



AYURVEDA SUMMER TIPS

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1

BEAT THE HEAT

Summertime is bursting with radiant energy, activity and outdoor fun. Enjoy the outdoors during the cooler mornings and evenings and try to avoid intense activity from 10 am - 2 pm, during the peak pitta time of day.

2

STAY HYDRATED

Summer's intense heat zaps moisture from nature and our bodies. Drink plenty of water and reduce caffeine and alcohol. Create the perfect summer drink by adding lime or cucumber, a pinch of salt and mint to your water.

3

EAT COOL LIGHT & FRESH

During this bountiful season try eating a variety of fresh fruits & veggies. Diversifying your diet and eating with the season will keep you in sync with nature and naturally cool.

4

FAVOR SWEET BITTER ASTRINGENT TASTES

Eating sweet, bitter & astringent foods will help keep you cool. Pitta season foods include ripe fruits like avocados, cherries, grapes, pineapples, peaches & mangoes. Asparagus, cucumbers, zucchini, peas, collards, kale & green beans are all good choices.

5

WORK LESS & RELAX MORE

Instead of filling your schedule with summer projects and non-stop activity, leave room for downtime and embrace the lazy days of summer.

6

FOCUS ON THE EXHALE

Deep breathing is an incredibly useful tool for relaxing the body and calming the mind. Each part of the breath has a different focus and benefit. The exhale grounds, stabilize and cools. When you're feeling stressed, frustrated or have accumulated excess heat in the body, focusing on the exhale helps settle the mind and body.

7

CONNECT WITH WATER

Swim, splash and spritz. This summer spend time at the pool, your favorite lake, river or at the beach. Surround yourself with water. Try using rose water spray to keep you cool and calm.

8

ADAPT YOUR PRACTICE

On your mat, keep your practice non-competitive, nurturing and playful. Try practicing with your eyes closed and add cooling postures like twists, side bends and forward bends. Relax your effort and remember less is more.