

Encinitas Yoga

June Newsletter

Summer Strength—Part 1

Dear Friends and Students,

Sure enough, summer is about to start after a wonderful twisting, detoxifying and regenerating spring at Encinitas Yoga. We've loved getting to know some of you better through your regular presence at Encinitas Yoga. Also, thank you very much for the positive feedback on the monthly newsletter.

Now we can begin to build some yogic strength for the summer, the season of daylight, sun, movement and yang; the active and expanding energy. The nearing summer solstice marks the actual start of the summer in many traditions. It is the day with the most daylight of the year. Here in the San Diego area, the effects of longer daylight are subtler than for example my native Finland, where the sun doesn't set at all on the night of the solstice; there the extreme amount of daylight balances the many months of minimal daylight or not much light at all. Here in southern California we are lucky to have a steady supply of sunlight year-round, with just enough variation to keep us tuned in with the seasons. Although, June gloom is a

whole other season in itself!

As our bodies and nature go through their seasonal changes, it is a great opportunity to gain further self-awareness through your yoga practice. As plants and animals alike make the most of the growing season, we as humans are also inclined to stay active. Enjoying the outdoors, feeling energetic and enjoying various activities.

The heart plays a big role in the energetics of summer; keeping up your yoga routine through summer maintains cardiovascular health. Breath, sweat and the increase of circulation throughout your body, the temple that it is, will help you maintain the energy levels natural for this season of light, action and vitality.

And after all it is the bikini-season so maybe a little yogic strength training can help us all normalize body weight, create long and lean muscles, and build confidence to face whatever it is that will come our way. It is not only physical strength and training, but feeling good and being confident physically will translate to the emo-

tional and spiritual elements of life.

This month, we'd like to bring focus to your core strength - the physical muscles that support a good posture in your yoga practice and the core strength that supports you in life spiritually. The muscles that are involved when discussing core strength support and stabilize you in most activities, such as, running, lifting weights, or daily household activities like picking up a child. Your torso powers all of these movements; the back and abdominal muscles support the spine to enable all the various movements and exercises we perform. This is the core of the body, the stronger your torso and the deep stabilizing muscles within, the easier and safer your movements will be to execute. It is mainly core abdominal strength that is essential in every asana you practice, the feeling of ease and balance is a result of these muscles in action. What you may have heard in class already is, how you actually increase your digestive fire, by using your abdominal muscles and diaphragm in certain postures. If and when the core is weak, so is the digestion. You will develop strength and circulation to the core muscles by activating

them with more awareness in your yoga practice. Doing this will strengthen not only the key muscles for good balance, posture, and confidence, but also the essential function of digestion.

During the summer, the fire element and digestion plays a big role in well-being. Help support your digestive system by eating foods that are in season; plenty of fresh fruit and vegetables. Remember to hydrate accordingly, as temperature rise you may require extra fluids. It is always recommended that you drink enough fluids before your yoga class to ensure that you are hydrate before you even start, drinking after the class usually is not a problem since you should be relaxed and feeling the healthy buzz of post yoga bliss.

Have a wonderful start for your summer!

Enjoy strengthening through your yoga practice,

Namaste,
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Summer Changes:

- All good things must come to an end, so our regular pricing returns for this summer
- Derek McCartney is replacing David Lakin for the morning heated classes on Tuesday & Thursday. Thank you David for your contribution - he will still be around substituting from time to time.
- Sara will be teaching two early morning classes starting June 9th - Silent on Tuesday and Power Hour on Thursday.

Ice tea with a kick

- 1 quart of filtered or other good quality water
- 3-4 inch piece of fresh ginger root cut p to small pieces (or for example 2 Traditional Medicinal Golden Ginger teabags)
- 1-2 lemons
- 1-2 tbsp Honey or Agave syrup - Stevia if a non-calorie sweetener is desired
- Optional - cayenne pepper, cinnamon, cardamom and/or Echinacea or another desired herb for additional effects...

Bring water to boil, add cut up pieces of peeled ginger root. Take tea off the burner. No more cooking is required. Add a dash of cayenne, cinnamon and/or cardamom for flavor.

Let sit until cooled to luke warm - then strain the tea.

Once cooled down to luke warm, squeeze the lemon/s (squeeze them through a strainer to avoid seeds in tea), and mix in 1-2 tbsp of honey or agave syrup to sweeten slightly.

Cool in a refrigerator for a while - Enjoy!