

Summer Special Yoga

The heat is on, with the mercury hitting the high 40s and 50s, summer's the season when the earth gets a mighty roasting. It's part of the cycle of seasons, and there's no way out but to learn to cope with it. Those who come up with sensible strategies to deal with the summer -- both traditional and modern -- even learn to enjoy these months!

Here are a few yoga strategies to keep cool through summer:

Channeling the Life Force (Prana) is one of the most important practices in Yoga. **Sheetali** Pranayama (also called Cooling Breath) has a calming and cooling effect upon the body and mind. It is especially useful in summer when several people experience restlessness due to heat.

- ❖ Besides temperature regulation, this breathing technique reduces mental tension and emotional excitation.
- ❖ It relaxes the muscles, purifies the blood and tones the liver and spleen
- ❖ It also helps in stemming acidity of the stomach and blood pressure

How to do:

- ❖ Beginners can start with deep breathing practice in sitting position.
- ❖ Close your eyes and place your hands on your knees.
- ❖ Now curl the sides of tongue up to create a tunnel and slowly breathe in through the mouth allowing the air to pass over the tongue thus creating a cooling sensation
- ❖ Initially 4 seconds inhale through mouth while rolling the tongue and exhale for 6 seconds through both nostrils, this can be practiced for about 5 minutes.
- ❖ With practice one can increase the counts to 4:8, or 5:10 or 6:12 seconds

Precautions –

- ❖ If one has Low Blood pressure then this Pranayama can bring it further down. So be careful.
- ❖ Practitioner may feel little cold or tingling sensation in the throat due to cold air but this is normal.
- ❖ Under No circumstances the proportion of the breathing should be forced.

