



# CYNTHIA COOPER YOGA

"If you can breathe, you can do yoga."

## Quote of the month

"Live in the sunshine, swim the sea,  
drink the wild air." – Ralph Waldo  
Emerson

## Mat cleaner recipe

Summer can be brutal on yoga mats, so be sure to clean yours often. Courtesy of my teacher Noel, here's a homemade cleaner that will refresh both you *and* your mat.

Combine 1 cup water, 1/4 cup white vinegar or witch hazel, 8 drops of tea tree oil, and 5 drops of eucalyptus, clove, or lemon oil. Spray away!

## What I'm reading

*Range: Why Generalists Triumph in a Specialized World* by David Epstein. Breadth is as important as depth. Liberal arts are as essential as technical knowledge. The 10,000-hour theory is bunk. As a generalist who's often felt at a loss in an increasingly specialized world, this book is both reassuring and inspiring.

## Private sessions

One-on-one sessions are ideal for deepening your yoga practice. We use a range of yogic tools to design a practice that will meet your unique needs and goals. To book your session, call or text me at 512-632-2383.

## Staying Cool in the Summer

Another 100°F (38°C) summer is upon us, so how best to stay cool in the extreme heat? Here are five tips to stay cool, comfortable, and safe.

**Adjust your diet.** Ayurvedically speaking, summer is *pitta* season. *Pitta* is heat and fire, oil and water. Too much of it leads to various types of inflammation: skin breakouts, fever, and extreme grumpiness. Counter an overabundance of *pitta* by changing your diet; consume more dairy products and tart fruit and vegetables, less salt, meat, and fried foods.

**Hydrate.** Even if you're not outside, it's important to hydrate. Drink lots of clear fluids (meaning water, not tequila!) regularly, and more than you think you need. Limit your intake of soda and alcohol, as they can give the false impression of hydration.

**Practice a cooling breath.** *Sitali* breath is a great way to cool down. Sit comfortably, part your lips slightly, curl your tongue, and inhale through your mouth as if you're drinking the air with a straw. Exhale through your nose while drawing your tongue to the roof of your mouth. Repeat for about 5 minutes. Can't curl your tongue? Try *Sithari* breath. Part your lips slightly, inhale the air through your teeth as if you're drinking it. Exhale through your nose, bringing your tongue to the roof of your mouth as you do so. Repeat for 5 minutes.

**Keep your yoga practice low and slow.** Instead of *pitta*-building hot Vinyasa or Bikram, go for Yin or a slow Hatha practice. In general, stay close to the ground, hold poses longer, and transition between poses a little more slowly than usual. A few examples of cooling poses are: seated forward folds such as *Paschimottanasana* and *Janu Sirsasana*, Cobra (*Bhujangasana*), and Child's pose (*Balasana*). Start and end your practice with *Sitali* or *Sithari* breath and a few minutes of meditation.

**Use common sense.** Jogging outside in 105-degree heat isn't disciplined; it's foolhardy. Heat exhaustion and heatstroke are real risks when temperatures are this high. Move your exercise indoors or change the time of your workout. Even when you're not being active, keep outdoor exposure to a minimum. Wear sunscreen and wear loose-fitting clothing made from natural fibers. Be aware, and stay cool!