

The Summer Solstice Ritual Workbook

WRITTEN & ILLUSTRATED BY

Katrina Marie

Summer Solstice Anchor Tools



Movement

Surya
Namaskar

Begin in table top with the hands under shoulders and knees under hips. Move freely to connect to your body. Inhale to curl your toes, exhale to lift your hips high to downward dog. Inhale up onto your toes and make your way to the top of the mat. Exhale to fold. Inhale hands to chins, half lift, long spine. Exhale fold. Inhale roll up to stand in tadasana. Exhale arms down by your sides. Inhale circle your arms up towards the sun. Exhale forward fold, torso over thighs. Inhale half lift. Exhale bend knees, hands to the earth. Inhale step your left foot back. Exhale drop your left knee. Inhale circle arms up to rise to low lunge. Exhale hands frame the foot. Inhale lift back knee. Exhale send front leg back to plank. Inhale shift forward, drop knees if you'd like. Exhale lower all the way to the earth. Inhale lift the heart to cobra. Exhale lower the heart. Inhale table top or plank. Exhale downward facing dog. Repeat and step back with the right foot next time. Continue saluting the sun in your own way for as long as feels natural.



Meditation

Surya
Bhedana

Find a comfortable seat. Add support if you would like to get the hips a little higher than the knees. Anchor both sit bones as you lengthen the spine. Soften the shoulders and connect to the breath. Find Surya Mudra (see below) with your right hand. Use the left hand to block the nostrils. Take a big inhale through the nose followed by an easy exhale. Block the left nostril up near the cartilage. Inhale through the right nostril. Pause. Switch to block the right nostril. Pause. Exhale through the left nostril. Continue breathing in through the right and out through the left for three to five minutes. Release control after an exhale and breathe freely as you notice any inspiration or sensation.



Mudra

Surya
Mudra

Surya Mudra for Radiance and Inner Light

Find any comfortable position. Add support if you'd like. Bend the ring finger towards the base of the thumb on each hand. Anchor the tips of the thumbs to the nails of the ring fingers. Extend the other fingers. Soften the shoulders and rest the hands onto the knees or thighs with the palms up if you are seated. Rest the hands down by the sides with the palms up if you are laying down. Let the arms hang down by your sides with the palms forward if you are standing. Connect to the breath and the inner light that is inside of you. Let this inner light inspire confidence and authenticity.



Summer Solstice Journaling

What are your **GOALS** and **INTENTIONS** for this summer?

What are some activities, relationships and behaviors that are not supporting you in bringing these goals and intentions into your life? How can you phase these out?

What parts of your routine are supporting and aligned with these goals and intentions? How can you do more of these?



Summer Solstice Journaling

How can you incorporate more **PLAY** into your journey to achieving your summer goals?

How can you incorporate more **RELAXATION** into your journey to achieving your summer goals?

What one word do you want to live by, feel and really embody this summer? Write it big and proud. Then create at least three affirmations to support it.

Summer Solstice Card Reading

Grab your favorite oracle or tarot deck and pick three cards to reflect on here.

Card 1

What is the
light of the
sun
illuminating
for me to
see?

Card 2

What
energy will
help me
shine my
very
brightest?

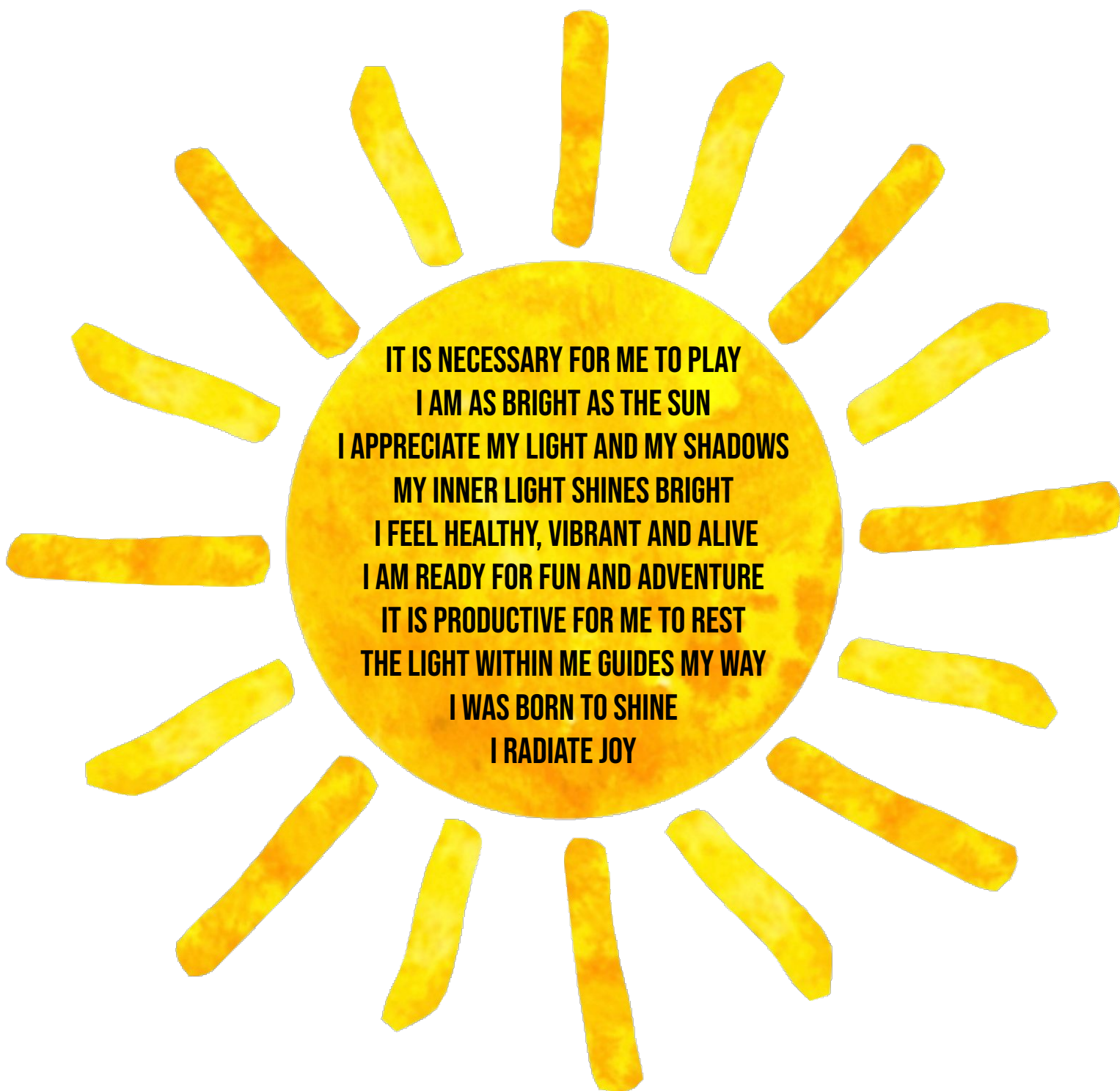
Card 3

What
energy will
help me
let my
inner light
guide my
way?



Summer Solstice Journaling

Summer Solstice Affirmations



Write your favorites or create your own:



ABOUT KATRINA MARIE: *STUDIO OWNER, TRAUMA INFORMED INSTRUCTOR AND YOGA TEACHER TRAINER*

Keep your head up and heart open is Katrina's motto! Katrina has her E-RYT 500 in alignment based Hatha/Vinyasa from Uplifted™ Yoga and studied with Guru Singh for her 200hr Kundalini certification at Kundalini University. Katrina is an educator and scientist at heart. She teaches kids and adults through her local and global online studio and leads hundreds of students a year into stepping into their personal teaching power as a lead trainer for Uplifted™ Yoga.

Diving deep into the chakras and astrology to help bring introspection, understanding and healing on a deeper level has guided her in truly stepping into her power and voice.. You'll often find these themes as part of her offerings to support others in doing the same. She especially loves to work with the cycles of the moon and our bodies, and encourages students to honor themselves through the cycles and seasons of life. Katrina teaches meditation, mudra, journaling, hatha, vinyasa, restorative, yoga nidra, kids, teens, trapeze and kundalini classes. Katrina deeply understands and respects that it isn't always easy to keep your head up and heart open, so she ensures all of her classes are trauma mindful and empowering. She will constantly remind you this is your practice, not hers, and your body, your choice. And she will always be there with a patient reminder to come back to the breath as an anchor both on and off the mat.

Katrina makes use of her biology degree, knowledge and love of physical and energetic anatomy, and multiple yoga teacher trainings to help heal herself holistically and guides others to do the same. She discovered yoga after being diagnosed with celiac disease, needing a gentle routine that took care of her healing body and overwhelmed mind. Leaning harder on a daily personal practice helped her find the awareness and strength to get out of an abusive marriage. Incorporating Kundalini yoga into her practice has further helped her heal trauma and manage anxiety and PTSD.

Always striving to turn her trauma into her dharma, she makes all of her offerings safe and compassionate. Katrina genuinely cares about each individual and intuitively adjusts offerings to her students' wellbeing. Kids and adults alike are guaranteed to leave her classes feeling seen, loved, empowered and like they did something really healing for their bodies, minds, hearts and spirits!

If you loved this workbook check out some of Katrina's other offerings at www.katrinamarieyoga.com.

A note from Katrina...

*A giant **THANK YOU** from the little girl with a big heart to each of you who has purchased a membership or workbook. Your support allows me to continue to see my light in the dark, the dharma in the trauma and to teach you to be your own hero and healer through yoga tools. I am forever grateful. The light in me sees and honors the light in you. The dark in me sees and honors the dark in you.*

*Love,
Katrina Marie*

Happy Summer Solstice



Love,
Katrina Marie