

Encinitas Yoga

August Newsletter

Summer Strength—Part 3

As we move into August, we are reaching the height of the summer. A great opportunity to tune in and learn from the wisdom of the different systems of medicine that take into account the seasons, their dynamics and how they manifest in nature and in us. Stay tuned to your own seasonality, and see what you can do to achieve balance now that the summer heat is on. It is also the height of 'pitta', the season of fire in the ayurvedic dosha system.

In summer time, for example, you might have noticed a desire to drink more water and liquids, eat more fresh fruits and vegetables to balance out the fire that can actually increase when eating mostly cooked and heavier foods. The fire element within us is natural and part of the balance. When the fire is out of balance it may be expressed as aggravation, insomnia or maybe as indigestion or heart burn, instead of its normal energizing and uplifting qualities.

A way to bring continuous balance to life is with your yoga practice. In the time you set aside for yoga, take the time to notice how changes are taking place in and around you, adjust to the moment, be present as you become aware of what ever it is that is happening. On and off your yoga mat.

A favorite asana this month is the Half Moon posture. As the

name suggests, this is a posture to oppose and balance the sun (our fire element), while strengthening the core. When practicing the Half Moon posture, notice what muscles are working in your torso; which ones are you actively stretching, which ones are you using to lengthen and to hold you upright?

The answer will most likely be the oblique muscles. The pair of muscles on both sides of your torso that are part of what are considered your abdominal muscles. The external oblique muscle is the upper, more exterior of the two, the internal oblique muscle the interior, underneath the external. The obliques are responsible for most of the side bending and twisting movements of your body.

Next time you practice the posture, at home or in class, actively apply the region of the obliques in your effort to lengthen in the posture and when releasing back to center. You might notice a big difference. This awareness will also prove useful and insightful when applied in Triangle posture. To lessen the rounding along the side of your body, cinch the lower ribs down and towards your pelvis, using a similar action to that of releasing from the Half Moon. The most immediate benefits of the posture are many: trimming

the waistline, improving the flexibility of your spine and your overall posture, you're also stimulating and toning the abdominal organs, hence improving your digestion and circulation in the abdominal region.

I can personally report a sense of increased strength, confidence and resilience as a result of our Summer Strength focus at Encinitas Yoga. I have had the opportunity to pay more attention to that part in my yoga practice and life in general with very evident and positive results. This summer I've managed to pull-start motors, carry and move wooden logs and rocks with ease... it's nice to know my yoga practice has such practical benefits! I hope you've been able to enjoy some similar moments of ease and the benefits of your practice this summer.

Keep up your practice and you will continue to balance and strengthen on all the realms.

Be sure to enjoy the summer, don't forget to swim and enjoy the ocean, lake and rivers in your vicinity!

Namaste, Outi



Treat Recipe From Florence:

A Nice & Easy Green Smoothie

Steam 1 bunch of organic chard (or kale or spinach). Then place in the mixer, with a can of light coconut milk, 1 fruit (apple or pear or whatever sounds good to you), 1 banana, and 2 heaping scoops of vanilla brown rice protein powder (or other protein of choice). Sweeten with stevia, honey or agave nectar to taste.

Schedule Changes for August

- All Tuesday August 4th classes are canceled
- Saturday August 8th 4:00PM heated class is canceled
- The Saturday 4:00PM heated class will be now taught by Derek
- Sara's Tuesday & Thursday early morning classes are canceled