

Summer has come, be careful. The heat is touching 40 degree C. Sun stroke is on the anvil, take precautions. Don't go out without precautions. Unfortunately, if you are struck by Sun stroke do this.

Do Vayana Mudra for 30-40 minutes.

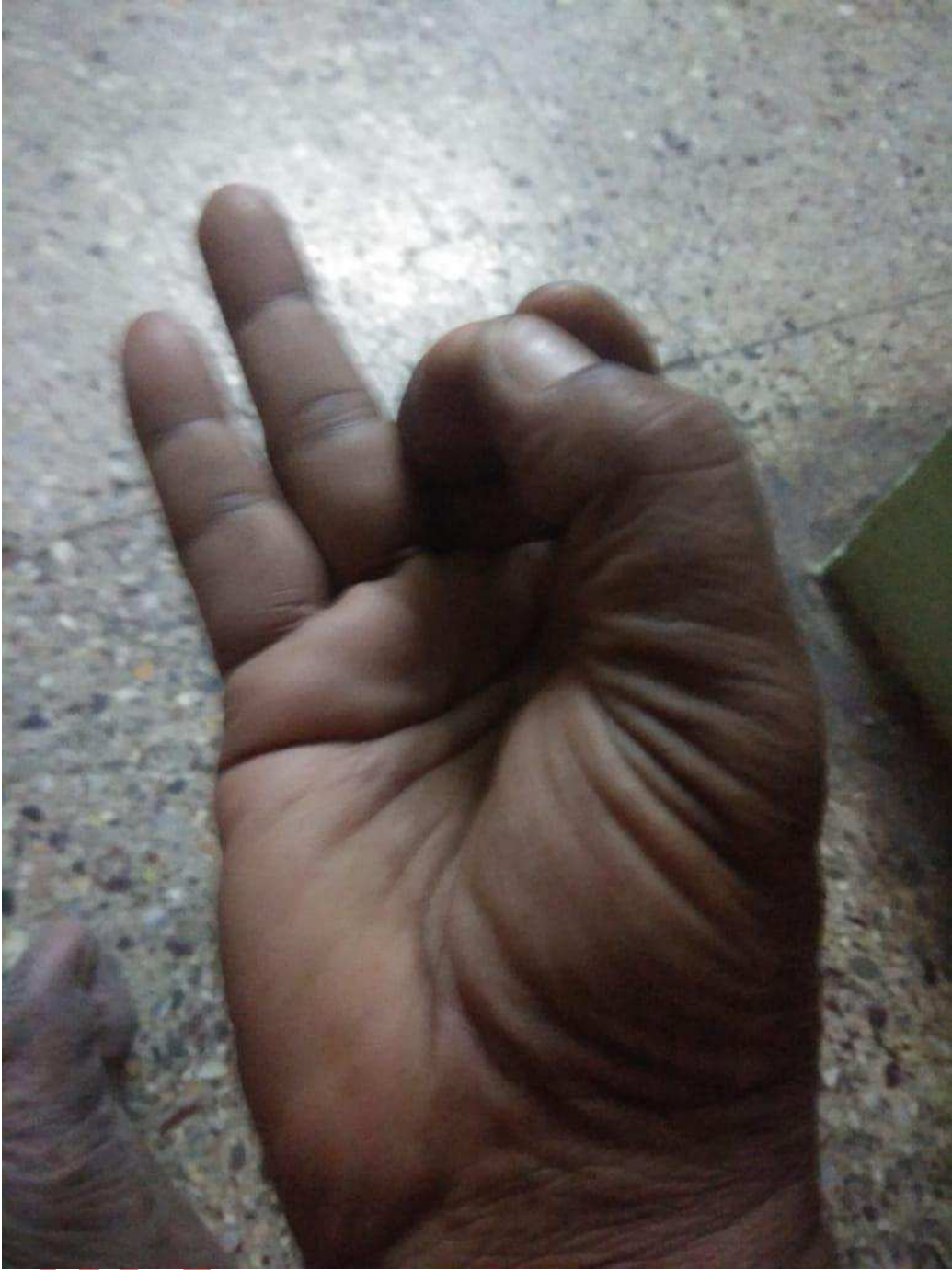
Do sheethali pranayama as frequently as you need.

Drink lot of water and/or cool natural juices.

Do varuna mudra, if you could not get enough water handy.

Don't change the external heat drastically in short duration. That means, Immediately after coming from 40 degree C don't go into 18 degree air conditioning.

Sivoham.



Vayana Mudra.



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Varuna Mudra