

Ayurveda says look to Mother Nature's cycles and rhythms to guide our daily and seasonal living. Signs and symptoms of health and well-being as well as imbalances are expressions of the way we live day in and day out.

We need to understand our own unique make-up so that we will eat and live in ways that serve us best. We also want to modify our choices according to the seasons so that we will be balanced and well at the fundamental level.

General Daily Routine

-Rise with the sun: preferably by 6:00.

-Irrigate your body with a tall glass of water (come fall have warm water).

A squeeze of lemon may be added.

-Go to the bathroom, clean your teeth, scrape your tongue

-Begin the day in a focused way. Our spiritual practices have extra power in the early morning hours. Set the intention of how you want your day to play out.

Read a spiritual quote or reading to help anchor you in that intention.

Practice yoga, breathing, meditation, take a walk.....

“Begin each day by placing your mind in your heart so that you can stand in the presence of God all the day long.” -Eastern Orthodox Quote

-Maintain a consistent daily routine: sleep and wake times, (generally bed by 10:00pm, rise by 6:00am), meal times, exercise, etc.

-Massage your body with warm oil: *abhyanga* – a true elixir

-Eat freshly prepared, organic foods when possible

-Eat less meat

-Breakfast with protein, lunch like a queen, early light dinner

-Avoid overworking; watch for the push

-Turn down the noise in your life: TV, computers, cell phones...

Summertime Care – Qualities to emphasize:

cool, calm, smooth, flowing, soft, gentle, sturdy

During late summer focus on clearing heat and address dry conditions

Watch for signs and symptoms of imbalances: heartburn, acid reflux, skin rashes, diarrhea, sore blood shot eyes, irritability, anger, jealousy, impatience, judgement

-Favor foods with the sweet, bitter, and astringent tastes.

-Decrease foods with the salty, sour, and pungent tastes.

-Reduce: hot spicy foods, alcohol, caffeine, red meat, fermented foods

-Drink water throughout the day; stay hydrated

-Include cooling spices such as cumin, coriander, and fennel for digestion

-Swim, sit in the moonlight, walk on early morning grass barefoot

-Avoid the hot mid-day sun

Cooling:

-Oils: Coconut, ghee, olive oil, sunflower oil, butter

-Foods: green colored veggies, berries, melons, watermelon, pomegranates,

-Colors: light gray, blues, greens, lavender, pastels, white

-Scents: rose, lavender, sandalwood

Sounds: silence, ocean waves, water flowing in a fountain, waves lapping the sea shore

-Yoga asanas: belly down backbends, forward bends, twists, wide apart leg poses – standing, sitting, lying down- anything that opens the legs from the mid-line

_Breathing practices: complete yogic breath, sheetali, alternate nostril

-Herbs: mint, cilantro, lemon balm, brahmi (gotu Kola), amalaki, neem, licorice, dandelion, aloe vera, rose, hibiscus

- Facial and body spray: distilled water with essential oils of rose, lavender

Some quotes from the late-Summer Retreat:

*“The natural healing force within each one of us is the greatest force in getting well.”
-Hippocrates*

“Accept what comes to you totally and completely so that you can appreciate it, learn from it, and then let it go.” -Deepak Chopra

*“Resolve to be thyself: and know, that she who finds herself, loses her misery.”
-Matthew Arnold*

*“A whole person is one who has both walked with God and wrestled with the devil.”
Carl G. Jung*

‘Let your task be to render yourself worthy of love and this even more for your own