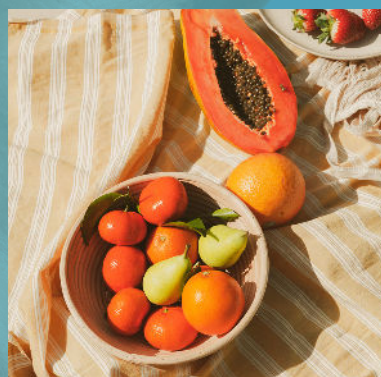


SUMMER OF LOVE: AYURVEDA STYLE

WITH KATIE SILCOX

Ayurvedic Rituals to Keep You Luscious
and Sensual in Summer



What Is Pitta?

Pitta is the heat of transformation. She is the energy of Fire and a little Water. You may have experienced pitta's imbalanced side when you have had a fever, loose stools, skin rash or acne, or the heated emotions of anger and frustration.

To calm out-of-balance pitta, think “cool and sweet” for every life experience.

- Eat cooling foods such as mint, fennel, cucumber, coconut oil, and coconut water
- Spice foods with cooling additions such as cumin, coriander, mint and cardamom
- Reduce alcohol and coffee
- Take a moonlit walk
- Buy roses. Put a few drops of rose essential oil on your pulse points
- Avoid spicy hot foods, hot tubs, saunas, and hot weather
- Put a tsp of fennel seeds in cool water. Drink often.
- Relax. Be spontaneous
- Get on a routine with meals. Do not skip lunch



Sitali Pranayama

Sitali Pranayama “the cooling breath,” is a simple and renewing yogic breathing exercise that's perfect for late summer, when the heat has peaked in the body. It helps lower our body's temp, calm nerves, take the edge off hunger pangs, and reduces fatigue, fevers and high blood pressure.

- Sit in a comfortable position with your head, neck and spine in alignment
- Close your eyes, breathe consciously for several minutes
- Form the lips into an “o,” curl your tongue lengthwise and project it out of the mouth
- Inhale deeply through your tongue as if drinking through a straw
- Focus your attention on the cool breath across your tongue as you fill up your diaphragm
- Bring your tongue into your mouth and exhale slowly through your nose
- Start with 2-5 minutes of Sitali breath and increase to 10 minutes over time



5 Minute, 1-Ingredient Cucumber Face Mask

For nourishing inflamed, sensitive, acne-prone, or combination skin

Crush 3 tablespoons of organic cucumber and apply to the face. Leave on for 20 mins.



Lavender-Infused Almond Smoothie

This is my attempt to bring together all of my favorite juicy-lady ingredients. Both sesame and almonds are highly revered for their ojas-building properties. Lavender cools and calms the nervous system. This is a great morning smoothie, although it can also be enjoyed as an afternoon snack or dessert.

- 3 tablespoons white or black sesame seeds
- 1/16 teaspoon dried lavender buds (food grade)
- 1 teaspoon maple syrup
- 1 cup almond milk
- 1-2 drops food grade rose essential oil (optional)

Roast the sesame seeds in a pan. In a coffee grinder, grind the seeds and lavender buds. Combine the maple syrup and almond milk in a blender. Add the rose essential oil and the ground sesame and lavender. Blend and serve.



How To Do A Coconut-Oil Self-Massage

Covering your sumptuous skin in coconut oil makes you feel like you are on a cheaper version of a tropical vacation. Secondly, coconut oil is cooling and has natural detoxification and nourishment properties. Gentle daily self-massage with coconut oil will not only slow your roll and cool your intensity, it will also promote healthy aging, calm the nervous system, and reduce dehydration.

How-To:

- Start by warming your oil. We warm the oil because it cures it, allowing the oil to be more easily absorbed by the skin and tissues. Let it cool a little before applying to your body.
- If you are using essential oils, (we love jasmine, rose, or lavender for the summer months) add them after you remove the oil from the heat, as we don't want to heat these delicate oils.
- Remove all clothing and jewelry. Sit on an old towel so as not to make a mess



- For the full bliss treatment, we would start at the top of the head and pour the oil directly onto the crown. Continue gently massaging oil onto the face and the rest of the body. On the arms and legs, use back-and-forth strokes. On the joints, use circular strokes. On the belly, use circular strokes in a clockwise motion, as this is the direction in which our long intestine moves, and will stimulate proper digestion. Spend 15-20 minutes massaging your body.
- Sit for some time. I recommend 20 minutes.
- Rub off any excess oil with your oil towel, and then take a shower. Showering causes the pores to open, allowing the herbal oil to penetrate even deeper into the skin.
- Make sure not to leave the oil on for more than 45 minutes, as this can actually clog the channels we are trying to cleanse. Make sure to use chemical-free, organic, cold-pressed oils. Do not use mineral oils such as baby oils.



Homemade Rosewater Spritz

A simple, nourishing rosewater spritz will give you the at-home spa experience. It is cooling, pitta-balancing, and the ultimate refresh.

What you'll need:

- Purified or filtered water
- 2 fresh roses
- Glass spray bottle

Directions:

- Place the rose petals in a pot and add water until all petals are submerged.
- Bring to a boil, and boil for about 10 minutes on high heat.
- Strain the rose-infused water into a container.
- Add 1 part rose water to 3 parts filtered water to a glass spray bottle.
- Spritz on your face, eyes, and entire body to hydrate and refresh your skin!



Summer (Pitta-Reducing) Kitchari

Use this anytime you have a pitta imbalance, such as acid indigestion or inflammation. It is also a great dish to serve weekly for any dosha during the hottest months of the year.

What you'll need:

- Purified or filtered water
- 1 cup yellow mung dal (whole mung beans are fine if you can't get split)
- 1 cup basmati rice
- 1 1/2 inch piece of fresh ginger, peeled and minced
- 1/4 cup shredded unsweetened coconut
- 1/2 cup fresh cilantro
- 3 tablespoons ghee or coconut oil
- 1/2 teaspoon fennel seeds
- 1/2 teaspoon coriander seeds
- 1/2 teaspoon cumin seeds
- 1 teaspoon turmeric
- 1/2 teaspoon salt
- 6 cups water
- Garnish with 2 tablespoons shredded coconut, cilantro and lime



• Directions:

- Wash and rinse the dal and rice until water is clear. Soaking the dal for a few hours before cooking will make it more digestible.
- Put the ginger, coconut, cilantro and 1/2 cup water into a blender and blend until liquified.
- In a large saucepan over medium heat, heat the ghee, then add the fennel, cumin, and coriander seeds. Stir until fragrant, about 1 minute.
- Add turmeric, salt, and the blended liquid. Stir for a few minutes, then add the mung and rice, and mix well.
- Pour in the water, cover, and bring to a medium boil. Let boil for 5 minutes, then turn down the heat to very low. Cook, lightly covered, until the dal and rice are soft, about 25–30 minutes.
- Meanwhile, toast the coconut in an iron pan or skillet until brown.
- When done, the beans and rice will have a porridge texture. Garnish with the coconut, a little fresh cilantro and lime.

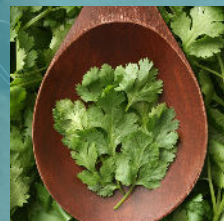
*Note: If you prefer, use half the water, and cook the mung beans with the spices and the rice separately, in a rice cooker.



Top 10 Pitta-Pacifying Foods

A pitta-pacifying diet includes heaps of hydrating, fresh seasonal produce that have cooling energies. During summer, it's best to favor sweet, bitter and astringent tastes and reduce salty and pungent tastes. Here's what you can always find in my kitchen during the summer months.

- Aloe Vera
- Blueberries
- Cucumber
- Coconut (coconut water with slices of lime - yum!)
- Leafy greens: radicchio, watercress, arugula, spinach
- Turmeric
- Stone fruits: peaches, pears, apricots
- Melons: cantaloupe, honeydew, watermelon
- Mint, cilantro, basil, coriander
- Beets



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