

# Winter Yoga: Seasonal Tips for Energy and Inner Calm

*How to use yoga to align your energy with the cycles of nature*

Ahhh... winter. That special time of year full of merriment, joy, dark mornings, and lying awake at night thinking of all the presents you still need to wrap.

It's no secret that it's a challenging season. Your body is fighting you to stay in bed instead of scraping ice off your car at 7am, while your mind is working overtime trying to think of the "perfect gift" for your overly critical mother-in-law.

We all know and trust that the seasons change. Spring will be here faster than we know it, and soon we'll be saying, "How is it 2026 already?!" Seriously, blink and you'll miss it.

## Why Our Energy Drops in Winter

The amazing thing is that *we are cyclical, too*. Just like the natural world, our bodies and minds go through their own seasons. Here's why you might feel a bit low-energy right now:

- **Shorter days & less sunlight:** Less light can reduce serotonin and vitamin D, leaving us feeling sluggish and unmotivated;
- **Cold weather:** Our bodies conserve energy to stay warm, naturally slowing us down;
- **Year-end fatigue:** Busy schedules, social events, and holiday stress overwork the nervous system;

If only we had as much trust in our own cycles as we do in the world around us...  
Yoga is a continual reminder that we are cyclical; just as the trees and animals need to rest and gather resources, so do we.

## Winter Yoga: Honour Your Body and Soul

Your practice may look a little different these days, and that's okay. Maybe you swap a Power Vinyasa for a gentle and soothing yin - especially if your brain is fried from stressing over whether the mince pies at your work Christmas dinner are actually gluten-free. Either way, it's still your time; a chance to slow down, ease stress, and care for your body as it fends off another cold.

Winter is a time to ground, rest, and restore... and yoga is the *perfect* seasonal companion.

## Winter Yoga Poses to Build Heat

Boost your circulation, warm your body, and energise your nervous system with these poses:

- **Surya Namaskar (Sun Salutations)** – the ultimate body warmer, increasing blood flow and waking up the nervous system;
- **Utkatasana (Chair Pose)** – fires up the core and builds strength;
- **Marjaryasana-Bitilasana (Cat-Cow)** – mobilises the spine and improves circulation.

## Restorative Poses for Calm and Nervous System Support

Counter-balance the winter chaos with gentle poses to soothe the mind:

- **Paschimottanasana with bolster (Supported Forward Fold)** - encourages introspection and relaxation;
- **Viparita Karani (Legs-Up-the-Wall)** - reduces stress and supports circulation.

## Benefits of yoga in winter

- Boosts circulation and warms the body
- Strengthens the immune system
- Balances energy and mood
- Encourages introspection and self-care
- Reduces holiday stress
- Maintains flexibility and mobility indoors

Feeling the winter slump? Join our **warming flow classes** to ignite your inner heat, or try our **soothing yin sessions** to calm the mind, restore energy, and support your immune system this winter. You deserve to feel your best all year round, including during the winter months!