

Āyurvedic Yoga Book

Sample Class to Balance *Pitta Doṣa*

Music: ambient with NO lyrics

Setup:

1. 2 blocks
2. 1 strap
3. 1 tadpole
4. 1 eye bag
5. Anything else for comfort in integration

| Opening/Centering | |
|------------------------|---|
| | <i>Sukhāsana/Vīrāsana</i> (Simple Seat) Set intention |
| <i>Prāṇāyāma</i> | |
| | <i>Dirgha Prāṇāyāma</i> (2/3-Part Breath) Aerating Breath (venting) <ul style="list-style-type: none"> • Balancing inhalations w exhalations • Focus on soft and easeful |
| <i>Āsana—crouching</i> | |
| | Table Top “ Focus on the sensation of length through the spine as you inhale, and strength through the waistline on exhalations.” Precision, inward focus |
| | <i>Durgā-Go Vinyāsa</i> (Cat-Cow flow) <ul style="list-style-type: none"> • Cow into <i>Adho Mukha Śvānāsana</i> (Downward Facing Dog) • <i>Adho Mukha Śvānāsana</i> into Big Back Bend |
| | <i>Adho Mukha Śvānāsana</i> (Downward Facing Dog) to Core Plank <i>Vinyāsa</i> <ul style="list-style-type: none"> • Center (knee to chest) • Outer (knee to armpit) • Inner (knee to opposite arm) • <i>Kapotāsana</i> (Pigeon) • Sunbird • <i>Bālāsana</i> (Child) R & L |
| <i>Āsana—standing</i> | |

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| | | |
|-----------------------|---|---|
| | <i>Uttānāsana</i> (Standing Forward Fold) | |
| | <i>Tāḍāsana</i> (Mountain) | |
| | <p><i>Candra Namaskar</i> variation (Moon Salutations) – R & L:</p> <ul style="list-style-type: none"> • <i>Candrāsana Vinyāsa</i> (Half Moon flow R & L) • <i>Anjayenāsana</i> (Lunge) into flow w <i>Pārśvottānāsana</i> (Pyramid Leg Stretch) • <i>Trikoṇāsana</i> (Triangle) • <i>Ardha Candrāsana</i> (Half Moon Balance) • Five-Pointed Star • <i>Deviāsana</i> (Goddess) + twist • <i>Tāḍāsana</i> (Mountain) | <p>Expansive, aerating, precise Many straight-legged standing poses Working the abdominals (<i>agni</i> stoking) Balancing poses and complex transitions to offer challenge</p> |
| | <p><i>Prasārita Pādottānāsana</i> (Wide-Legged Forward Fold)</p> <ul style="list-style-type: none"> • <i>Prasārita Adho Mukha Śvānāsana</i> (Wide-Legged Dog) • Runners Stretch (side to side) | Aerating, wide straight legs |
| | <i>Baddha Koṇāsana</i> balance (Bound Angle Toe Squat) | |
| Āsana—seated | | |
| | <p><i>Vakrāsana</i> (Seated Spinal Twist)</p> <ul style="list-style-type: none"> • <i>Jānu Śīrṣāsana</i> (Head to Knee) | Twisting to wring out excess <i>pitta</i> <i>Jānu</i> vents through the groin |
| Prāṇāyāma | | |
| | <p>Śītalī OR Śītakarī <i>Prāṇāyāma</i> (Cooling Breath)</p> | Cooling |
| Āsana—reclined | | |
| | <p><i>Supta Pavanmuktāsana</i> (Reclined Knee to Chest) - R & L</p> <ul style="list-style-type: none"> • Hamstring stretch • <i>Jaṭhara Parivrittāsana</i> with Straight-Legs | |
| | <i>Salamba Sarvāṅgāsana</i> (Supported Shoulderstand) | Relaxing, easeful, cooling, not competitive, and rejuvenative |

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| | |
|---|---|
| Windshield Wipers (knees side to side w feet wide) <ul style="list-style-type: none"> • <i>Supta Jaṭhara Parivṛttāsana</i> (Reclined Spinal Twist) | |
| <i>Śavāsana</i> (Corpse) | Medium length Cooling—lighter or no blankets Eye bag to soothe the eyes Spread the legs and arms |
| Meditation & Mantra | |
| <i>Metta</i> Meditation (loving kindness) | |