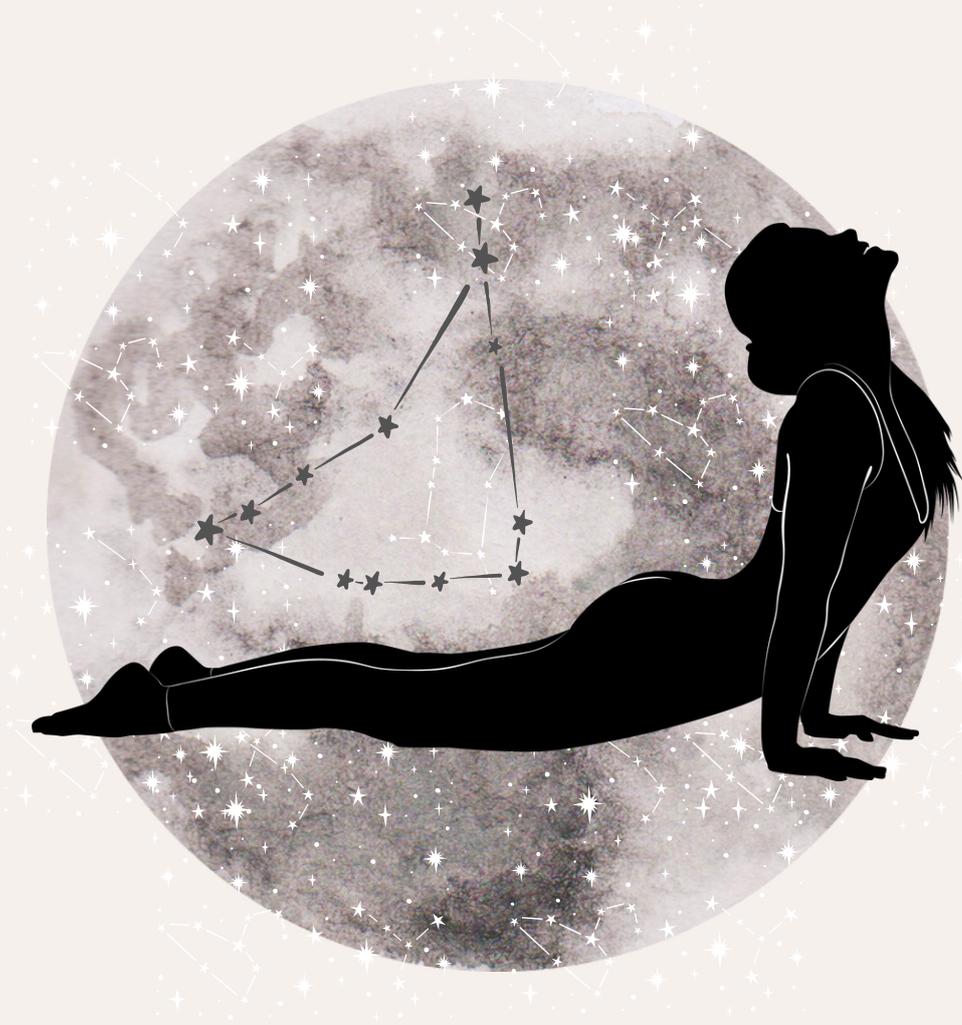


Capricorn

December 21 - January 22



Sun season

Yoga illustrators.

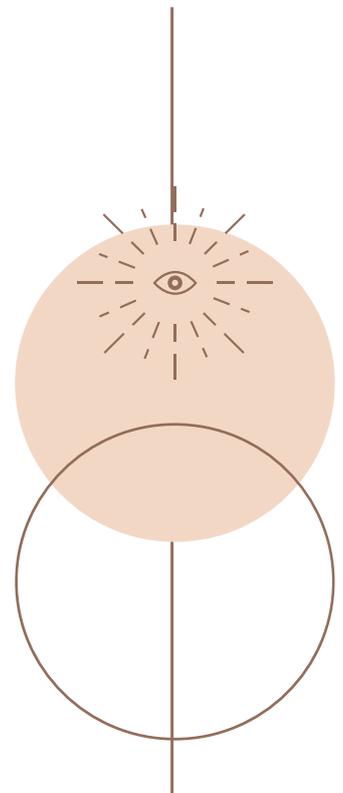


My imperfections make me beautiful

Period: Dec 21 - Jan 22
Mode: Cardinal
Element: Earth
Ruling Planet: Saturn
House: Tenth
Polarity: Negative
Genre: Feminine



Capricorn



Print me

Hang me

Remember me





Capricorn Season

Softhearted dappled with
strength & resilience

Capricorn Season is very underrated. These Sea-goats are the zest of life on the wheel of Zodiac signs. They love seeing the best in everything and everyone. This can take Caps on so many great adventures but Caps are not immune to hurt.

Being a Sea-goat means Caps are solid, confident and enjoy creature comforts. These are attributes the other Zodiac signs look upon Cap with envy.

Stability and comfort are the themes of this warm hearted season.

Capricorns attract all with their warming energy. So it's no wonder Caps associate with the 10th Astrological House- the Social House making Capricorns very social.

This aligns with holiday season. We visit family, have parties, celebrate the New Year. We all feel that warm 'Capricorn spirit'. Some refer to this as '*The Christmas Spirit*'. We can take advantage of Capricorn season by taking on social fears.

Have you lost touch with a dear friend? Are you thinking about making amends with a family member? Social communication is the key to unlocking the Capricorn spirit.

Though social, the Sea-goat has her boundaries and exercises them. Sometimes being social, taking in a lot of energies, and peer pressure can lead us out of our bounds. This leads to burn out, guilt or other stressors. Capricorn asks us to always stay present minded.

Example: *Even though I made a new friend and want to continue having fun, I will only drink 3 glasses of wine. I have a rocky relationship with alcohol and do not want to end up on a destructive path that leads to financial, psychical or emotional turmoil.*

Capricorn just wants us to explore socially while maintaining the path we've journeyed on during the year.

As the Cardinal Earth sign ruled by Saturn, Capricorns have a serious side that is very driven by their instinctive responsibility as well.

To others, this can read as cold and boring, but really, they just know what they want.

They may not trust others to do things the way that one wants them done, and this is why they are often burning the midnight oil at work or at home to make sure things are done right.

With Saturn and Capricorn in our corner, responsibility can be our middle name, and we can really focus; work first and play later. The fruits of this endeavor can be very successful.

The fruits may be the emotional and physical goals we worked on the past year. They may also be what we've brought to light from the Solar Eclipse.

Every Zodiac season seems to fly right by and then before we know it another year has gone by. We can strive to juice this Capricorn season for all she's worth.

She will start her journey around the Sun again and will close the book on this year even if we have not finished the chapter yet.

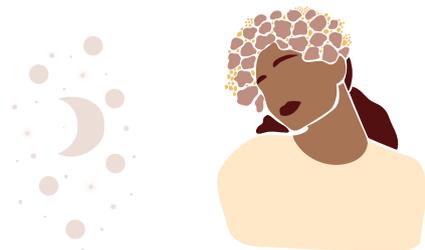
To amplify this seriously social season, there's no reason we cannot make yoga a successful ingredient to this season!

Asking that amendable friend to a yoga class is a perfect way to honor Capricorn while patching up relationships and becoming closer to our Highest Self.

Capricorn is associated with the first chakra, Muladhara: the root chakra, located at the base of our spine. Capricorn relates to our knees and joints because of its connection with nature. Our joints are key elements to link our body as a whole. Our knees play an important role in finding our true essence: they are our grounding energy that allows us to stand.

Our yoga flows can focus on knee strength and flexibility in our legs; the roots of our being. Since legs, joints and knees can be fussy; listen to your body and know your limits.

Variations of triangle pose and variations of Goddess pose incorporated into our yoga flows this season will be key to staying on course and striding strong into 2022!





Energetic anatomy

We now know that Capricorn season 's chakra is the Root Chakra; from which we grow from.

What if our root chakra is blocked? How do we even know if it's blocked? And what can we do to unblock and flow this chakra?

Chakra blockages will bleed into every area of life and its so important to look out for warning signs and symptoms. If left unhealed chakra blockages can affect emotions, relationships, sex, food, energy, anything.

Physical Symptoms include (but aren't limited to):

- sluggishness.
- colon issues.
- bladder issues and issues with elimination.
- lower back problems.
- left arm, leg, or foot issues.
- inflammation.
- cramping.
- prostate issues.

Emotional Symptoms include:

- anxiety/ nervousness
- emptiness or disconnection
- financial stress
- shopaholic tendencies
- anger issues
- fluid boundaries
- eating too much/ little
- identity loss
- afraid of change and the future
- career stagnation

If you identify with at least half of these symptoms its *crucial* to unblock your root chakra Moon Yogi!

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A blocked root chakra is a matter of urgency because of all the negative consequences it has in our life.

There are simple techniques that will slowly help you open your Muladhara once more.

A walk outside in nature for at least half an hour every day. Even if you live in a city, find a park and do this. Make the effort. It will reconnect you with Mother Earth, which is the element of the root chakra, and thus, will slowly help you regain your confidence.

We can join a Hatha yoga class. Hatha yoga is an ancient practice devised to help us open our chakras.

Lastly, we can absorb food associated with the root chakra as well. But avoid red dyes and artificially colored foods.

Opt for high vibrational foods like red fruits; strawberries, raspberries, pomegranate, and cherries, and red vegetables; red bell pepper, beets. Red meat is a powerful protein that can help with healing in this area. Though if you identify with veganism you might want to avoid that!

Vibrational meditations are also quick, easy and everywhere on Youtube. Healing our chakras doesn't have to be money spent on a fancy spa in the south of France.



Physical body

When a chakra is blocked we feel it. When its healthy and flowing we try to maintain it.

We can eat all the red foods and listen to all the meditations till the sun goes down but if our hearts are not in on it, that root chakra will go back to being blocked.

How do we maintain? Our modern lives have us clicking and liking at zombie speeds. We might forget to eat our red foods or listen to our meditations (thats okay we are only human). The real maintenance, of course, remains in our yoga practice. The rest follows suite if our yoga practice is flowing regularly.

This Capricorn season is about being social and serious, mending relationships, showing up for ourselves and making it to the next chapter with gratitude. We are one step closer to our Higher Self!

Print me

Hang me

Remember me



Be both soft and wild,
Just like the Moon

Victoria Erickson

Yoga illustrators.

Affirmations

Affirmations are like mantras: they are powerful tools to control our minds. The spiritual meaning of each mantra is planted like a seed in our inner soul. Each time we focus on repeating a mantra or an affirmation, we give water and light to our inner seeds to encourage them to flower one day.

The Capricorn season is a powerful season to connect with your first chakra, Muladhara: the root chakra, located at the base of our spine. Capricorn relates to our connection with nature, which is our grounding energy.



I am deeply rooted and stable like a tree.



I trust that I am supported by the Universe.



I trust that I am supported by the Universe.



I am right where I need to be and things are going really well.



I breathe deeply and allow my breath to anchor me to the present moment.

Affirmations



Create your own affirmations for this season and repeat it until the next astrological season.

A large, empty rectangular area with a light beige background, intended for writing affirmations.

A spicy app for Capricorn Season!

Approach this recipe like a Capricorn would; with confidence and curiosity! This is a vegan/ healthier version of hot chicken wings and is oh so scrumptious to share with friends. If you are able, use eco friendly gallon bags to mix the ingredients together!

Ingredients you will need:

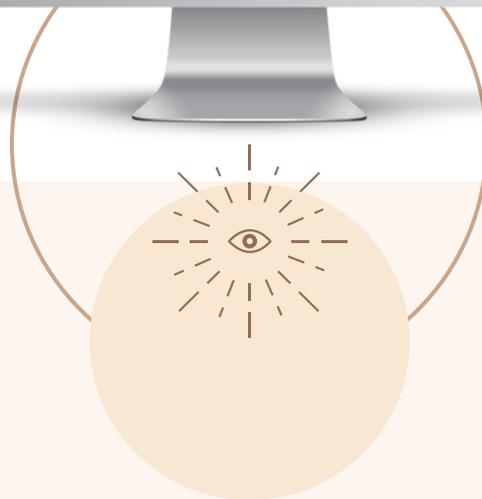
- gallon size bag
- 6 cups of fresh cauliflower florets (usually one head)
- 2 teaspoons garlic powder
- a pinch of salt
- a pinch of pepper
- 1 tablespoon vegan butter melted
- $\frac{3}{4}$ cup Frank's RedHot hot sauce(or similar)

Instructions

- Preheat oven to 450. Spray a baking sheet with cooking oil, or olive oil. Set aside.
- Mix the garlic powder, salt, pepper, melted butter, and hot sauce in a small bowl.
- Add the cauliflower into a large gallon-sized bag, pour the buffalo sauce into the bag. Shake until the cauliflower florets are fully coated. Spread on a baking sheet.
- Bake for 20 minutes.
- Serve with any vegan dressing you like!



Capricorn Yoga Flow



During the Capricorn Season, your yoga practice can focus on challenging your leg's flexibility and strength.

Don't forget that your knees are fragile: acknowledge where your body is today to avoid any injuries.



Triangle pose



Goddess pose