

The Solstice Diet

The Solstice Diet will make the blood alkaline, thereby producing a calm meditative state of mind that will enhance the experience of White Tantric Yoga. The beneficial effects of the diet will be lessened if any other foods are eaten. If you can stick to the Solstice Diet, there is no doubt that you'll strategically position yourself for the best possible Summer Solstice Sadhana experience.

Breakfast: Spicy or mild potato, celery and onion soup, with bananas and oranges on the side. We also offer oatmeal for children and pregnant or nursing women.

Lunch: The lunch menu varies; a typical lunch might be quinoa, tabouleh, stuffed grape leaves and hummus. A menu for children is also available.

Tantric Burger: On White Tantric Yoga days, a special Tantric Burger intended to support the Tantric experience is served. Burger: tempeh, onions, carrots, almonds, sunflower seeds, flax seeds, oats, oil (safflower or canola), rice, cilantro, tamari, basil, black pepper, cinnamon, peppermint, 162-R (Yogi Bhajan's herbal formula), senna, salt. Bun: wheat (limited gluten free options available), oil (safflower or canola), sea salt, black pepper, chilli powder, garam masala, onions.

Dinner: Mung beans and rice served with lettuce, carrots, beets and hot sauce. Both spicy and mild versions are available.

Solstice Hot Sauce: A spicy, tangy accompaniment made with lots of onions, red chiles, oil, vinegar, turmeric and tamarind.

Yogi Tea: A health-promoting, delicious, soothing and energizing tea formulated by Yogi Bhajan. It is a blend of cloves to benefit the nervous system, cardamom pods to aid digestion, black pepper to purify the blood, cinnamon to strengthen the bones and ginger root to energize overall. The recipe includes a small amount of black tea to create just the right balance.

The Solstice Diet: Food of the Yogis

It is by no mistake that Yogi Bhajan chose the foods he did for the special menu that we refer to as the Solstice Diet. While it may not be apparent at first glance, this menu is masterfully crafted to give you the best opportunity to take advantage of the profound sadhana you'll be engaging in throughout your solstice experience.

Mung beans and rice is one of the most revered of all food preparations in the Ayurvedic and Yogic traditions. It may be the most beneficial of all food preparations due to its ability to detoxify the body, while simultaneously kindling the digestive fire and providing nourishment to the tissues – a rare trinity of therapeutic effects. A diet of mung beans and rice provides a perfect balance of protein and complex carbohydrates that allows your body to detoxify while still feeling nourished and strong. Within just a couple days on a simple diet of mung beans and rice, the chemistry of the blood changes, the organs and tissues are allowed to restore from chronic stress of dietary excess or deficiency, the body becomes energized, the stomach is satisfied and the mind crystal clear.

The soup we're served every morning at solstice and the Golden Milk that is given after tantric days are both excellent ways to ingest a healthy dose of turmeric. It will help alleviate the aches and pains from the long days of yoga and meditation as its anti-inflammatory powers sooth the inner structure of the body. It kindles the agni, purifies the blood and the liver, soothes the respiratory system, clarifies the skin and is powerfully anti-microbial.