

# Summer Solstice

Full Embrace of Summer Season

Celebrating the Earth's Abundance and the power of the Sun

The origin of the name "June" is the latin "Junius". One possible source of the name is from the Roman goddess Juno, the goddess of marriage and the wife of Jupiter, leader of the gods.

Summer Solstice occurs on Monday, June 21. It's the day of the longest light and shortest night. The word Solstice literally means "Sun Stands Still." As the height of the sun's power, it reminds us that everything is in constant flux and movement, and we are shifting once again towards longer nights.

*Summer Solstice is a time to:*

- celebrate warmth and life
- celebrate the sun, and its life-giving light
- take joy in all the growing things of the world
- shine brightly, to explore our fullest potential
- recognize, and welcome, the slow, subtle slide into the comforting dark

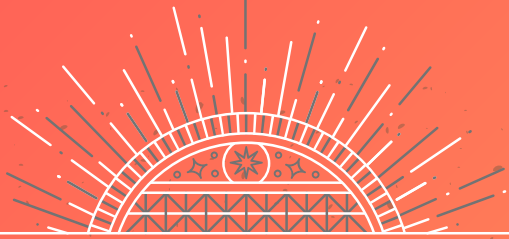
Consume fresh vegetables and herbs in abundance, especially chamomile, calendula, lavender, fennel, mugwort, rosemary, thyme, verbena, sage, mint, elder and roses

**Breath:** Surya Bhedana, Sama Vritti, Nadi Shodhana, Sitali Pranayam

**Mudra:**

- Surya Prana Mudra—arms at sides, palms open, slight turn upwards
- Hridaya Padma Mudra— for heart center, cupped hands like a closed lotus at heart space: shanti (peace), prema (love), santosha (contentment)

**Asana:** lunge, hip openers, forward folds, Uttanasana, Parsvotanasana, Parivritti Trikonasana, Janu Sirsasana, Baddha Konasana, Sirsasana, Viparita Karani, Sarvangasana, Deep relaxation



# Summer Solstice Notes