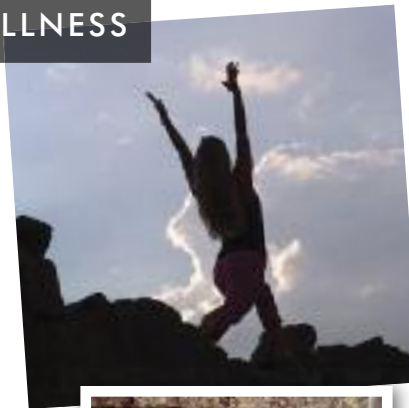


Feeling Fall with **ROMI CUMES**

As summer meanders into fall in Santa Barbara, we are blessed with weeks of gorgeous weather conducive to healthy lifestyles and fun outdoor excursions. This is one of the best times of year to take long walks on the beach, hike your favorite trail, or practice yoga in a park or outdoor space. The days are getting shorter and the vital forces of summer have prepared our body, mind and spirit for the seasonal turning point of the fall equinox, occurring on September 22.

Fall is the perfect time to support practices that calm the nervous system and draw our attention inward. Working long hours, eating on the go or having erratic sleep patterns can deplete the body and drain life-force energy. During this seasonal change, all body types benefit from restorative and gentle yoga practices that replenish prana (energy) in the body and help soothe over-active tendencies.

As we say goodbye to summer, we welcome delicious autumn fruits and vegetables that are robust, hearty and



nourishing. Opt for a local farmers' market or a neighborhood farm instead of the supermarket to purchase your produce. Make a positive difference in your community by shopping for locally grown food that is Certified Organic.

We can adapt how we exercise, play and eat to be more in line with the natural seasonal cycles of the earth. Take time to notice the environmental changes around you. You may find it interesting how nature reflects your own inner experience.

Romi Cumes LMT is a certified yoga instructor, massage therapist, dancer and performer based in Santa Barbara. Her business Transformative Healing Arts offers professional yoga instruction, international retreats, therapeutic bodywork, yoga workshops and fire-dance performance for private events and fundraisers. For more information, visit www.romicum.es.com.

PHOTOS: KEITH LEVIT

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