



## SUMMER SOLSTICE

The timing of the summer solstice depends on when the sun reaches the northernmost point from the equator – not a specific date on a calendar, or time of day or night.

About 6,000 years ago, cattle herders in Egypt are thought to have arranged stones lining up with the path of the solstice sun in the Nabta Playa basin under the Tropic of Cancer.

**JUNE 2026**

# DID YOU KNOW?



In India, mass yoga sessions take place that attract hundreds of thousands of participants. It is said that the summer solstice was when Adiyogi, the first yogi, met his disciples.

On the solstice, aka “the longest day,” the sun reaches its northernmost position, reaching the Tropic of Cancer and standing still before reversing direction and starting to move south again.

