

ROOT INTO FALL | Questions & Information

What We'll Explore

This workshop was curated by Hali Love from Costa Rica as a transformative immersion exploring the relationship between the nervous system, the body, and our lived experience.

Drawing from 30+ years of teaching & study, Hali brings together modern nervous system education rooted in Western psychology with the timeless wisdom of yoga, somatics, yogic philosophy, and ancient Eastern psychology modalities.

Together, we'll discover practical ways to understand our nervous system, listen to the body, and cultivate greater awareness, resilience, and regulation.

We'll also explore Ayurveda and Traditional Chinese Medicine as complementary modalities, discovering their shared wisdom around balance, energy, seasons, and the relationship between body, mind, and environment.

Through these teachings and embodied practices, you'll be invited to become more curious about yourself and discover what truly supports your own sense of balance and well-being.

"The greatest adventure isn't finding your way out. It's finding your way in." - Hali Love

Welcome - Let's Begin

What are you being called to explore during this workshop?

I am giving myself permission to...

I would love to leave this workshop feeling...

Arrive As You Are

Right now, my energy feels...

My body feels...

What is my body asking for right now?

What Am I Here For?

An intention isn't something you do; it's the energy you choose to bring.

What am I ready to receive?

What am I willing to put down, even temporarily?

My intention for this workshop is...

Flow 44

The Flow 44 Sequence is an invitation to move from the outside in. Rather than focusing on perfect alignment, performance, or achieving a particular shape, this practice invites you to become curious about how movement feels in your body.

Flow 44 is designed to be trauma-aware, supportive for those experiencing chronic emotional stress, and physically considerate.

The sequence incorporates thoughtful alignment considerations for areas that commonly hold tension or experience strain, including the shoulders, neck, and lower back.

The intention is to create movement that feels supportive, spacious, and sustainable

rather than forcing the body into shapes it may not be ready for.

As you move through the sequence, notice your breath, sensations, emotions, thoughts, and impulses. Where do you feel ease? Where do you notice resistance? Can you soften your effort, slow your pace, or make a different choice?

There is no single right way to experience the practice. The invitation is to listen and respond.

Flow 44 brings together movement, breath, awareness, and nervous system regulation.

Allow the sequence to become less about what your body can accomplish and more about what your body is communicating. Let the practice become a conversation between you and your inner experience.

“Move with intention, breathe with grace, listen within and find your space.” - Hali Love

What is the relationship between movement, breath, awareness, and nervous system regulation in my experience?

In what poses or moments did I feel resistance?

In what poses or moments did I feel ease?

My biggest learning from this class is...

Nervous System Regulation

Nervous system regulation is the practice of helping your body feel safe enough to move through life with greater ease. It's learning to notice what your body is communicating, recognize when you're activated or overwhelmed, and gently support yourself back toward balance.

Regulation is not about being calm all the time. Stress, excitement, anger, sadness, and fear are all natural parts of being human. A regulated nervous system isn't one that never gets activated. It's one that can move through activation and find its way back.

Regulation is not forcing yourself to relax, suppressing emotions, or pretending everything is okay. It's about creating space to feel what is here without becoming completely consumed by it.

There is no perfect state of regulation. Some days your practice may be movement, breath, or connection. Other days it may be rest, boundaries, a walk outside, or simply giving yourself permission to slow down.

Consider regulation less as something to "fix" and more as a relationship with yourself, one built through listening, responding, and returning.

Check In

My body is telling me...

My breath is telling me...

My mind is telling me...

Know Your Signals

When I feel regulated, I notice...

When I am becoming overwhelmed, I notice...

When I disconnect or shut down, I notice...

Regulation Tools

There are many ways to support nervous system regulation: Breathwork, yoga, meditation, mindfulness, movement, nature, grounding, rest, music, creativity, sleep, and connection can all offer different pathways back to balance.

Therapeutic approaches can also be powerful tools for supporting regulation: Somatic therapy, psychotherapy, subconscious restructuring, hypnosis, yoga nidra, EMDR, art therapy, acupuncture, massage, and other body-based therapies can help us build awareness, process experiences, and develop new ways of responding to stress.

There is no “one-size-fits-all” approach. What feels regulating for one person may not work for another, and what supports you today may feel different tomorrow.

The invitation is to stay curious, experiment gently, and notice what helps you feel more grounded, present, and connected to yourself.

“What regulates you may not regulate me. Get curious, stay open, and let yourself be.” - Hali Love

My Regulation Toolkit

Movement that helps me return to myself...

Breath or stillness that helps...

Three things I can do when I need to come back to myself...

Somatics

The word somatics comes from the Greek word *sōma*, meaning “the living body.” It refers to the study and practice of experiencing the body from within, rather than simply observing it from the outside.

Somatics invites us to listen to the body. Instead of only thinking about what we are experiencing, we begin to notice sensations, emotions, impulses, patterns, and subtle changes happening within us.

We might notice our breath, the sensation of our feet on the ground, where we hold tension, or how our body responds to different environments and experiences.

Somatic awareness asks us to slow down and become curious about what we feel, without immediately needing to change or fix it.

Through gentle movement, breath, sensation, and mindful attention, we can begin to recognize patterns that may happen automatically and create more choice in how we respond.

In this workshop, we’ll explore somatics as a bridge between nervous system education and embodied practice. It is less about fixing the body and more about developing a deeper relationship with it, learning to listen to its signals and trust what we discover.

Listening v Fixing

What changes when I listen to my body without trying to change it?

Can I listen without needing to change or fix anything?

What would feel supportive rather than corrective today?

Let Your Body Speak

Notice one body sensation. If this sensation could speak, what might it say?

What happens when I approach my body with curiosity instead of judgment?

What does my body need more of?

The Bhagavad Gita

The Bhagavad Gita is an ancient Indian text found within the much larger epic, the Mahabharata. Written as a conversation between the warrior Arjuna and Krishna, his guide and charioteer, the Gita begins at a moment of intense personal conflict.

Arjuna is standing on a battlefield, faced with the reality of fighting people he loves, and suddenly becomes overwhelmed by doubt, fear, grief, and uncertainty.

Krishna's response becomes a much deeper conversation about life, purpose, action, attachment, consciousness, and the human experience.

What I find fascinating is that this conversation is roughly 2,000 years old, yet the emotional landscape feels surprisingly familiar. Arjuna is questioning himself, struggling with fear, caught between competing responsibilities, and overwhelmed by thoughts about what might happen. His circumstances may be very different from ours, but the internal questions are remarkably human.

The Gita explores many of the same experiences we continue to navigate today: fear, attachment, desire, self-doubt, limiting beliefs, uncertainty, grief, anger, and the tendency of our minds to pull us into stories about what has happened or what might happen.

It asks us to look more closely at our relationship with our thoughts and emotions rather than automatically believing everything the mind tells us.

And this raises a question I find fascinating: how much have we actually evolved as human beings?

Of course, our technology, medicine, knowledge, and way of life have changed enormously. But beneath all of that, we are still human.

We still worry about belonging, make decisions from fear, become attached to outcomes, compare ourselves to others, struggle with uncertainty, and search for meaning.

Perhaps this is part of what makes the Gita so timeless. The world around us has changed, but many of the questions within us have not.

In this workshop, we'll explore some of these ancient teachings through a contemporary lens, connecting them to our thoughts, emotions, nervous system, patterns, and the ways we move through our own lives.

For me, the Gita has become a powerful regulation tool, reminding me that beneath our different lives, stories, and circumstances, we are all navigating many of the same human experiences.

When I return to its teachings, I often feel a sense of perspective and connection, remembering that I am not alone in what I feel, and that being human has always meant navigating uncertainty, emotion, attachment, and change.

Where am I allowing fear, attachment, or limiting thoughts to influence my choices?
What would change if I focused less on the outcome and more on how I show up?

Gita Reflection

Where in my life am I being asked to act with greater courage?

Where am I trying to control an outcome I may need to release?

What does living in alignment with my values look like right now?

Dharma

The word dharma comes from the ancient Sanskrit root *dhṛ*, meaning “to hold,” “to support,” or “to sustain.” The concept appears in some of the Vedas, and developed over thousands of years across many Indian traditions.

Because of its long history, dharma does not have one simple English translation. It can refer to truth, duty, ethical living, right action, or the principles that help sustain life and harmony.

In the Bhagavad Gita, dharma is closely connected to how we live and act in the world. Arjuna is struggling because he doesn’t know what the right thing to do is.

Krishna encourages him to look beyond fear, attachment, and personal desire and consider his responsibilities, values, and the path that is truly his to walk.

I love thinking about dharma not simply as “What am I supposed to do?” but as “What is mine to do?” There is a difference.

“Your dharma lives where your gifts meet what the world is asking of you.” - Hali Love

Dharma invites us to listen inwardly and consider what aligns with our values, our gifts, our responsibilities, and the season of life we are in.

Dharma can also change. What is right for us at one stage of life may not be right at

another.

Sometimes finding our dharma requires getting quiet enough to distinguish between what we genuinely know inside and what we have been conditioned to believe we should do.

In that sense, exploring dharma becomes an invitation to listen, reflect, and move through life with greater intention.

What feels meaningful to me at this stage of my life?

What do I want my actions to reflect?

What am I being called toward?

"Turn inward, listen true, your dharma is waiting to rise through you." - Hali Love

The Practice of Softening

Where in my life am I pushing when I could soften?

What would doing less make space for?

I don't have to ... in order to be worthy.

Integrate

So far I have learned...

So far I have released...

Right now I give myself permission to...

Become Still

What arises when I become still?

What am I noticing that I normally miss?

One message I want to carry into the rest of my life...

Ayurveda & Traditional Chinese Medicine: The Wisdom of Letting Go

One of the beautiful similarities between Traditional Chinese Medicine (TCM) and Ayurveda is their understanding that health is not simply about adding more. It is also about knowing when to release, clear, simplify, and let go.

Both traditions recognize that nature moves in cycles, and that our bodies and minds are constantly being invited to adapt to those cycles.

In TCM, autumn is associated with the Metal element, which is connected with the Lung and Large Intestine meridians. Metal carries themes of refinement, discernment, grief, boundaries, and release.

The Large Intestine represents the physical act of elimination, while the Lung is connected with receiving what we need through the breath and releasing what we no longer need.

Autumn therefore becomes a beautiful metaphor for asking: What am I ready to release? What is no longer serving me? What do I want to make space for?

In Ayurveda, autumn is generally associated with Vata dosha, characterized by qualities such as lightness, dryness, movement, and change.

Ayurveda encourages us to respond to this season by grounding, warming, nourishing, and creating steadiness.

While TCM and Ayurveda use different frameworks, there is a beautiful point of connection: both recognize that seasonal change affects us, and both encourage us to consciously adapt rather than resist.

Perhaps this is where the two traditions meet so beautifully.

TCM asks us to consider what we are ready to release, while Ayurveda reminds us to create enough grounding and nourishment to move through change with stability.

Together, they offer a powerful seasonal invitation: let go of what is complete, make space for what is emerging, and give yourself the nourishment you need for the transition.

“Release what weighs you down, root into what keeps you grounded.” - Hali Love

Let Go. Make Space. Begin Again.

What am I ready to release?

A belief I am ready to release...

A habit or pattern I am ready to release...

A story I keep telling myself that I can soften...

Something I no longer need to carry...

In its place, I choose...

“Sometimes letting go isn’t about losing something. It’s about making space for what has been waiting for you.”

“You cannot hold everything and still have open hands. Let go of what has run its course, and make room for what wants to grow.”

Where am I being invited to slow down?

Where am I being invited to simplify?

What deserves more of my attention this season?

“Release what no longer belongs, not because it wasn’t meaningful, but because you

are creating space for what comes next."

Nourish & Protect

What deserves less of my attention?

What do I want to nourish?

What do I want to protect?

"Nourishment is not something we earn. It is something we allow ourselves to receive."

Living With the Season

Movement that feels nourishing...

Foods that make me feel grounded...

A morning practice I want to cultivate...

"Nourishment begins when we stop asking, 'What more can I give?' and start asking, 'What do I need to receive?'"

An evening practice I want to cultivate...

Something I want to do less of...

Something I want to do more of...

"To nourish yourself is to listen deeply to what your body, mind, and spirit have been asking for."

Rituals for Rejuvenation

A ritual that helps me regulate...

A ritual that helps me connect...

A ritual that helps me be courageous...

"Rituals are the small ways we remind ourselves that how we live matters."

A ritual that helps me let go...

A ritual that brings me joy...

One ritual I will practice consistently...

"A ritual turns the ordinary into an opportunity to pause, connect, and come back to yourself."

Body • Mind • Emotions

"Connection creates the space where we can soften and be ourselves."

BODY - Moving forward, how will I care for my physical body?

MIND - Moving forward, how will I protect my mental space?

EMOTIONS - Moving forward, how will I allow myself to feel?

Spirit • Connection

SPIRIT - How will I reconnect with what matters?

CONNECTION - Who or what do I want to spend more time with?

What boundary would support the life I want?

Where I Am Now

"Root deeply into today, and trust what grows tomorrow."

What has this year taught me?

What am I proud of?

What am I no longer willing to tolerate?

What I Am Creating

"Creation begins where curiosity meets courage."

I created...

I protected...

I loved...

My Commitment

"Commitment is choosing yourself, again and again."

This season, I commit to...

One small action I will take this week...

One practice I will continue for 30 days...

Root Deeply. Rise Freely.

One thing I will release...

One thing I will nourish...

One thing I will protect...

"Root deeply. Rise freely."

Grow Slowly. Root Deeply.

When life becomes loud, I will remember...

When I feel disconnected, I will return to...

When I forget what matters, I will ask myself...

"Grow slowly. Root deeply."

Final Reflections

I arrived feeling...

I am leaving feeling...

The biggest shift I experienced was...

"Grow slowly. Root deeply."

The Wisdom I Take With Me

The wisdom I am taking with me is...

The practice I want to keep returning to is...

The part of myself I want to stay connected to is...

A Letter to Myself - Three Months From Now

Write to the person you are becoming.

Dear Me,

My Rooted Word

One Word For This Workshop

Why did you choose it?

I will return to this word whenever I need to remember who I am becoming.

Closing

GET ROOTED

COME AS YOU ARE. LEAVE ROOTED.

"Slowing down isn't falling behind. It's making space to listen." - Hali Love