBBLING SPRING

📍 On the sole of the foot, in the depression that appears towards the front of the foot when you curl your toes.

KI1 is the **first point of the Kidney channel** and is traditionally used in TCM as a grounding point.

Energy doesn't only have to come from pushing harder. We can also create the conditions for it to **replenish from the ground up**.

WHAT IS NOURISHING YOU?

Autumn + winter don't have to be seasons you simply get through.

What if you used them to tend something?

Something doesn't need to be visibly blooming for growth to be happening.

I FEEL NOURISHED WHEN...

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MY LIFE FEELS RICH WHEN...

I FEEL MOST ABUNDANT WHEN...

What would I love to nourish through the winter that could bloom next year in spring and summer?

BUILD A BODY THAT SUPPORTS THE LIFE YOU LOVE.

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Your body isn't broken or something to constantly perfect. Your body can constantly regenerate and carry you through **all of it**.

Work. Travel. Training. Adventures. Relationships. Stress. Change. Grief. Long days.
Brilliant days. Ordinary Tuesdays.

Our Meridian Yoga practice works with **strength + mobility + breath + self-acupressure** to build a body with the capacity to live your fullest life.

For our Equinox practice, we worked with the **Stomach + Spleen meridians and the Earth element**.

In Traditional Chinese Medicine, Earth is associated with **nourishment, digestion + our ability to receive, process and transform what we take in**.

Not just food. Think about everything you're taking in every day:

Information. Conversations. Experiences. Decisions. Stress. Change.

Which brings us back to one of our themes from class:

What am I taking in?

What am I nourishing myself with?

And what am I still trying to digest?

STOMACH + SPLEEN meridians

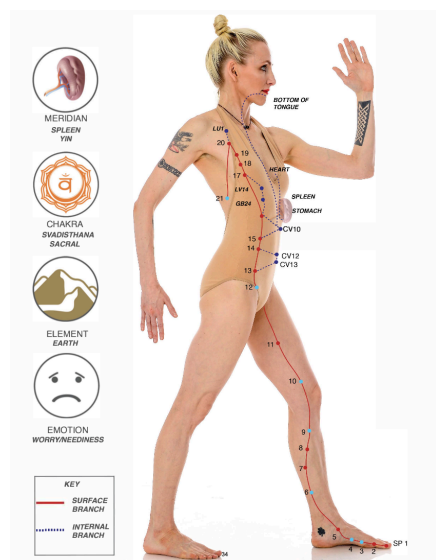
STOMACH MERIDIAN

What am I taking in and what gives me energy?



SPLEEN MERIDIAN

What nourishes me?



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SELF-ACUPRESSURE

These are the three points we explored during our Equinox practice.

ST25 — RECOGNISE

What am I digesting?



SP6 — RESTORE

What nourishes me?



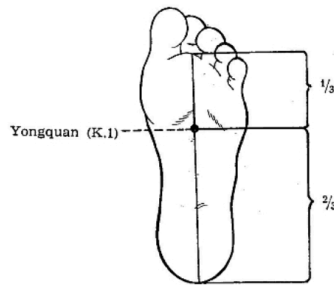
Strengthen Spleen and Yin Energy
Menstrual Issues



KI1 — REJUVENATE

What grounds + replenishes me?

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Pelvic floor
Hamstrings
Grounding
Calming



Acknowledgment and Gratitude

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*Homebody draws knowledge and inspiration from the incredible work of my yoga teacher, **Dr Rose Erin Vaughan**, founder of Science of Self Yoga, New York, USA, and Meridian Yoga Therapy. Erin's profound understanding of the meridian system and anatomy and her traditional yogic approach to self-healing practices have been pivotal in shaping my teaching and my own self-healing.*

*With deep gratitude to my teacher, **Tina Pashumati James**, founder of Loka Yoga Whistler, Canada and creator of the Shantiseva Life Program -a transformative path integrating Bhakti, Mantra, Hatha Vinyasa Yoga, Indigenous Ceremony, and Mental Health & Wellbeing. Her wisdom and guidance continue to inspire my life, teaching and practice.*

*With gratitude to my teacher, **Sackies Skalkos**, founder of Yoga Republic, Cork, Ireland whose dedication to movement, breath, and alignment has shaped my understanding of yoga as a living, evolving practice. His dynamic approach, rooted in yogic tradition and deep anatomical knowledge, has instilled in me a respect for adaptability and honoring that each body and every can be unique. All my relations, Aho.*

Sat ~ Chit ~ Ananda

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