

Yoga With Paul Newsletter

31 JULY 2015

VOL. 2 ISSUE 7



Cooling Summer Foods

What you eat makes a big difference to how you feel. In hot weather, try these 10 cooling foods recommended by

OneGreenPlanet.org:

1. Dark leafy greens
2. Chillis
3. Berries
4. Sea vegetables
5. Bananas
6. Avocado
7. Coconut
8. Melon
9. Romaine lettuce
10. Mushrooms

How to Have Faith in Yourself

"To regain faith in ourselves we have to first have a balanced perspective of the meaning of existence. Instead of regretting the past or worrying over the future, we should give all our attention to the present."

~**Swami Gokulananda**

Recommended in London

MuLondon - vegan, organic, cruelty-free cosmetics made in London.

www.mulondon.com

Welcome!

To the **Yoga With Paul** July newsletter.

July is when we really start to feel the heat -- in and out of the studio. After a brilliant week away on the **Yoga Holiday With Paul** retreat it's back to the routine of London life. Which I love!

Looking back at July on the blog, I talked about **beating the post-holiday blues**, how to **hydrate properly**, **healing with yoga**, how to **clean your mat** (essential in this weather!) and much more.

Please share this YWP newsletter. Download it, forward it, post it on the notice board at work or otherwise share the good yogi vibes. Your feedback and questions are always appreciated!

Namaste,
Paul

Follow [@YogaWithPaul](https://twitter.com/YogaWithPaul) on Twitter.

It is difficult for us to comprehend and value our own lives.

~**NATALIE GOLDBERG**

