



Summer

Description

Summer Reflections



- The radiance of the summer sun brings to the forefront such qualities as: sharp, hot, passionate, bright, mature and penetrating.
- It is associated with the fire element.
- The light of summer provides higher energy that can be used mindfully to inspire changes envisioned in the dark.

THE BEAUTY OF MATURITY

Summer brings a sense of fullness! The days become so much brighter and longer, and the sun is stronger. Perhaps this offers us the feeling of “having arrived,” because the light is at its greatest splendor. The vision and the capacity to focus, which gave so many problems in the springtime, seem



more clear in the summerâ?| Summer has the beauty of maturity. â?? Sandra Sabatini & Silvia Mori

EASIEST SEASON TO INCREASE CIRCULATION & ROM

Summer is the easiest season to increase circulation and range of motion. The fire element is in full effect and Mother Natureâ??s natural heat have already done most of the warm up work. So do not delay. Explore your restrictions today. Consider how you might move if your heart was open wide and you could set your body free! â?? Kristi Zimmer LMP

FIRE ELEMENT DOMINATES

This is the time of year when the fire element dominates. When weâ??re in balance during this time, we can embody the inherent passion, warmth, and golden satisfaction of the season. The downside of summer is that it is also ripe for imbalances related to burn-out. These include such fiery conditions such as acne, boils, rash, excess sweating, heatstroke, hives, excessive anger and intensity, as well as digestive upsets like peptic ulcers, colitis, and diarrhea. And so, while you may love the sun, make sure to cool summerâ??s spice with some simple Ayurvedic heat-reducing practices. â?? Katie Silcox

EASIER TO CREATE CHANGES YOUâ??VE ENVISIONED

Your journey back to your self happens through increased self-awareness. This is one of the many gifts of a dedicated yoga and meditation practice. It shines the light of awareness on what youâ??ve kept hidden, even from yourself. You acknowledge your shadow side, take responsibility for it, and begin to create real and lasting change in your life. In Kundalini Yoga, they say if you donâ??t want anything in your life to change, then donâ??t practice yoga. Itâ??s impossible to have a dedicated practice and not experience dramatic life change.

The sun/the light of awareness, casts light on our shadow side. The high energy days of summer give us the energy we need to take action. The winter months were your time of introspection and now the high energy days of summer make it easier to create the changes youâ??ve envisioned for yourself. My question to you is, how are you going to make this your best summer yet? â?? Gloria Latham

Theme Ideas



- Playfulness, Free-Form
- Bringing Balance with Cooling & Quietness
- Nurturing
- Resting, Doing Less
- [Restoration](#)
- Bringing Energy Back Into the Body

Teaching Approach



- Melina Meza suggests we “take it easy and do less” to counter the “hot, ambitious nature” of summer. (Art of Sequencing – Volume Two Seasonal Vinyasa)
- To balance the season, think cooling and quieting.
- See [Summer Solstice](#) for more information.

Asana & Sequences



Asana

- In order to avoid overheating and aggravating Pitta, [Ayurvedic](#) wisdom advises all physical exercise during summer to be lightâ??not vigorous.
- It is advised that summertime *asana* be done at a moderate pace.
- [Restorative yoga](#) is recommended to balance the active nature of Summer.
- [Forward bends](#) support the intention to balance the seasonâ??s expansive energy by bringing some energy back into the body.
- â??[Spinal twists](#) help release excess fire and toxins.â?• (Ayurveda Alchemy)
- Melina Meza recommends â??noncompetitive, cooling, nurturing, expansive, relaxing and playfulâ?• *asana* as well as more â??free-form, intuitive movementâ?• and practicing with closed



eyes. (Art of Sequencing â?? Volume Two Seasonal Vinyasa)

REMOVE EXCESS HEAT INSTEAD OF BUILDING HEAT

Favor yoga asanas that remove excess heat from the body instead of building heat. Forward bends, twists and mild backbends are the best peak asanas for this time of year. Use caution with inversions, arm balances and standing asanas that build too much heat as it is important to counter-pose any heat building during this time of year. â?? Maria Garre

SENSE THE QUALITY OF FIRE

The sitting position resembles a flame burning steady and calmlyâ?| joining the palms of the hands, rising the arms, together with deep calm breathing allows us to sense the quality of Fireâ?| It helps us not to waver but to stay close to the joy of nature expressed by the season. When the sun becomes too intrusively strong, fixed in the sky, we need to offset this with shelter, and find shady places. Practice refreshes, and brings refuge, where we can withdraw from the dazzling sun. â?? Sandra Sabatini & Silvia Mori

Sequences

- [Sequence Library: Seasonal Themed Classes.](#)

Pranayama



- [Chandra Bhedana \(Moon Piercing Breath\)](#)
- [Sitali \(Cooling Breath\)](#)
- Focus on extending the [exhalation](#)

Mantra



The [bija mantra](#) â??vama?• is the mantra of water, which cools fire, softens intensity, and halts judgment. Practice resting in the witness of your experience as you say and hear this sound. â?? Cool Summerâ??s Fire

Author
michaeljoelhall