



Summer Cool Down

for cooling and calming

by Melinda Thomas Hansen of thehouseholderspath.com

Help your body and mind keep cool and balanced by releasing the deep heat of summer through simple foods, easy breathing, gentle yoga poses and coconut oil massage. You'll be glad you did!

Cooling Foods and Drink

- ✿ Watermelon! Enjoy as much as you can. Try it in-between meals to avoid unpleasant bloating.
- ✿ Enjoy other seasonal, cooling foods such as sweet berries, peaches, cucumbers and summer squash.
- ✿ Add a few sprigs of fresh mint or cucumber to your water.



Cooling Breath

- ✿ Step outside into the morning air and take a few deep breaths.
- ✿ While you're at it, spend a few moments in quiet meditation to cool and calm your mind.

Cooling Movement

- ✿ Balance your intense, summer activities with the cooling poses to the right.

Cooling Skin, Calming Nerves

- ✿ Rub coconut oil into your skin before or after your shower. Let it soak in before you dress.



Uttanasan
Forward Fold



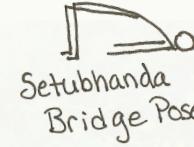
Adho Mukha Svanasan
Down Dog



Balasana
Child's Pose



Succirandrasan
Four Square Pose



Setubhanda
Bridge Pose



Supta Bhaddha
Konasan
Reclining Angle



Upavistakonasan
Wide Angle with
Side Stretch
(Both Sides)



Viparita Karna
Legs Up the Wall
(with or without support)

