



Greetings to all,

I hope this letter finds all of you well & cool. Stay hydrated and be mindful of your self care this month. You will read some helpful tips on keeping that Pitta under control.

We thank you for your patience & continued support of the Casa. We have 4 new teachers in our family and an Ayurveda Practitioner. They are Christopher Quain, David Mario Pratt, Lizzie Stapleton, & Jennifer Bass yoga & Ayurveda Practitioner.

A special thanks to Donna Edwards & Kimberly Tom for stepping in and subbing. Marcel Nagy will be sharing the Restorative class with myself teaching every other Friday at 6pm.

August is the peak of the Summer season. When the days are long and sunny & temperatures are at their highest. It is Pitta season. One of the 3 energies in Ayurveda. Pitta is in charge of metabolism, regulating heat, body temperature, & maintaining vibrant skin. In this season it is easy for Pitta to become imbalance due to excessive temperatures. Some signs of Pitta imbalances are: dry irritated eyes, skin rashes, burning sensations, acid reflex, irritability, & short tempers.

Here are some tips to help you stay cool, & keep your Pitta in check:

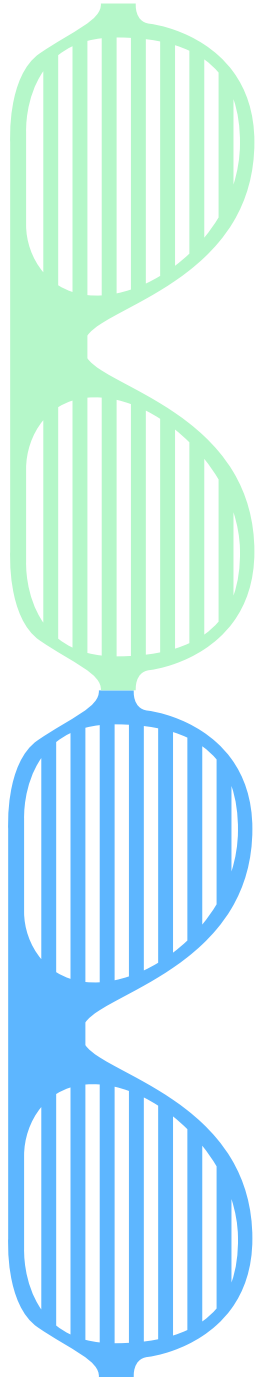
- 1.) *Avoid eating spicy, sour, salty, & fried foods.*
- 2.) *Eat light and don't skip lunch when Pitta is at its peak in the day.*
- 3.) *Favor sweet, bitter, & astringent tastes.*
- 4.) *Eat watermelons, cilantro, parsley, avocado, cucumber, coconuts, red lentils, mung beans.*
- 5.) *Drink lemonade with cardamom seed or pods.*
- 6.) *Soak coriander seeds overnight & drink water as a cooling tea throughout the day.*
- 7.) *Self -daily massage in mornings with coconut oil.*
- 8.) *Exercise early morning & evening walks, swimming, gentle yoga (favoring forward extensions and twists)*
- 9.) *Practice cooling breathwork such a sheetali &nadi shodhana.*
- 10.) *Join us at the Casa for meditation & yoga classes to keep your cool.....*

Our Price list: we offer Military & Students an extra 10% discount with proof of ID

1. *5 class pass for \$65 with a 60-day expiration, starting at the day of purchase*
2. *Monthly unlimited classes is \$85*
3. *Drop ins at \$15*
4. *NEW STUDENTS ONLY: \$ 30 for first 15 days*



ATTENTION STUDENTS: Please download & use the MINDBODY FITNESS app on your smart phones/devices to book your classes & Ayurveda appointments :D



CLASSICAL MAT PILATES, HATHA, KUNDALINI, & THERAPEUTICS YOGA CLASS SCHEDULE (SUBJECT TO CHANGE)

MON	TUES	WED	THUR	FRI	SAT	SUN
9-10.15 A CLASSICAL MAT PILATES w/ JOANNE	7.30-8.45 A WAKE UP FLOW w/ VIVIAN	11 A-12.15 P STRENGTH & FLEXIBILITY w/ LIZZIE	9-10.15 A BEG-INT HATHA FLOW w/ MEGAN	11 A-12.15 P STRENGTH & FLEXIBILITY w/ DAVID	8.30-9.45 A KUNDALINI YOGA w/ SYLVIA	9-10.15 A ALL LEVELS HATHA FLOW w/ KILLIAN
11 A-12.15 P ALL LEVELS HATHA FLOW w/ KILLIAN	9-10.15 A BEG/ INT HATHA FLOW w/ MEGAN	4-5.15 P YIN IN THE AFTERNOON w/ JEN		4-5.15 P YIN IN THE AFTERNOON w/ KILLIAN	10.30-11.45 A YIN IN THE AFTERNOON w/ KILLIAN	10.30-11.45 A ALL LEVELS HATHA FLOW w/ DAVID
6-7.15 P HEALTHY BACK CLASS w/ KIMBERLY	11 A -12.15 P STRENGTH & FLEXIBILITY w/CRISTOPHER	6-7.15 P PRIME OF LIFE (TM) w/ KIMBERLY	5.30-6.45 P UNWIND YOGA w/ ASHLEE	6-7.15 P RESTORTATIVE YOGA w/ VIVIAN or MARCEL		
7.30-8.45 P KUNDALINI YOGA w/ SYLVIA	5.30-6.45 P UNWIND YOGA w/ ASHLEE	7.30-8.45 P STRESS & ANXIETY RELIEF w/ JEN				
	7-8.15 P PRANAYAMA & MEDITATION w/ JEN					

EVENTS + WORKSHOP

22 Sat | 2-4 P

Ayurveda 101

Planning Seeds of Change

w/ Vivian B. & Guest

Free

26 Sun | 5.30 - 8.15 P

Kirtan Concert

w/ Nikunj Ras Ensemble

(inc. food & refreshments)

Donation based

Kid's Yoga Classes

with Megan Crum

Saturdays in September

12-2pm

\$111/5 weeks

\$30/class

Explore the elements of earth, water, fire, air and space!

Ages 3-11

Parents are welcome to join

CHIA COCONUT PUDDING

- 1 fresh coconut (drain the water) OR 10 oz. coconut water
- 1 can organic coconut milk
- 5 -8 dates depending on your desired sweetness level
- 1 teaspoon of vanilla extract
- 3/4 cup chia seeds

- 1/ Mix all in a blender, except for chia seeds
- 2/ Pour mixture in a glass bowl
- 3/ Add Chia seeds stir & refrigerate to set (about 3 hours)

Enjoy your summer with these cooling properties for Pittas...

