

HOW TO PRACTICE



IN THE HEAT

Your Guide to
Mastering the Internal
Environment

When the studio temperature rises, our natural instinct is often to resist the warmth.

However, classical yoga teaches us to adapt to our environment rather than fight it.

High heat offers a unique opportunity to slow down, turn inward, and practice advanced energy management. Use this guide to stay safe, cool, and deeply connected to your body.

IT TAKES JUST A FEW ADJUSTMENTS

1. Mindful Hydration Sip & Absorb

When the room is warm, how you drink water is just as important as how much you drink. The filtered water in the studio is kept at room temperature to protect your digestive system from temperature shock.

Avoid Gulping

Drinking large volumes of water quickly can leave you feeling heavy and bloated during movements.

Absorption is Key

Take a small sip and hold the water in your mouth for a moment before swallowing. This allows the tissues in your mouth to absorb the moisture instantly, hydrating you faster and more efficiently.

2. Śītalī: Your Internal Air Conditioner

You can lower your own core body temperature using nothing but your breath. Practice this cooling pranayama whenever you feel a wave of intense heat:

How to practice

Roll your tongue into a tube (like a straw) and stick it out slightly.

Inhale deeply and slowly through the rolled tongue, feeling the cold air pass over it. Close your mouth and exhale smoothly through your nose.

If you can't roll your tongue:

Simply close your teeth gently, press your tongue against the back of them, and inhale through your teeth with a soft hissing sound (Sītkārī). Exhale through your nose.

Why it works:

This cools the saliva and the blood vessels in the mouth, sending a wave of refreshment throughout your entire nervous system.

3. Have A Chilled Towel At Hand

Your teacher will provide you with a small bowl of cold water and a rolled towel. This is your personal tool for instant relief:

Target Pulse Points

Press the chilled towel against the back of your neck, your wrists, or gently on the crown of your head.

The Response

These areas hold major blood vessels close to the skin surface. Cooling them instantly signals your brain to lower your heart rate and calm your body.

4. Listen to the Wisdom of the Body

Heat makes your muscles naturally more flexible, but it also makes your heart work harder.

Do not push for maximum depth or speed today.

Embrace the Floor

Enjoy the grounding nature of floor postures, gentle twists, and deep folds.

Savasana is an Active Pose

If you feel dizzy, breathless, or overheated at any point, immediately lay down flat in Savasana or rest in Child's Pose.

Listening to your limits is great inner awareness - and often an advanced form of yoga.

*"When the seasons change...
All life-forms open themselves up to
receive cosmic redirection from nature
during these crucial seasonal
transitions."*

- Ayurvedic College

POST-PRACTICE CARE

INTEGRATING THE PRACTICE

5.

How you step off the mat is just as crucial as the practice itself. Take these steps to transition safely back into your day:

Rest Before Rushing:

Spend an extra few minutes sitting quietly or lying down before packing up. Moving too quickly after a warm practice can trigger sudden lightheadedness.

Replenish Electrolytes:

Water alone is not enough if you sweated significantly. When you get home, drink coconut water, a pinch of sea salt in warm lemon water, or an electrolyte blend to restore your body's mineral balance.

Cool Down Gradually:

Avoid stepping straight into an ice-cold shower or a blast of heavy car air-conditioning. Let your body return to its natural resting state gradually to protect your nervous system.

Eat Light, Hydrating Foods:

Your digestive fire (Agni) naturally slows down when the body is trying to stay cool. Opt for easily digestible, water-rich meals like fresh fruit, salads, or cooling soups rather than heavy, oily foods.

Enjoy the stillness

FIGHTING THE THE ENVIRONMENT? RAISE YOUR GAME MASTER YOUR RESPONSE

"Health and resilience means being unshakable,
regardless of your external surroundings.

While Ayurveda provides the philosophy and caters for
the health of the body to achieve internal
harmony, transforming breathing techniques to **Pranayama**
actually helps your mind and body to adapt.

Ready to build your internal buffer against unpredictable
environments?

Our **Hybrid Pranayama Class** will help you master
conscious breathing patterns designed to cool the mind
and energize the body.

[Email: Training@Clarity.Yoga]



Melanie Ashley
For Your Soul's Empowerment