



Seasonal Yoga

Summer

...the FIRE element

Summer is the most yang time of year when our energy is at it's peak! The focus is on the heart, love, joy and compassion.

MERIDIANS

The meridians associated with Summer are the **Heart** (HT) which is associated with the blood and circulation, and **Small Intestine** (SI) which is associated with integration and digestion.

POINTS

One of the main HT points is **HT7** which is situated on the end of the wrist crease at the side of the little finger. This is good for anxiety and insomnia.

A useful SI point is **SI10** which is located in the middle of the shoulder blade. This is good for shoulder tension and pain in the shoulder. Stretching your shoulders is good at this time of year.



THE BODY

Aerobic exercise such as cycling, running, dancing or even brisk walking to get the circulation going. Choose something that you enjoy and is fun and perhaps part of a network where you can socialise.

YOGA ASANAS

Any asanas that open the heart area and stretch the shoulders. Moving from centre to extremity and then back.



MEDITATION

Meditate on things such as joy, love, friendships and integration. Group meditations outdoors.

FOOD

Light and cooling foods will counteract the hotter weather and Fire element. Salads and raw foods are good. Light, little and often and avoid too much spice and red meats. Red coloured foods such as tomatoes, beetroot and red berries.