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SUMMER



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Lauren Summer shot exclusively for Summer Magazine by photographer Ashlee Krutzfeldt (@ajkphotography) at the Topanga Skyline Villa in Topanga, California

















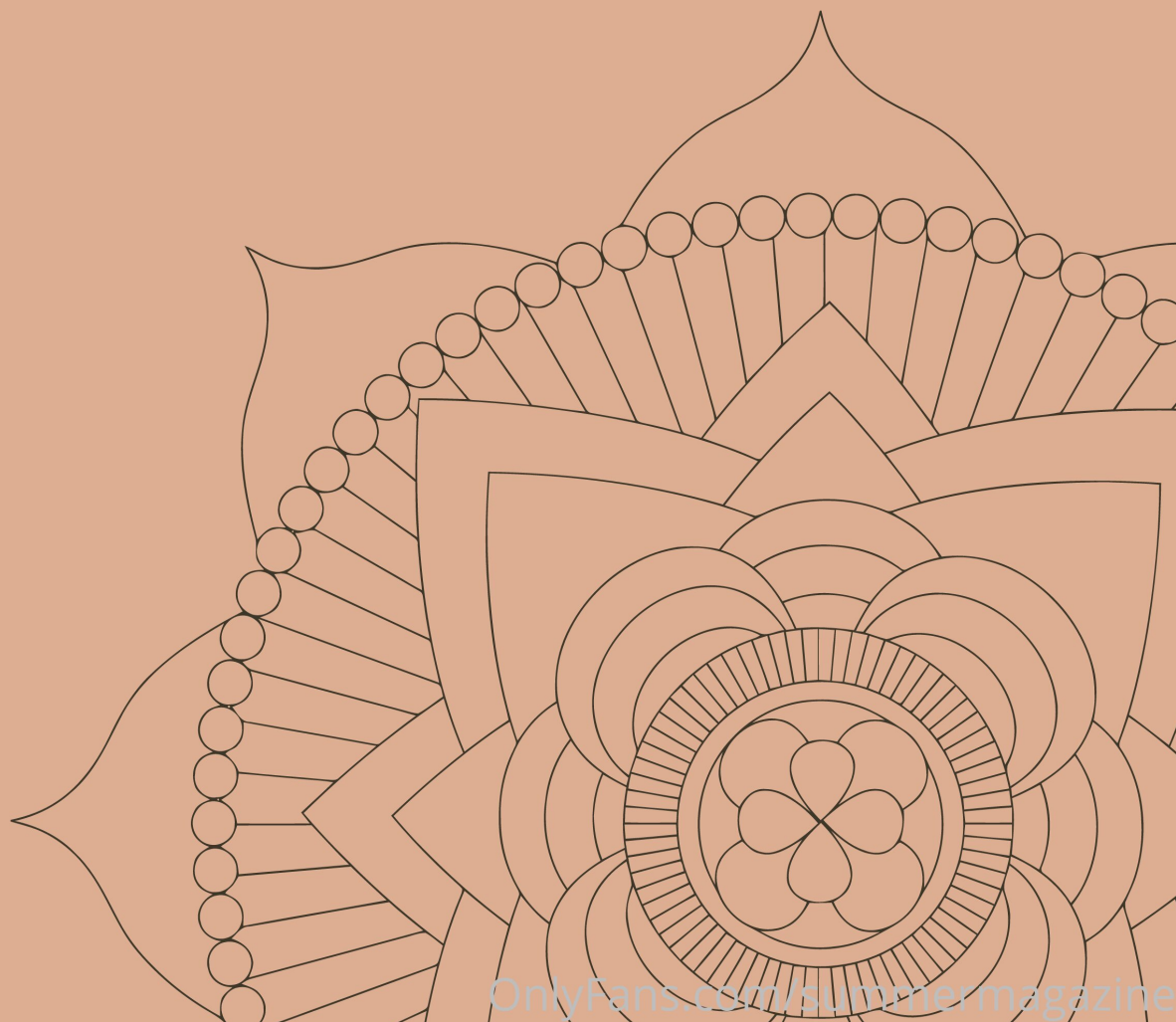


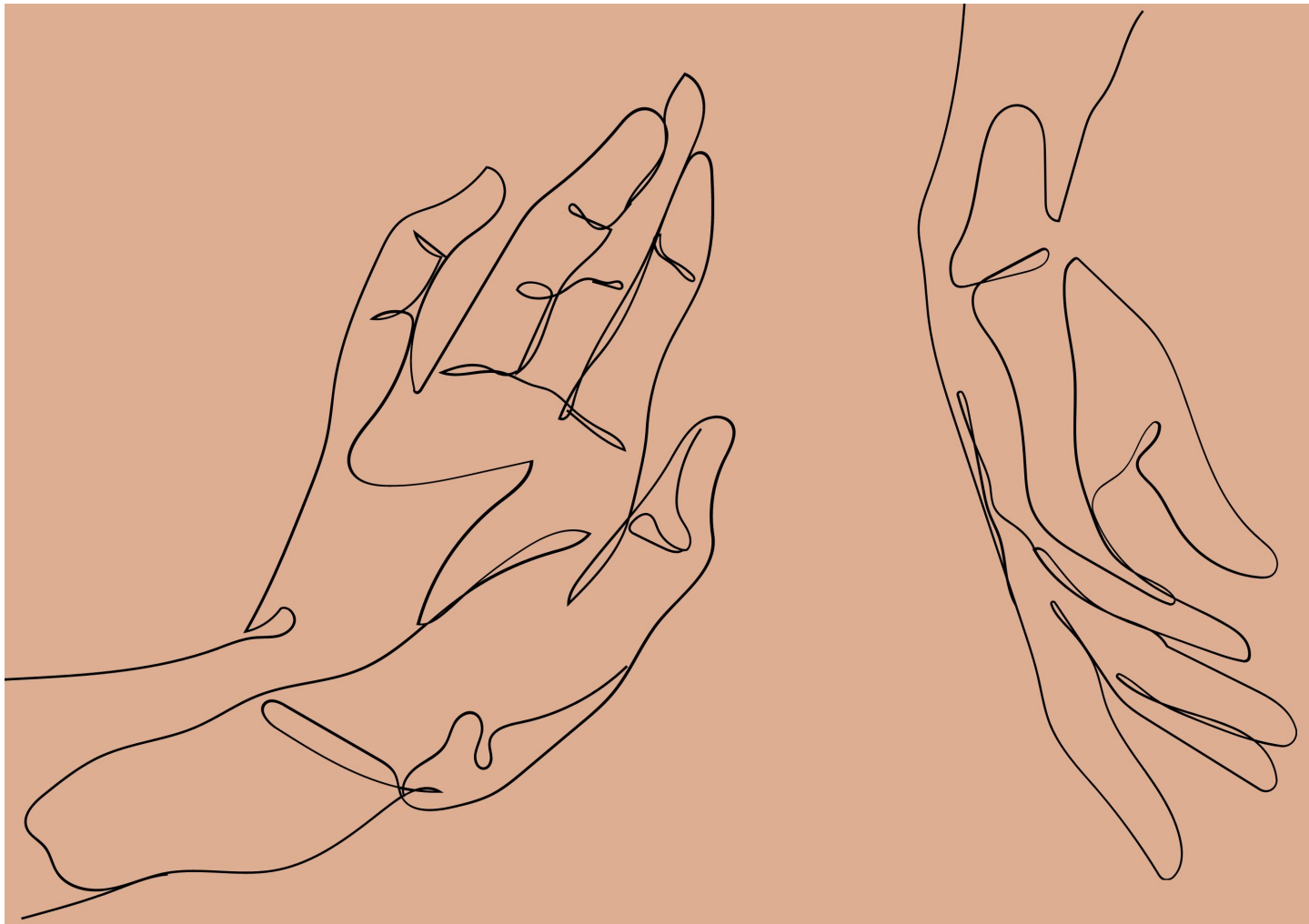


Yoga Poses for Beginners

You don't have to be a yogi to benefit from the amazing effects of these simple, every-day yoga poses

by Lauren Summer





Tips for setting up a perfect space.

- 01 Find a space free from distractions
- 02 Make sure there is a flat surface for balance
- 03 If you're lucky enough to have an outdoor area it's always nice to be in nature
- 04 Make your space calm and relaxing with meditation music or candles
- 05 Take this time to turn off your phone or put it in another room. This is your time to completely relax

Give yourself just ten minutes every day

BREATHE

Choose a space where you can feel relaxed and focused. Cross your legs and take a deep breath. Do this 5 times.



DOWNWARD DOG

Come onto your hands and knees. Straighten your arms and relax your upper back between the shoulder blades. Keeping your knees bent, lengthen your knees and lift your hips high. Your aim here is to form the shape of an upside-down "V." If you notice your spine start to curve as you straighten your legs, bend your knees enough so that you can keep the spine long. Hold for 5 breaths.



COBRA POSE

Lie on your stomach with your legs straight. Firm up the muscles in your legs and have your feet hip-width apart and your toes pointing behind you. Push down through your pubic bone and place your weight onto your forearms as you lift your chest away from the ground. Make sure that your neck is long as you look straight ahead. Hold for 5 breaths.



SEATED FORWARD FOLD

Sit on the ground with your legs straight out in front of you. If you have tight hamstrings, bend your knees. Keep your feet flexed with your toes pointing toward the ceiling. Sit up tall, lengthening through your spine. Leading with your chest, keep your spine long as you fold forward. Place your hands in a comfortable position on your legs. Hold for 5 breaths.

















"I've been having some serious urges to travel lately, but obviously due to the state of the world, I haven't been able to. I wanted this issue to feel like an escape. Not only for me while shooting it, but for the reader. I want people to feel like they're somewhere else, even if it's just for a little while."











HOROSCOPES

CAPRICORN

You may be doubting your capabilities, but remember your strengths and persevere! You've made it through 100% of your worst days.

AQUARIUS

People are drawn to you to vent to you about their problems, but don't let that get in the way of taking care of your own! Take a self care day so you don't burn out.

PISCES

Now is the perfect time to get started on that creative project you've been putting off! There's no time like the present.

ARIES

You're a spontaneous person, but don't forget that sometimes it's good to stop and think things through. Don't let your erratic behavior get you into trouble this month!

TAURUS

Now's the time to invest in your space. Buy plants, redecorate your home, and focus on creating your ultimate haven!

GEMINI

Text that person that you've been thinking of. Life is short! Chances are they are thinking about you too.

CANCER

Stop overthinking! You are your own worst enemy, and now is the time to change! Pause when you start to overthink and check back into reality, instead of the "what-if's".

LEO

You love your social media, but remember that life is about balance. Go for a walk today without your phone. You could use the reset!

VIRGO

You are so understanding, but don't let this be your downfall! People may see your kindness as weakness. Don't let someone use you as their doormat!

LIBRA

Deep down, you're a flirt. Embrace your romantic side and show your partner some extra sexy attention this month.

SCORPIO

You have such a magnetic personality. Keep on the lookout for someone extra special to come into your life this month and expect some big change!

SAGITTARIUS

Show your wild side! Do something crazy this month that is completely out of your comfort zone. You will NOT regret it!













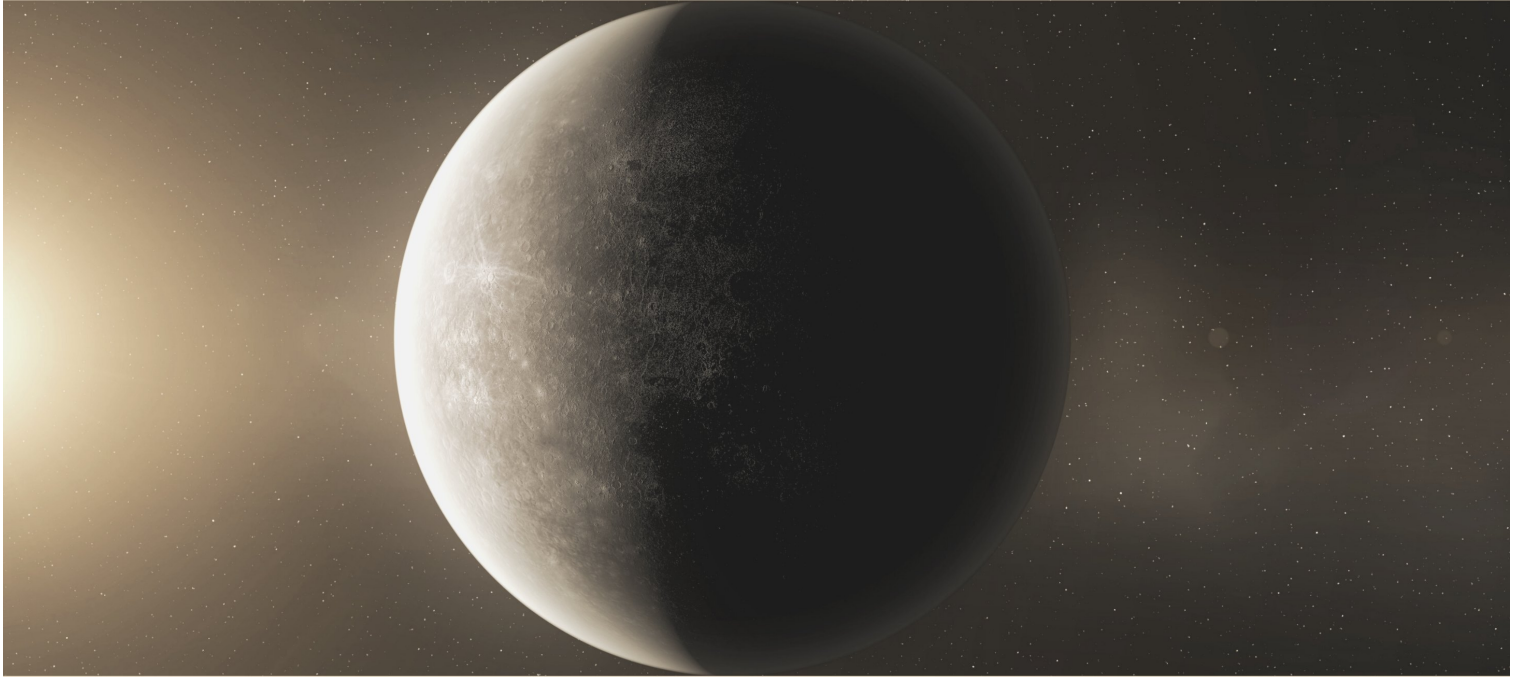






MERCURY RETROGRADE

BRITTNI GRANT



It's a new year, and that means new cycles. It's that time of year again when you start to see people blame their problems on *Mercury being in Gatorade*. Whether you believe in astrology or not, chaotic times are a part of life. So what is Mercury Retrograde and how can we balance our energy during times where our patience is tested?

Mercury retrograde happens about three to four times a year when the planet slows down and appears to be orbiting in reverse from our viewpoint on Earth. Mercury (the messenger from the Gods) rules day to day expression and communication.

So when the planet of communication is slowing down, it is said you can expect delays with messages or even having them get lost. It's also not uncommon to experience technical difficulties and delays or issues with your travels. It is also believed best to avoid making set plans during this time and holding off on signing contracts, making any major life changes, and forming any kind of partnerships.

Some of the many stressors during Mercury retrograde could be your car being towed, deadlines not being met, arriving late to appointments, computers crashing, etc.

Right now, Mercury is retrograde until February 20th in the sign of Aquarius. Regardless of if you believe in astrology or not, we all have these chaotic times. If anything, Mercury retrograde is a nice reminder to slow things down and take some time to reflect, maybe practice your patience a bit more or back up your computer. What's important is that when we are having times of chaos or a bit of anxiety, is how well we strap ourselves in before the rollercoaster begins. Sometimes putting your hands up and enjoying the ride is all you can do!

Here are some survival tips to help you out a bit, may the odds be ever in your favor.

1 **4-7-8 Breathing.** Developed by Dr. Andrew Weil based on the ancient yogic technique called *pranayama*. Pranayama means controlled breathing with the goal of connecting your body and mind. Find somewhere comfortable to sit, close your eyes and breathe in through your nose to the count of four. Hold your breath and count to seven. Finally, exhale through your mouth to the count of eight!

2 **Backup and tech related items.** Have you been putting off the latest software update on your phone? Maybe you haven't backed up your iCloud in weeks. Now is the time to stop putting it off and get it done. This also goes for any mechanical issues with your vehicle, get your ducks in a row and be extra cautious and allow for delays when traveling.

3 **Go for a 20 minute walk outside.** Walking just twenty minutes a day was shown to reduce your risk of heart disease up to 30% and it might just help you if you're trying to shed a quarantine 15! Getting natural vitamin D from the sun will make you feel more energized and clear headed.

4 **Practice self care!** I don't know about you but I love a good self care moment. When you feel like you're being tested, remember to breathe and try to move your body with some exercise or stretching so you're forced to be in the present moment. Cook one of your favorite healthy meals, and call your loved ones. When we connect with our friends and family, oxytocin is released helping us create more serotonin and FEEL GOOD.





**"SOMETIMES
PUTTING YOUR
HANDS UP AND
ENJOYING THE RIDE
IS ALL YOU CAN DO"**













"Since I started having panic attacks around the age of 15, I really started to delve into Buddhism. I don't know that I would call myself a true Buddhist, but it resonated with me more than any other religion I'd read up on. Meditating made me feel like me again, during a time when I thought that was an impossible feat."

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