

# AYURVEDIC SUMMER

## WAKE UP

Rise with the sun, yet beat the heat and stay indoors or protected between 10am and 2pm.



## DON'T ADD FUEL TO THE FIRE.

Avoid alcohol, coffee, caffeinated drinks, black tea, cigarettes, soy, tomatoes, garlic and chillies.



## USE COOLING SPICES

– particularly fennel seeds and coriander seeds.

## KEEP UP A REGULAR WARMED OIL MASSAGE

Start using organic cold-pressed coconut oil or use a prepared Pitta Massage Oil.

## FAVOUR SWEET, BITTER, AND ASTRINGENT FOODS.

Invite aloe vera, leafy greens, peaches, cucumbers, mint, fresh cilantro, fennel, coconut, melons, and mangos onto your plate. Enjoy your summer salad at lunch time, when the sun is highest, and your agni is strongest.

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## HYDRATE

Drink mint tea, sip a coconut, or brew up equal parts coriander seeds, fennel seeds, and cumin seeds – an Ayurvedic detox tea formula. (See Ayurvedic Cleanse under the Discovery Page on our website.)

## TAKE THE TIME TO ENJOY MOON LIT WALKS.

And, walking barefoot on the dewy grass in the mornings will help to reduce Pitta heat accumulation.

## DAILY BREATH PRACTICE:

Cool down with Sitali Breath. Chandra Bheda, or Nadi Shodana (alternate Nostril Breath).'



## REDUCE HEAVY, OILY, AND FERMENTED FOOD.

Plus, tastes that are sour and salty. Leave red meat, seafood, nuts, grains, beans, soya sauce, sourdough, tempeh, tofu, and cheese for another season. Fried foods, potato chips, and spicy foods are all out too. Keep things fresh, light, and cooling!



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## KEEP MOVING

Keep Moving – gently. Ocean swims, unheated yoga, and slow forward folds soothe summer heat. Try Reclined Butterfly or Sphinx Pose for a cooling Yin release.

Best movement times: 5–8 AM or 6–8 PM.



## DRESS IN COOLING HUES.

Dress in Cooling Hues – Blues, greens, turquoises, whites, and silvers help calm the heat. Choose light layers that keep your skin shaded and cool.