

BEATING THE HEAT OF THE SUMMER SUMMER E-NEWSLETTER, 2012

Hatha Yoga

HA means sun and THA means moon, so all of hatha yoga is about balancing your energies. The HA (solar energies) predominate in summer, but there are many postures that will cool you down. Sun Salutations will tend to make you hotter, especially if you jump forward as part of the sequence. So this is good time to take a break from that sequence. Good postures to practice are the passive ones, like Legs Up The Wall, Supported Easy Backbends, with a block under the sacrum (Arch Posture) or a pillow under the mid-back (Fish Posture), or either Seated or Standing Forward Bends. Twists are also good for cooling, either seated or lying down. Be sure to extend through the top of the head, lengthening the spine when twisting. For further instructions contact Rosalie or come to a class. [Class schedule](#) is on our [website](#) under [Yoga](#).

Breath work

SITALI pranayama, in which you sit and breathe in through the mouth as if you were sipping through a soda straw and exhale through the nose, is very cooling. Repeat for a few minutes, until you feel cooler. One of my students said she used to do this with her young daughter when she had a fever and it brought the fever down.

SINGLE NOSTRIL BREATHING

Usually we do alternate nostril breathing as a technique to bring balance to the nervous system. But on a very hot day, closing off the right nostril and breathing in and out through the left will activate the lunar energies and suppress the solar, cooling and calming the system. Repeat for 5-20 breaths. Do not practice this if depressed, however, only practice alternate nostril breathing. [Contact Rosalie](#) for further instructions.

Cooling foods

Eat lots of fresh fruits and vegetables (preferably organic), especially those with high water content - melons, berries, leafy greens. Emphasize light and cool foods, minimize cooking. Coconut water is very cooling to the body but has a laxative effect, so use sparingly. Most people lose potassium when sweating a lot. Replacing potassium with an electrolyte-enhanced water can be helpful. Shaklee has a potassium chloride drink called Performance, currently being used by many Olympic hopefuls, that is like Gatorade, but without the artificial colors, flavors and chemicals. [Contact Rosalie](#) for information, or go to www.southwesthealthresources.com to order directly online.