

Grounding

An important component of a body and mind in balance is grounding.

This week we will focus on grounding in the exercises and I will give you information about how you can support your grounding not only through your yoga practice but also through food. In this course, you will find a document with some suggestions for grounding activities and food. Try and find one activity and type of food that you will focus on.

Connect with Mother Earth and your Inner Self

Govind

