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*smart yogi's summer guide:*

TOP 3 TIPS

to

*chill out*



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## SMART YOGI'S SUMMER GUIDE:

# Top 3 Tips to *chill* Out

### BALANCE THE HEAT

The study of Ayurveda, a sister science to yoga, focuses on the idea of balance. The summertime is the time to focus on cooling and calming practices so too much heat doesn't build in your body and in your life. Here are some tried and true ideas especially for you!



### 1 MEDITATION

#### Feet in sand. Hand on heart.

There is no more relaxing place in the summer than at the beach. Try to hit the beach at sunrise or sunset for this very easy meditation practice. This meditation will set you up for a mindful day. Walk up to the spot where the ocean touches the sand, facing the horizon of where the ocean meets the sky. Let the expansiveness overcome you. Take in the overwhelming beauty of mother nature. Place your hands on your heart and feel the radiant energy inside your body. Focus on your gratitude for the sun, for mother earth, and for the love in your heart, and have a splendid day.

### 2 PRANAYAMA

#### Cooling breathwork.

Use your own breath to cool your body in the sizzling heat. Try the practice of sitali or sitkari. The only difference between the two is if you cannot curl your tongue. In sitali you curl your tongue and breath as if through a straw and focus on the cooling sensation on your tongue. In sitkari you press your lower and upper teeth together and breath through your teeth.



### 3 YOGA

#### Sun rises. Sun sets. Salute your sun.

The sun salutation (aka Surya Namaskar) is one of the most ubiquitous yoga sequences and the reason is that it slowly warms up and opens the body, while connecting deeply to the breathing. Its name is derived from our human gratitude to the sun which rises every morning and sets every evening. As these days are the longest of the year, really cherish this sequence and practice a connection to the cycles of your day.



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