

Summer Agenda

7-DAY AYURVEDIC PROTOCOLS TO WELCOME SUMMERTIME



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Protocols you'll find:

Day 1 — Understanding the energies of summer

Day 2 — Balancing the fire within

Day 3 — Summer ayurvedic diet

Day 4 — Mindful meditation for heat relief

Day 5 — A water ritual

Day 6 — Cooling yoga flow

Day 7 — Connecting with summer's bounty



DAY 1

Understanding the energies of summer

Summer is on the horizon, with its official commencement marked by the summer solstice. For those of us in the Northern Hemisphere, the solstice heralds the longest day of the year, symbolizing the pinnacle of light and warmth.

Summer, a Pitta season dominated by the fire and water elements, brings an anticipated surge of heat, changes, and vibrancy.

Once again, nature is providing us with an opportunity to pause. Reset. Assess how things are going in our lives, our bodies, and our hearts.

And make space. Particularly if you feel life is becoming unbearable and intense.

The overwhelming pressures, expectations, and rush are asking you now to slow down, and to realign. But also to channel this potent summer energy to ignite your passions and fuel your dreams.

To fully comprehend and honor the vibration of summer, immerse yourself in a deep reflection.

Journal your answers to these prompts to affirm a renewed commitment to yourself this second half of the year:

- *Which areas of your life are feeling overwhelming?*
- *What energy do you feel called to channel?*
- *How do you wish to feel throughout this season?*
- *How can you harness the spiciness and fierceness of summer to step into your power?*
- *What insecurities might be surfacing in this period of intense light and visibility?*
- *How can you exercise more self-care during this potentially challenging season?*
- *My intention for this season is to ...*

Allow the transformational power of summer to embolden you and to ignite the spark within you.

Let the summer flames guide you on your path
towards becoming the highest, most radiant
version of yourself.

Let the fire of this Pitta season purify you,
cleanses you, and reveal to you the power of your
own light.

Soothing vanilla porridge

A wonderful breakfast to welcome the summer solstice!

Vanilla's powerful aroma stimulates the brain and releases endorphins. As a result, you will feel a soothing relief and calmness.





Ingredients

Old-fashioned oats 1/4 cup

Plant-based milk 1 cup

Chia seeds 1 tbsp

Vanilla bean 1 unit

*

Cardamon powder

VANILLA PORRIDGE

Directions

STEP 1

Split and open the vanilla pod, and then scrape the seeds out.

STEP 2

In a pan, cook the oats with the milk, the chia seeds, the vanilla seeds, and the cardamom for about 10–15 minutes.

STEP 3

Serve in your favorite bowl and enjoy slightly warm.



A moment of reflection in the morning sun offers a gentle awakening and allows us to really hear the vibrant symphony of this exciting season.



Managing pitta dosha in summer

The arrival of summer, characterized by increased warmth and daylight, naturally amplifies the qualities of Pitta dosha, one of the three primary energies, which is described as hot, sharp, oily, light, spreading, and liquid.

Excess of Pitta can catalyze an uncomfortable feeling of heat in the body, in addition to enkindling anger, and frustration.

To maintain our cool and equilibrium, it's crucial that we engage in practices that balance Agni — our inner fire.

These are two suggestions:

Moon Bathing

Just as we bask in the sunlight, moonlight too provides nourishment, but with a cooling effect.

On clear nights, spend a few moments under the open sky, or walk after dinner, and visualize the tonic beams absorbing any excess hotness. Allow the serene lunar energy to calm your body, mind, and emotions.

Soothing pranayama

“Sheetali Pranayama”, also known as the cooling breath, can lessen your excess Pitta, specially during summer when it can be at its highest.

Practice it, preferably on an empty stomach, to feel untroubled and clear-minded.

1. Sit in a comfortable position, place your hands on your knees. Close your eyes.
2. Roll out your tongue and shape it like a tube. Inhale.
3. Take the tongue inside slowly and close the mouth.
4. Then, slowly, exhale through the nostrils.

Repeat. And repeat again.

This simple breathing technique refreshes the body and calms the mind, reducing inflammation, enhancing immunity, and promoting optimal digestion.

Tridoshic kitchari

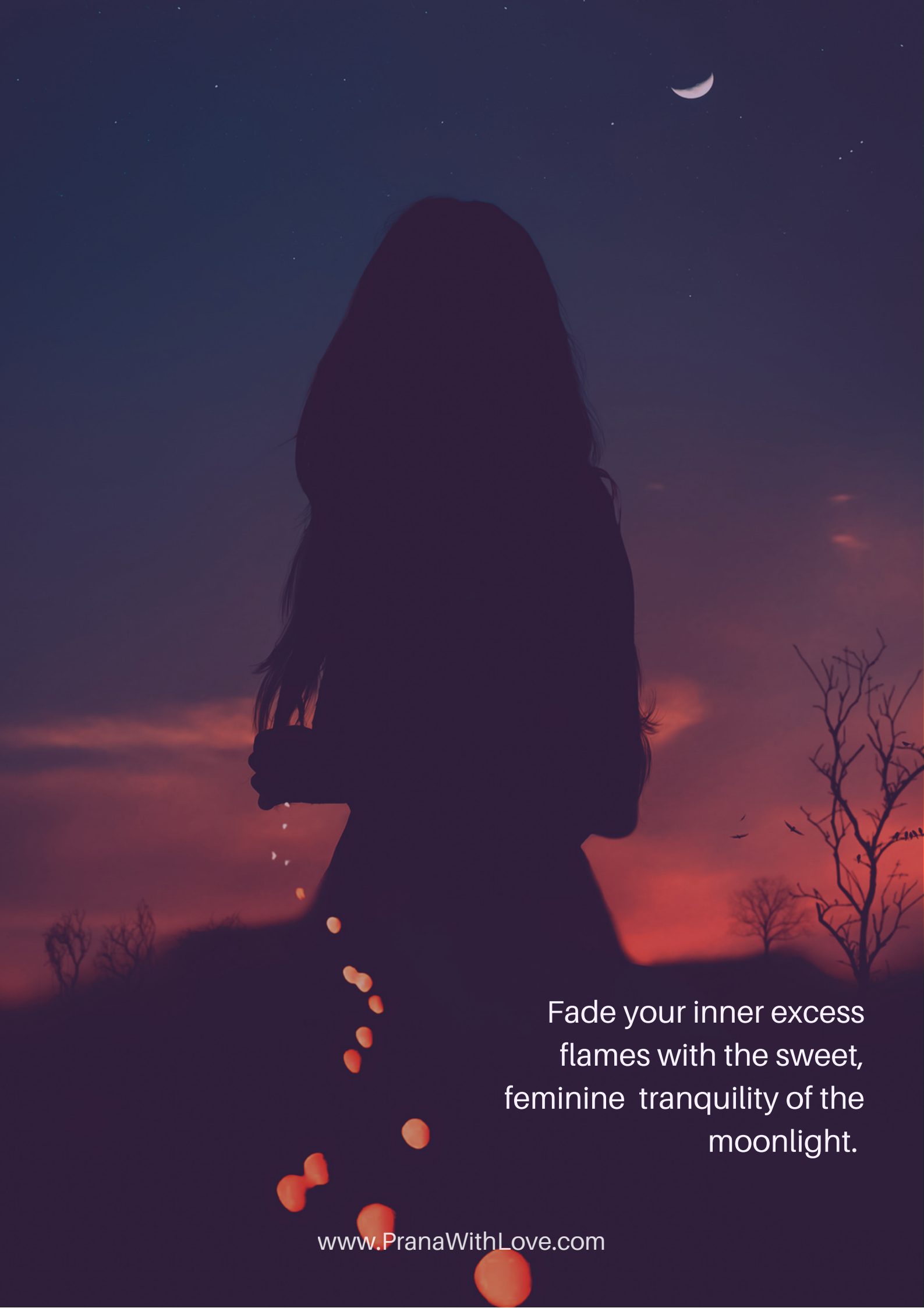
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Lunch or dinner (or both) for the first week of summer.

Kitchari provides you with the necessary nutrients while giving your digestive system a much-needed rest, preparing it for the heat of the season.

[Find the recipe for your dosha here.](#)



A woman's silhouette is shown from the back, holding a string of warm-toned lights. The background is a sunset sky with a crescent moon and silhouettes of trees. The overall mood is serene and contemplative.

Fade your inner excess
flames with the sweet,
feminine tranquility of the
moonlight.

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DAY 3

Nourishing the body

As we journey into summer, we can feel the world alive in its full bloom. The longer days, intense sunlight, and warm breezes tell us that Pitta, the fire element, is at its zenith.

And that means that the effects of Pitta in our bodies may begin to surface. It's not unusual to experience a surge in body heat, a quicker metabolism, or even mild bouts of irritability and impatience.

Therefore, eating seasonally is key to pacifying the fiery dosha.

Summer is when a variety of fresh and hydrating fruits and veggies grace our markets. After a spring of detox and rejuvenation, our bodies now crave cooling and nourishing foods—whether that be crisp salads, thirst-quenching fruits, or refreshing beverages, like a cool matcha latte.

This season is all about soothing the internal heat, maintaining hydration levels, and nurturing our skin exposed to the summer sun.

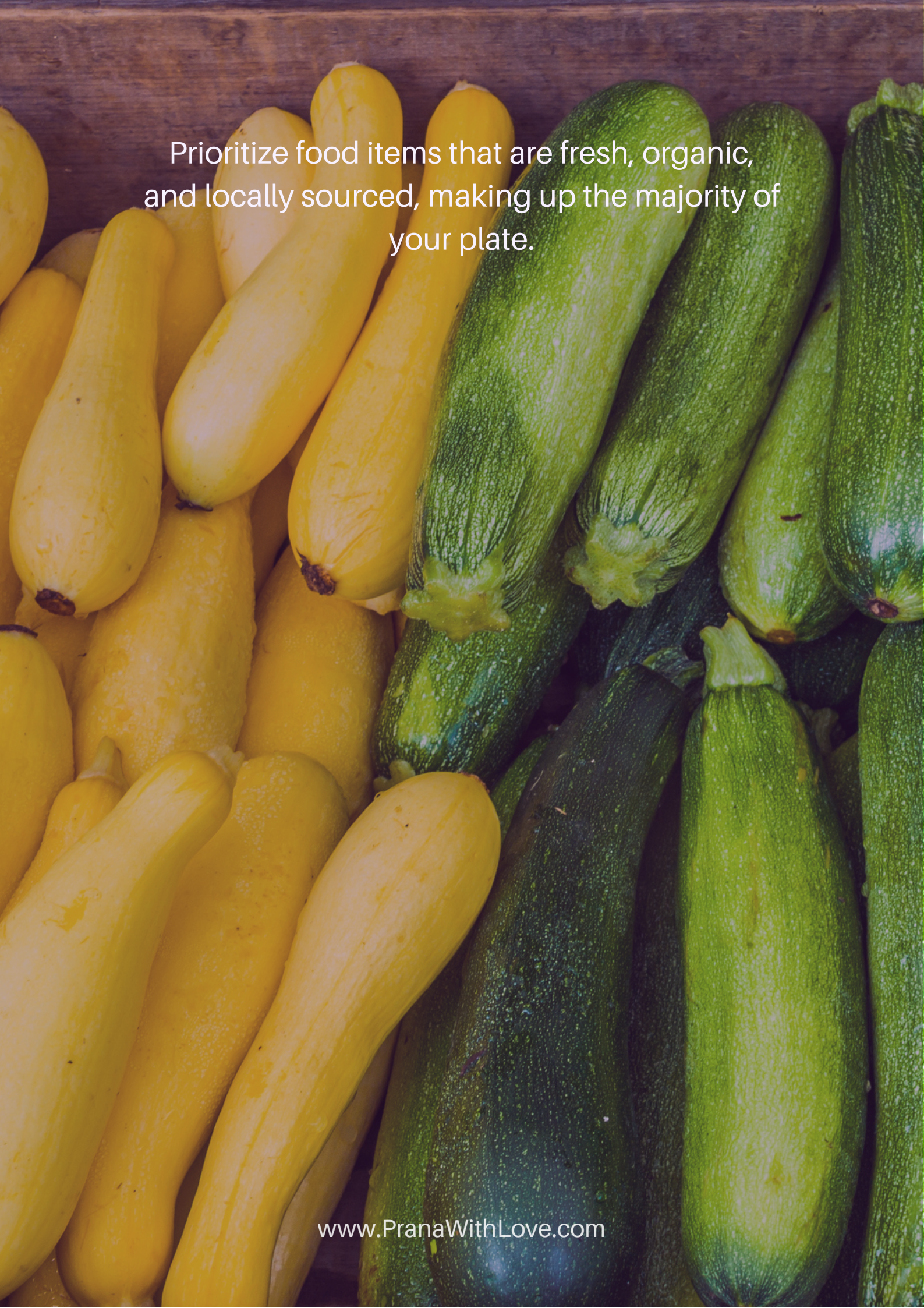
Foods that are abundant in summer are cooling, juicy, sweet, and comforting.

Summer's bounty is vibrant — cucumbers, melons, coconut, leafy greens, berries — all working to ease our bodies, appease our emotions, and satisfy our taste buds.

Some of the most important guidance we receive from Ayurveda to thrive in summer and maintain Pitta dosha in balance is to favor the sweet, bitter, and astringent tastes and add plenty of fresh herbs to our meals, like cilantro, parsley, and mint.

It's also advisable to limit certain foods like hot spices, fermented foods, and alcoholic beverages. Excessive snacking between meals can also overheat the digestive system.

Try to limit ice creams and iced beverages. They may appear cooling but can disrupt the digestive fire and imbalance Pitta over time.

A close-up photograph of a wooden crate filled with yellow squash and green zucchini. The vegetables are piled together, with the yellow squash on the left and the green zucchini on the right. The text is overlaid in the upper center of the image.

Prioritize food items that are fresh, organic,
and locally sourced, making up the majority of
your plate.

Summer shopping list

Ideal foods for summer are *cooling, light, hydrating, and in-season*. Nature, in her abundant wisdom, offers us exactly what we need to maintain our inner equilibrium during the hotter months, and our task is to open our eyes and tune into that wisdom.

- ☐ Apples, blueberries, dates, figs, grapes, limes, melons, pears
- ☐ Mangoes, watermelon, oranges (sweet), plums, raspberries
- ☐ Asparagus, cauliflower, cabbage, celery, kale, okra, peas
- ☐ Brussels sprouts, bitter melon, green beans, artichokes
- ☐ Dandelion greens, garlic, onion, kale, leeks
- ☐ Barley, basmati rice, couscous, millet, granola, oats, quinoa
- ☐ Wheat, popcorn, pasta
- ☐ Rice cakes, sprouted bread
- ☐ Aduki beans, chickpeas, kidney beans, lima beans, mung dal
- ☐ Soy beans, tofu, split peas
- ☐ Coconut, pumpkin seeds, safflower seeds, sunflower seeds
- ☐ Freshwater fish, chicken, turkey
- ☐ Coconut oil, ghee, sunflower oil, almond oil
- ☐ Date sugar, coconut sugar, maple syrup
- ☐ Cardamom, cilantro, coriander, cumin, dill, fennel, mint
- ☐ Saffron, turmeric, rose water, rose petals
- ☐
- ☐
- ☐

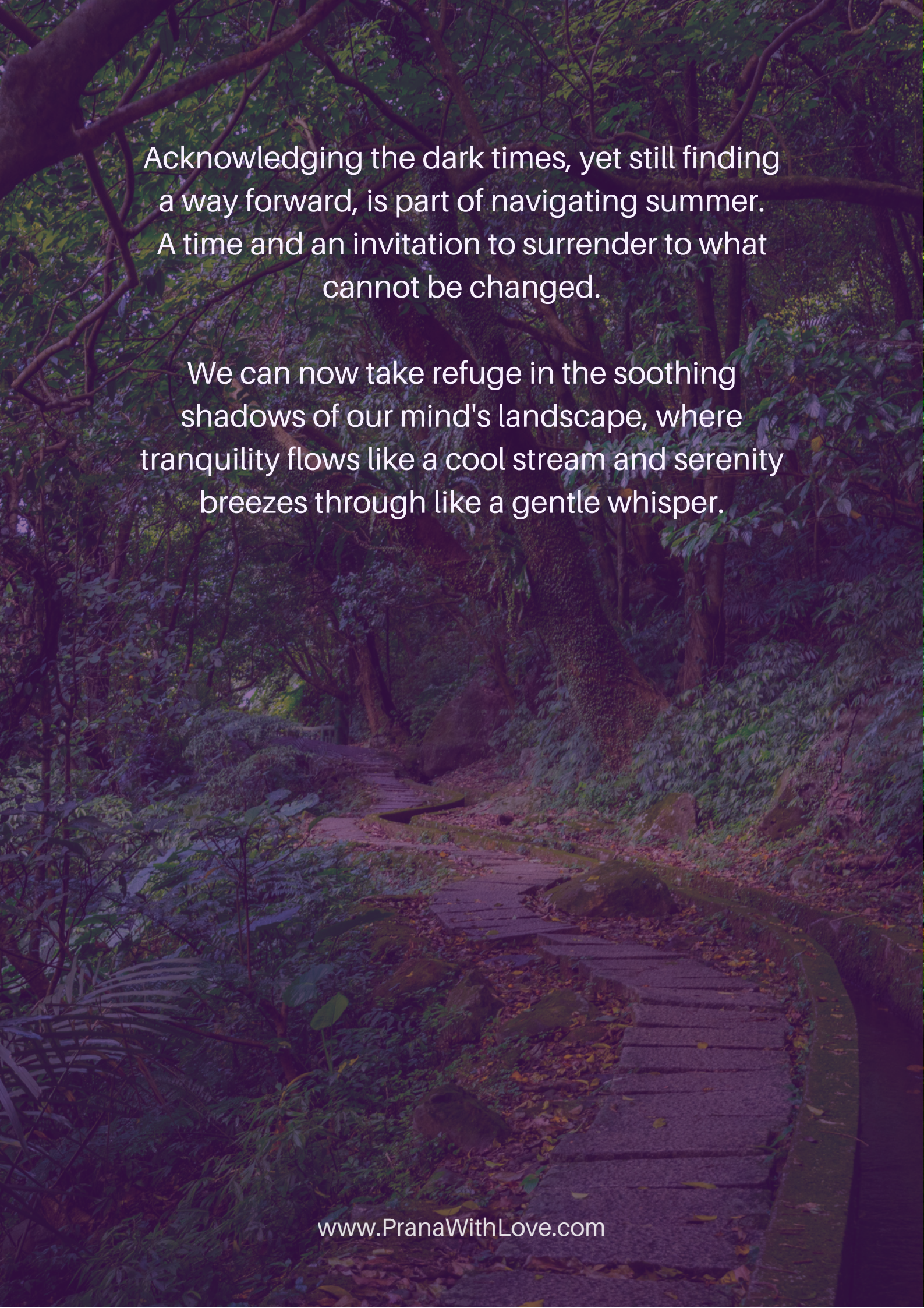


Prepare meals that are not only nourishing but also refreshing and satisfying.

By focusing on fresh fruits, leafy greens, succulent vegetables, whole grains, and an array of anti-pitta herbs and spices, you can create simple, delicious recipes that serve to balance Pitta dosha and promote health and vitality throughout summer.



DAY 4

A photograph of a stone path winding through a dense forest. The path is made of flat stones and is surrounded by lush greenery, including large trees and ferns. The lighting is soft and dappled, creating a serene atmosphere. The text is overlaid on the upper half of the image.

Acknowledging the dark times, yet still finding
a way forward, is part of navigating summer.
A time and an invitation to surrender to what
cannot be changed.

We can now take refuge in the soothing
shadows of our mind's landscape, where
tranquility flows like a cool stream and serenity
breezes through like a gentle whisper.

Summer serenity

During the steamy summer months, our bodies aren't the only ones experiencing the intensified heat.

Our minds, too, can be affected by the heightened energy, leading to feelings of impatience, resentment, and restlessness.

It's easy to put these sensations on the side and keep over working, over exercising, or over talking.

But, we deserve a break.

This mindful meditation practice can be incredibly beneficial to pacify antagonizing emotions.

You will need:

- A quiet and comfortable space
- Soft ambient music (optional)
- Comfortable clothing

Steps

- Choose a quiet, comfortable space where you won't be disturbed. You may wish to be indoors in a cool room, or outdoors in a shady spot. Sit in a comfortable position and close your eyes.
- Begin to deepen your breath, inhaling slowly and deeply through your nose, then exhaling slowly, allowing any tension to melt away.
- Start to visualize cooling elements in your mind's eye. You might imagine a serene moonlit night, the cool shade of a large tree, or the gentle flow of a clear, cool stream. Let these images fill your mind and wash over you, feeling their cooling, calming effects.
- Imagine you are right there. Feel all the sensations with your senses. If your mind begins to wander, gently guide it back to the cooling visualization. Let these serene images fill your thoughts, replacing any anger or restlessness.
- After 10–15 minutes, or when you feel ready, slowly open your eyes and bring yourself back to your surroundings. Take a moment to notice how you feel. Hopefully, you'll experience a sense of calm and coolness that you can carry with you throughout the day.
- This meditation practice can be an oasis of calm amidst the fervor of summer. It allows you to tap into the inherent peace within you, equalizing the heightened energy of the season, and promoting harmony, love, and peace.



DAY 5

Honoring the water element

Water, with its innate cleansing and pacifying properties, serves as a much-needed respite for the extreme, sharp, and harsh feelings summertime might exacerbate.

This sacred, meaningful water ritual not only provides physical cooling, but also emotional stability, while supporting inner, deeper introspection.

You can practice this rite throughout this season.

You will need:

- A bathtub or a natural water body if accessible (a beach, a river, a lake)
- Candles (optional)
- Chamomile essential oil

If you're using a bathtub, fill it with cool or lukewarm water. You may wish to light candles around the tub and add a few drops of chamomile essential oil for its calming properties.

Before stepping into the water, take a moment to set your intention. This could be a prayer for emotional balance, a desire to let go of heated emotions, or simply an intention to honor and connect with the element of water.

Repeat: *"I am learning how to react from a place of love and kindness."*

Step into the water slowly, mindfully, feeling the coolness envelop your body. As you submerge yourself, visualize the water absorbing any excess heat, tension, or emotional unrest from your body and mind.

Close your eyes and focus on the sensation of the water against your skin and how it makes you feel peaceful and serene.

After 15–20 minutes, or when you feel ready, slowly get out of the water and dry off. Flush the water, seeing how it carries away the negativity.

Carry the feelings of purity, calm, and coolness with you throughout your day.

Water attributes

HYDRATING

During summer, drink plenty of water as it replenishes your bodily fluids and aids in maintaining optimal hydration levels.

REFRESHING

Water, by its very nature, is cooling. Misting your face with rose water or drinking coconut water are wonderful ways to pacify pitta dosha.

CLEANSING

Water has the innate ability to cleanse not only our physical body but also our emotional and energetic selves, washing away excess heat and tension.

SOOTHING

Consuming fruits and vegetables with high water content, such as cucumbers, watermelon, berries, lettuce, and zucchini, can be hydrating and refreshing.





Ingredients

- 4 tbsp Almonds
- 4 tbsp Cashews
- 4 tbsp Pistachios
- 2 cups Almond milk (unsweetened)
- 1 tbsp Coconut sugar
- 1 Mango (ripe)
- 1 tbsp Rose petal

Black peppercorns, cardamom, fennel seeds, dried rose petals, saffron

Serves 2

MANGO THANDAI

Directions

STEP 1

For the paste, soak the nuts and almonds overnight. Then, peel the almonds. Blend the nuts with all spices, except the saffron, and about 3 tbsp of milk in a food processor until you get a smooth paste.

STEP 2

Apart, cook the mango with some water on low heat and covered until you get a smooth purée.

STEP 3

Add the milk, saffron, and sugar. Bring to a light boil until the sugar dissolves. Add to the pan the nut paste and the mango purée. Mix well. Cook for about 10 more minutes to let all flavors blend. Let it cool.

STEP 4

Serve in a copper mug and garnish with saffron and rose petals or more nuts. Enjoy every sip!



Cooling yoga flow

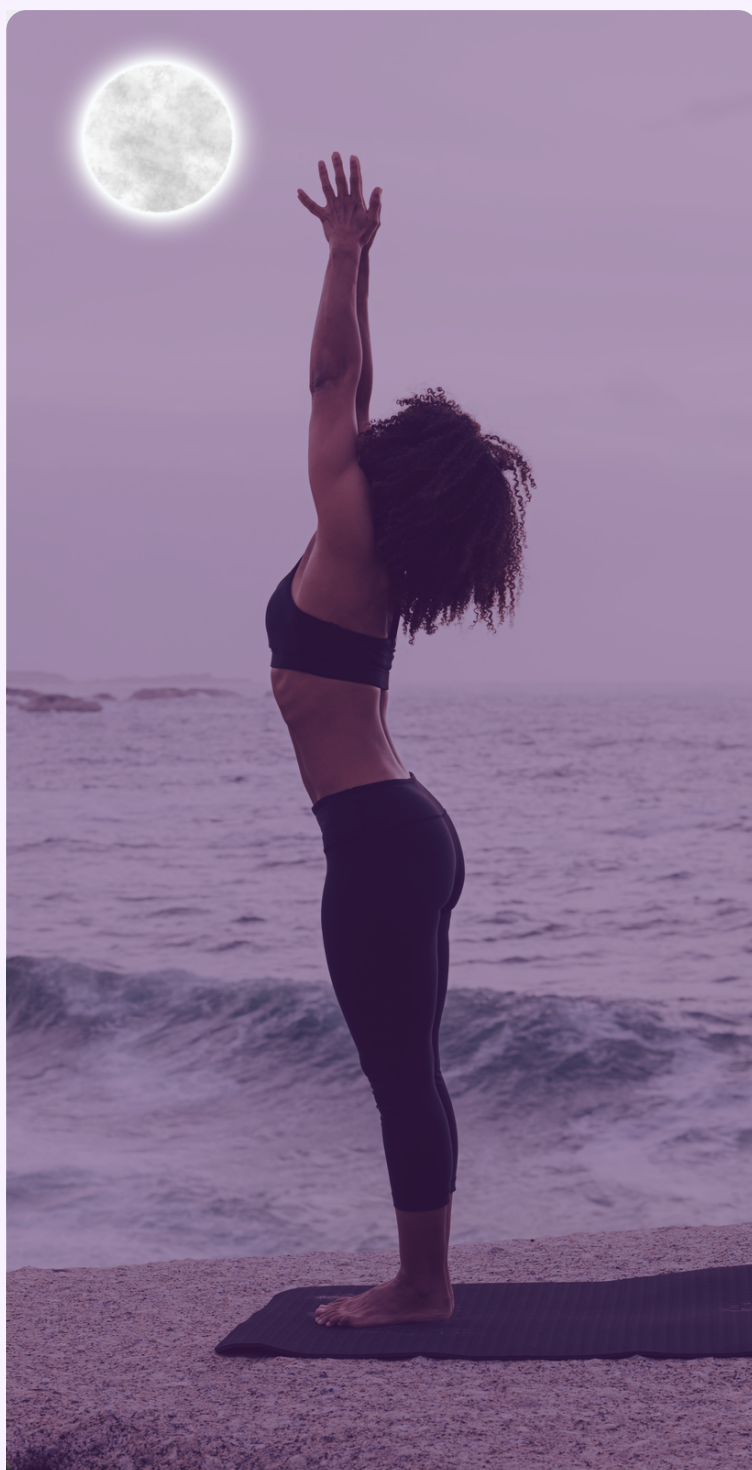
In yoga tradition, *Chandra Namaskar*, or Moon Salutations, are a series of poses performed in a particular sequence, that honor the nurturing lunar energy, in contrast to the invigorating solar energy of Sun Salutations.

The moon is a symbol of femininity, quietude, coolness, creativity, and connectedness.

This luminous celestial body has a soothing energy that alleviates the elevated Pitta dosha during the summer months.

Practicing Moon Salutations allows us to tap into this serene vibration, promoting deep relaxation, enhancing intuition, and encouraging a sense of grounding, which are all particularly beneficial during this lively season.

This sequence is more about releasing and calming than building and energizing; hence it's perfect for summer evenings, winding down after a long day or whenever you need a moment of quiet reflection.



LET'S WALK THROUGH THE STEPS:

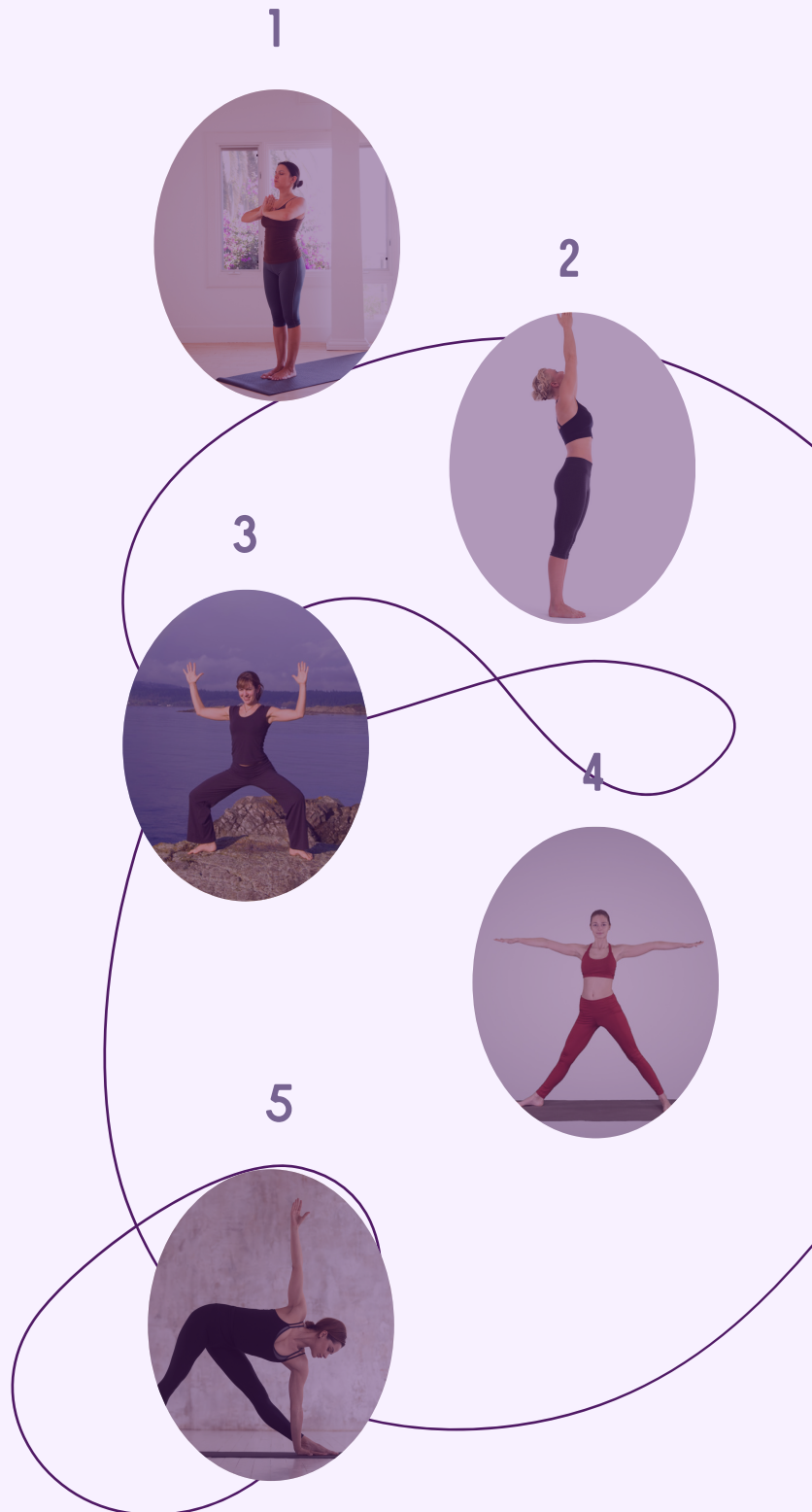
Mountain Pose (Tadasana): Begin by standing tall at the front of your mat, palms touching at your heart in Anjali Mudra (prayer position), grounding yourself and setting the intention for your practice.

Raised Arms Pose (Urdhva Hastasana): As you inhale, sweep your arms up overhead, looking towards your thumbs.

Goddess Pose (Utkata Konasana): As you exhale, step your feet wide apart, turn your toes out and bend your knees. Reach your arms out to the sides at shoulder height, bending the elbows so that your fingertips point upwards.

Star Pose (Utthita Tadasana): Inhale and straighten your legs, reaching your arms up towards the sky, fingers spread wide.

Extended Triangle Pose (Utthita Trikonasana): Exhale and pivot on your feet, extending one foot out and one foot in, arms align with your legs, then extend your torso over your front leg, placing your hand on your shin or the ground, and reaching your other arm towards the sky.



Remember to listen to your body and modify the poses as needed. It's your practice, honor what feels right for you.

A full-page background image showing a sunset over a body of water. The sky is filled with clouds, some of which are illuminated with a warm orange and yellow glow from the setting sun. The water reflects the colors of the sky. In the foreground, there are dark, silhouetted reeds or grasses. In the background, a dark line of trees is visible along the shore.

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The dance of the breath, the breeze, and the tide, all harmonizing with the radiant sun and the vast ocean, compose the symphony of summer. A chaotic balance, an embrace of life and letting go, a testament to the gentle power of transformation inherent in this season.



Connecting with summer's bounty

As we approach the culmination of our week-long journey towards aligning ourselves with the abundant energy of summer, let us step outside and bask in the fullness of this season.

Nature, in her limitless generosity, has graced us with an array of vibrant colors, ripe fruits, and blooming flowers, all pulsating with life and radiant warmth.

Our final ritual invites you to take a gentle walk in nature, immersing yourself in the sensory celebration of summer. Choose a tranquil morning or late afternoon for this ritual.

Before you begin your walk, take a moment to ground yourself. Close your eyes, take a deep breath, and set an intention for your walk.

As you walk, allow your senses to open up to the world around you.

Remember, this walk is more than just a physical exercise; it's a sacred communion with nature, a practice of mindfulness, and a celebration of summer's bounty.

Let this divine connection infuse you with serenity, equilibrium, and a deep sense of appreciation for the miracle of life that thrives in every aspect of this season.

As you conclude your walk, take a moment to express your gratitude to nature for this enriching experience.

Carry this sense of connectedness with you, letting it guide your steps and soothe your soul, even as we bid farewell to this beautiful journey together, ready to embrace the fullness of summer in all its glory.

When you get home, prepare this healing recipe:

[Pitta pacifying green juice](#)

Pitta dosha is hot, oily, and sharp. Learn how to make a Pitta pacifying green juice to balance your body.



Embrace the spark of transformation!

A wonderful season is upon us.

By following these protocols and rituals, you will be welcoming summer with open arms, protecting your body, and shielding your heart from what could be an overwhelming transition.

Questions? Email me at monicagisella@pranawithlove.com.

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PS. Prana app is growing and expanding, and I can't wait to share with you all the Ayurvedic magic that is being created ♡

Did you like this guide? Share it with those you love to help them not only survive but thrive this summer.

With all my gratitude, happy healing!
Monica xx