

Be Cool... Do BIKRAM Yoga in the Summer!!!!

Here's WHY:

- It's important to be consistent with your Yoga practice all year: **the benefits are for all seasons!**
- Bikram Yoga helps your body be efficient at cooling itself.
- Bikram Yoga helps in summer sports such as golf, swimming, running, baseball, etc.
- Bikram Yoga helps you adjust to the summer heat, making life more enjoyable even on the hottest day.
- Bikram Yoga helps the body acclimate to the heat: save on your energy bill & **help save the PLANET!!**

Guidelines for FUN Summer Living and Keeping COOL:

- Ensure adequate recreation. Think WATER!! Pitta is the element of fire, so water is best for cooling pitta. Walk by water. Swim. Sail. Surf. Or even just sit and look at it. Be by a waterfall. Above all drink it. We need more fluids in summer and water is the best. Your daily shower should be cool, not hot.
 - Drink sufficient cool water! Before, during, and after class.
 - Avoid quarrels, criticism, anger, and jealousy.
 - Try AROMATHERAPY. Cooling aromas to try are sandalwood, rose, & lotus.
 - Regular MEDITATION.

Modifying the Diet for Summer: Keep it COOL the Ayurvedic way!!

What's the first thing you reach for on a hot summer day? A cold drink!! We instinctively know that cool drinks & cool foods help balance Pitta/Heat and replenish fluid levels in the body. But if a drink is ice-cold, it will douse your digestive fire and disrupt digestion, so it's best to avoid iced drinks, especially during meals. Also stay away from carbonated drinks because they slow down digestion. Freshly blended fruit juices and nectars drunk at room temperature are nutritious, satisfying & delicious. To keep Pitta in balance, favor the sweet, bitter and astringent tastes. Fully ripe sweet juicy fruits like melons, cherries, pineapple, grapes, pears, mangoes, coconut water, & vegetables such as cucumber, broccoli, zucchini & asparagus are pitta-pacifying. Minimize spicy

foods like cayenne & avoid vegetables with heating properties such as tomatoes, hot peppers, radishes, onions, & garlic. Cook with cooling spices such as fennel, mint, cilantro, and coriander. Plenty of salad greens such as lettuce, arugula, radicchio, basil, and endive are particularly Pitta-balancing. Remember to include cool drinks & raw foods in the diet, fruit juices without added sugar, mint teas, and raw berries. As always, avoid over-eating.

GrOoVY SuMmEr ReCiPeS To KeEp YoU CoOL!!!!

Luscious Summer Lassi:

Blending 4-6 oz. plain yogurt, 2-3 oz. water, 2 ice cubes (optional), 1 medium diced, ripe mango (or fruit of your choice), a pinch of cardamom powder.

Theresa's Murphy's Favorite Yummy Summer Snack:

Slice cucumbers and cover with a squeeze of fresh lime juice, & a pinch of salt....very cooling for the body, delicious, and a yummy, healthy snack!