



Sticky fruits, picnic baskets, & long sunny days. Summer is here!

Dosha: PITTA– Fire & Water

Qualities: hot, sharp, intense

Pacifying Qualities: cool, soft, playful

EMPHASIZE:

Food:	Sweet, bitter, & astringent foods. Lightly cooked, raw, and simply spiced; cooling herbs & spices, juicy fruits, fresh leafy greens, vegetables. Stay hydrated! Infused waters
Breath:	Soothing breath that calms the mind. Sitali, Nadhi Shodhana, or Sama Vritti.
Movement:	Steady, strengthening, vigorous, and heating asana with longer held postures. If not yoga, what ways can you explore movement that bring joy and vibrancy to your day.
Meditation:	Think Playful, engaging, dynamic movement. Engage a cooling breath and attitude; moon salutations and poses that support the small intestine, liver, and stomach.

MINIMIZE:

Food:	Overly salted, spicy, oily, & fried foods; pungent & excessively sour tastes, eggs, alcohol, black tea, coffee, long fasts.
Breath:	Sharp or intense breathing that builds internal heat such as Kapalabhati, Bhastrika, or strong ujjayi breath
Movement	Vigorous Movement; especially between 10am – 2pm in direct sunlight, hot yoga, competitive attitude & environments

BREATHWORK GUIDE:

Cool Down Breath:

Sitali

- **From easy seated pose**, make sure your shoulders are relaxing away from your ears, your spine is long, your belly is soft, and your chin is roughly parallel to the floor.
- Take two or three deep inhales and exhales through your nose to center yourself in preparation for this pranayama practice.
- Roll your tongue, curling the sides in towards the center to form a tube (or a taco shape). Stick the end of the tongue out between your pursed lips. If you can't roll your tongue, purse your lips instead, making a small "o" shape with your mouth. In this case, keep your tongue against the back side of your bottom teeth so that the air you are drawing in passes over it. Or, place your tongue on the roof of the mouth by sliding it back to rest on the ridge behind your top teeth.
- Inhale slowly through the tube formed by your tongue as if you were sipping air through a straw. Let the breath expand your chest and fill your belly. If your lips are pursed in an "o" shape, channel the air through that opening.
- Close your mouth and exhale slowly through your nose.
- Repeat at least five to ten times to maximize the cooling effect. In Kundalini, it is recommended to do **26** rounds of this breath in the morning and another **26** in the evening.

Sama Vritti

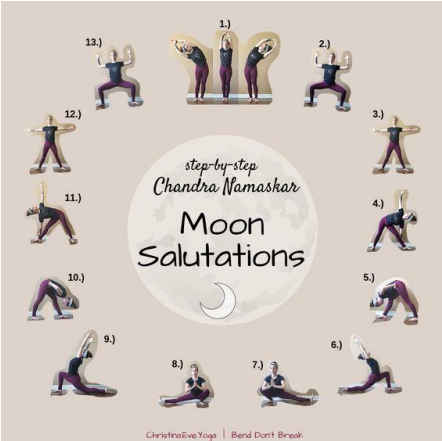
Box Breathing


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- Close your eyes. Breathe in through your nose, slowly counting to **4**. Feel the air filling your lungs.
 - Hold your breath here and slowly count to **4** again. Try not to clamp your airways shut. Simply avoid inhaling or exhaling for **4** counts.
 - Slowly exhale to the count of **4**.
 - Hold the exhale for another **4** counts.
 - Repeat steps **1–4** for **4** minutes or until you feel calm and centered.




MOVEMENT GUIDE:




Meditation/ Visualization:	<ul style="list-style-type: none">● Steady, strengthening, vigorous, and heating asana with longer held postures.● Imagine sitting by a lake and inviting a cool breeze that enters your body with every inhale.
Practice tips:	<ul style="list-style-type: none">● Create a comfortable, cooling, & spacious practice space.● Move at a moderate pace and avoid intensity● Flow with a playful heart● Soft ujjayi, occasionally release through the mouth to release internal heat buildup. Audible exhales● Soft gaze with relaxed jaw and shoulders● Judgement free and ditch self-criticism
Dosha Notes:	<ul style="list-style-type: none">● Vata: If you're feeling depleted approach your practice with slow, focused, and steady breathing.● Kapha: Engage stronger ujjayi breathing and longer holds in postures.


POSES/ ASANA:

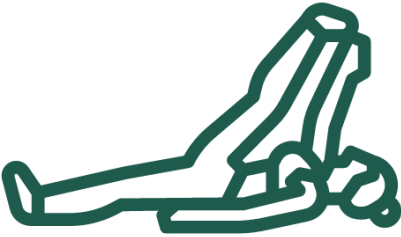

<p>Moon</p> <p>Salutations:</p> <p><i>Chandra</i></p> <p><i>Namaskar</i></p>	<ol style="list-style-type: none"> 1. Begin in mountain; Tadasana 2. Standing half moon (Konasana II). Lift up and out of your torso and bend to the right side, stretching your intercostal muscles on the right side of the body. Keep the chin tucked slightly. Breathe. 3. Goddess pose (Utkata Konasana). Bring your arms to your side in a cactus shape with palms up and elbows at your sides. Pivot your feet, so the toes face out, and the heels face in. Bend at the knees and sit deep into your hips. Breathe. 4. Star pose. From Goddess, pivot the feet the opposite way, so the heels face out, and the toes face in. Bring your arms wide above your head, extended outwards, so your body makes the shape of a star, your head being the fifth point. 5. Triangle pose (Trikonasana). Pivot toward your right leg, so your upper body is facing the short end of the mat. With straight legs, bring your right arm to rest gently on your right shin, and lift your left arm in the air. Keep your hips in like your body is wedged between two pieces of glass. 6. Pyramid pose (Parsvottanasana). Still facing the right leg with the upper body, bring your hands above your head and clasp your fingers together on an inhale. Bend forward with straight legs towards the right knee on an exhale. 	
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	<p>Reach your forehead as close to your knee as you comfortably can.</p> <p>7. Low lunge (Anjaneyasana). Bring your arms over your head on an inhale, palms facing each other, and drop your left knee on the mat. Reach up and expand through the chest, leaning forward into the right hip.</p> <p>8. Side lunge (skandasana) From low lunge, turn sideways, so you are facing the long edge of the mat again. Bend into the right leg and lengthen through the left leg. Bring your hands to your heart center and breathe. Flex the left toes towards your face. Learn more about lateral lunges in our complete guide.</p> <p>9. Garland pose (Malasana). Bring both knees up, with your heels rooted to the floor. Sit down between your knees. Press your knees open with your elbows with hands at heart center. Sink deep into the hips but sit up tall through the spine and upper body.</p> <p>10. Repeat steps 8-1 on the other side</p>	
<p>Child's Pose: Balasana</p>	<p>From Standing Pose, draw the feet close together (if possible). Inhale the arms out and up, exhale bend the knees like you're sitting down in a chair. Lift chest toward the chin. Keep the tailbone down, ribs forward. Face the palms toward each other with the thumbs towards the back of the room.</p>	

<p>Hero's Pose: <i>Virasana</i></p>	<p>From Downward Dog, <i>inhale</i> the right foot high. <i>Exhale</i>, plant the right foot in between the hands. Drop the left heel, toes to the front right corner of the mat. Make sure there is a comfortable heel to arch alignment. <i>Inhale</i>, arms up high and lift torso. Press through the front foot. Reach your right arm forward squaring the ribs. Right hip square to the front. Option to cactus arms.</p>	
<p>Cat & Cow: <i>Marjaryasana & Bitilasana</i></p>	<p>From Downward Dog, <i>inhale</i> the right foot high. <i>Exhale</i>, plant the right foot in between the hands. Drop the left heel so that the left toes are pointed directly to the side of the mat. <i>Inhale</i>, cartwheel the arms up to a T. Press into the knife edge of the right foot for stability. Gaze is forward over the hand.</p>	
<p>Sunbird Sequence: <i>Chakravakasana</i></p>	<p>From Warrior 2, <i>exhale</i> the hand down inside the right foot. <i>Inhale</i>, reach the top arm over the ears. You'll want a straight line from the back of the foot to the tips of the finger. Stack shoulders over each other and over the knee. Open the heart by aligning the ribs over the knee. Press into the outside edge of back foot. Press into front foot.</p>	

<p>Melting Heart</p> <p>Pose:</p> <p><i>Anahatasana</i></p>	<p>From Forward Fold, walk the right foot forward and place it an inch in front of the pinky toe. Bend right knee, inhale lift left knee straight back. Exhale open heart to the left. Left arm reaches to the sky, Reach left heel towards the back. Open heart. Stack left hip over right.</p>	
<p>Seated Forward Fold:</p> <p><i>Paschimottanasana</i></p>	<p>From Belly Flat on the Ground, Place your arms by your sides. Point your toes. Inhale, lift the chest, legs, and thighs off the ground. Soften the face. Draw the feet as close together as possible. Exhale, slowly lower the thighs, feet, then chest.</p>	
<p>Seated Head to Knee:</p> <p><i>Janu Sirasana</i></p>	<p>Sit with your knees bent, feet on the floor. Place your hands behind your knees, lift the chest, engaging the back muscles as you inhale. Engage your inner thighs and draw your lower belly in and up. Tip back on the back of your sitting bones and lift your feet up to about knee height, toes spread out. Bring your arms parallel to the floor. Stay for 2-5 breaths, work up to 10 breaths Exhale, bring your feet down, and sit with a straight spine, holding on to your legs for a couple of breaths</p>	

<p>Half Fish</p> <p>Pose:</p> <p>Ardha</p> <p>Matsyendrasana</p>	<ol style="list-style-type: none"> 1. Stand on your knees at the front of the mat. Ensure your knees are hip-width apart in a kneeling position with the tops of your feet on the mat. Sit up tall in the spine, tucking your tailbone slightly under you, towards the ground. Place your fingertips at the spine's base. Look up and back, slowly leaning backward. Inhale, lift your gaze, and begin to bend backward, expanding up and open through the sternum, looking as high as is comfortable for your neck. Reach for your heels. Exhale, push your glutes forward. Engage the front of your thighs as you begin to reach for one heel and then the other. Keep looking up and back. Lift, then pull up. Pull up onto your heels, continue shifting your weight forward, engage your quadriceps, and bend your back. Touch the shoulder blades together behind you. Breathe. Continue inhaling and exhaling through the nose as you hold this pose. To exit, bring your hands back to your sacrum to support the lower back as you slowly and gently rise from your backbend. To counteract this deep stretch, rest in child's pose for a few breaths and allow the sensations and feelings that have arisen to settle. 	
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<p>Reclined Hand to Big Toe Pose: <i>Supta Padangusthasana</i></p>	<p>Lying on your back, bring your arms out to the sides like a T. Bend the right knee and place the right foot on the left knee.</p> <p>Exhale, drop the right knee over to the left side of your body, twisting the spine and low back. Look at the right fingertips.</p> <p>Keep the shoulders flat to the floor, close the eyes, and relax into the posture. Let gravity pull the knee down, so you do not have to use any effort in this posture.</p> <p><i>Breathe</i> and hold for 6–10 breaths.</p> <p>To release: inhale and roll the hips back to the floor, and exhale the leg back down to the floor.</p> <p>Repeat on other side.</p>	
<p>Reclined Butterfly: <i>Supta Baddha Konasana</i></p>	<p>From Plow/Plough Pose, interlace the fingers or place hands on lower back. Bring up one leg at a time. Press into the fingers and forearms for support to guide your spine straight.</p>	
<p>Corpse/ Final Resting Pose: <i>Savanasa</i></p>	<p>Lie on your back with your legs extended long and away from each other. Your arms are resting by your side but not touching your body. Palms are up. Cover yourself with a blanket and support your joints by placing a pillow or bolster behind your knees. Close your eyes, exhale deeply, and relax every inch of your body. Release any controlled effort to breathe. Rest in stillness for 10–15 minutes to complete your practice.</p>	