
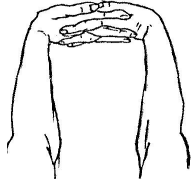






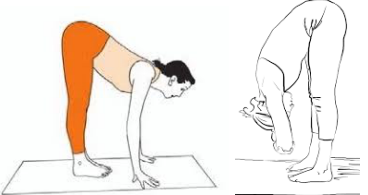
Too hot to Practice Sequence Begin with the invocation. Set your body in a comfortable, yet upright and steady, seated posture. Assign the purpose of becoming calm and cool for this practice. Calm and cool not only in our bodies but also in mind and spirit.

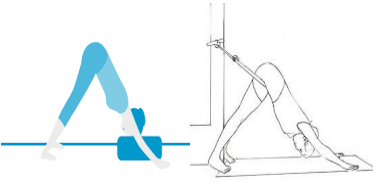


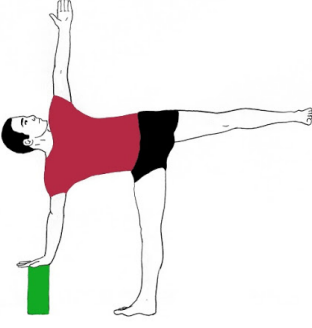
Seated arm work. Use directed effort to firm and straighten and position arms. But then quietly dial down effort without losing the extension. If you tire out and feel heat increasing – stop-rest-redo. Guruji would joke that full stretch is ex- “tension”. Learn to work with less tension while maintaining good form.

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| <p>Sit in Swastikasana or Virasana</p> | <p>Use extra height under hips. Notice the blanket lift can be cooling for your legs</p> |  |
| <p>Urdhva Baddhanguliyasana</p> | <p>Work the wrist joints and elbow joints. Let lifted arms cool chest and armpits Follow the movement of inhalation up the side chest Withdraw the abdomen while exhaling</p> |  |
| <p>Urdhva Namaskarasana</p> | <p>More difficult to straighten the elbow joint. Find out how much effort is needed, and for how long you can maintain without Overexerting</p> <p>Following the breath up the arms, and abdomen in will lessen how aggressively you may work.</p> |  |
| <p>Gomukhasana Arms</p> | <p>Use a belt if needed Notice the difference in cooling effect comparing the two sides and respective arm positions.</p> |  |

A few standing poses. Use a wall for support - either facing the wall or back to the wall. Or try both ways with the wall. Head down poses are generally cooling.

****Intersperse either Uttanasana or Adho Mukha Svanasana poses between the other standing postures.**

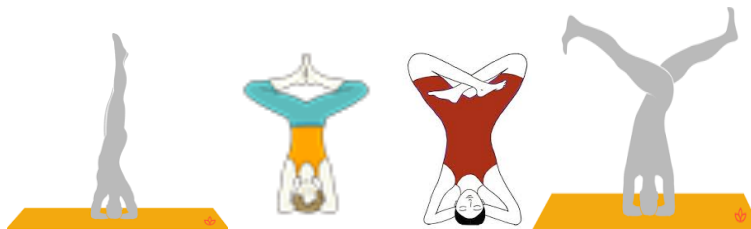
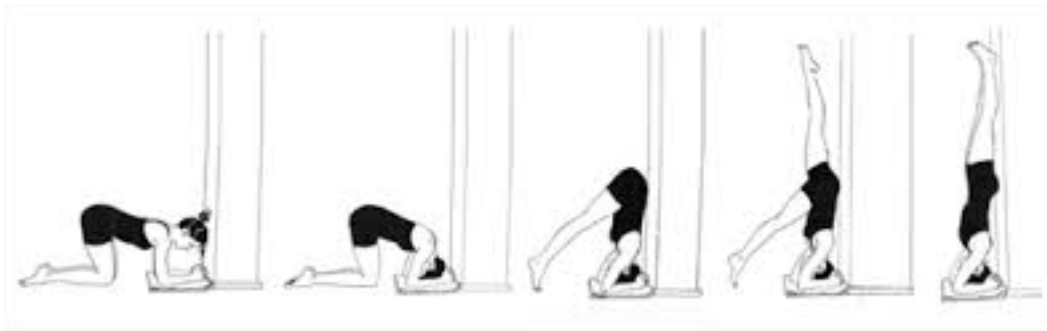
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| <p>Uttanasana</p> | <p>Buttocks on the wall, Blocks for hands Concave - cooling because the front of the body is open for air circulation Head down - cooling because the head hangs Inhalation extends the torso; Exhalation draws the abdomen into a cool cave.</p> |  |
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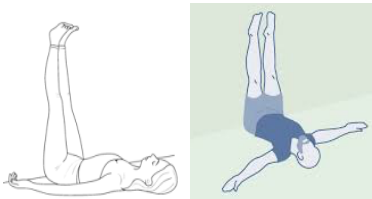



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| <p>Adho Mukha Svanasana</p> | <p>Use hands into the wall, belts on elbows if needed, or use doorknob with a belt</p> <p>Place bolster or blankets under head</p> |  |
| <p>Utthita Trikonasana</p> | <p>Use wall for support, and block for down hand</p> <p>Go less low to the floor to ensure the pelvis can open completely</p> <p>Follow the inhalation from pelvis to sternum</p> <p>Exhale focus on back body, shoulders towards hips, ** remember to intersperse between</p> |  |
| <p>Utthita Parsvakonasana</p> | <p>Use wall support, and block of down hand</p> <p>Top arm can stay on hip, or extend up, or extend overhead. Notice that different arm positions can aid or hinder your cooling project.</p> <p>Follow the inhalation from the pelvis to sternum</p> <p>Exhale focus on the back body, shoulders towards hips</p> <p>** remember to intersperse the above in between standing poses</p> |  |
| <p>Ardha Chandrasana</p> | <p>Use wall and block</p> <p>This is a wide-open pose. With support, it should cool us because so much of the body is open to air circulation.</p> <p>As you feel the air circulate on your skin, also let the breath aerate your interior.</p> <p>** remember to intersperse between</p> |  |

Repeat the above standing poses. See that your second round is even more sensitive to the breath movements and opening the body so the skin can cool everywhere.

Finish with Uttanasana and/or Adho Mukha Svanasana.

Sirsasana is typically considered a pose that generates heat. Once generated, releasing heat does cool us, and the head is eventually quite cool and calm on the floor. If you can hold headstand without much effort it can cool the front and back of the body simultaneously, especially in the middle of the room. Those who know the leg variations should try. Notice how the weight of the legs in different positions affects your ability to remain quiet and cool. Use the wall for support if you need it. Or just practice the head down for a bit without lifting the legs. Notice how the remainder of the sequence will continue to release the heat headstand may have created.



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| <p>Urdhva Prasarita Padasana</p> | <p>Rest with legs up the wall Place blanket under hips if legs are too stiff Use different arm positions. -at rest, to the side, over the head. Notice different breath movement patterns when you change your arm position</p> |  |
| <p>Baddha Konasana at wall</p> | <p>Use blanket under hips if needed Breathe softly through the nose Relax the legs into opening the hips</p> |  |
| <p>Upavistha Konasana at wall</p> | <p>Straighten knees with the least effort required Breathe softly through the nose Let the weight of the legs open your hips. Don't force anything.</p> |  |
| <p>Supta Padangusthasana</p> | <p>Start with a bent knee, then keep one foot on the wall Breathe quietly through the nose Direct your breath to where it is most needed</p> |  |

Sarvangasana is typically considered a cooling pose. Any pose that we are new to and must struggle with is not going to be cooling. Sarvangasana with support done with confidence can be held for up to 10 or more minutes, and that long hold will cool anyone. However, you have to be well supported either with props or years of practice to reach the point where a long hold is cooling and soothing.

Beginners who are quite new to shoulderstand should use the wall method.



Others who can do chair Sarvangasana easily should use that version now. It will definitely be a cooling conclusion to your day's practice. Having a second chair for chair halasana is the most cooling version.



Forward Bends with the head supported are also recommended to cool the body and mind.

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| <p>Upavistha Konasana</p> | <p>Sit on blankets Keep knees firm with the least amount of effort Rest head and breathe softly to spread the back open</p> | |
| <p>Janu Sirsasana</p> | <p>Concave will cool the front body Then rest the head on a support</p> | |
| <p>Paschimottanasana</p> | <p>Rest the head Breathe softly Invite that "Benevolence of Spirit"</p> | |

Savasana – Stay cool. Learn to conserve effort. Develop firmness, steady intelligence, and benevolence.

