

Āyurvedic Yoga Book

Sample Class to Balance *Vāta Doṣa*

Music: something ambient with few lyrics (if any at all) as *Vāta* is sensitive to sound.

Setup:

1. 2 blocks
2. 2 tadpoles (which are like mini bolsters)
3. 2 blankets
4. 2 belly bags
5. 1 eye pillow
6. Anything else for comfort in integration

Opening/Centering	
<i>Sukhāsana/Vīrāsana</i> (Simple Seat)	Grounding Intention setting
<i>Prāṇāyāma</i>	
<i>Nāḍī Śodhana</i> (Alternate Nostril Breathing)	
<i>Āsana—crouching</i>	
Table Top	“Feel the palms of the hands, and the shins rooting into the earth.”
<i>Durgā-Go Vinyāsa</i> (Cat-Cow flow) <ul style="list-style-type: none"> • Childs into Big Back Bend 	“Let the steady breath guide the rhythmic movement.”
Leg Stretch <ul style="list-style-type: none"> • Alternate Arm & Leg Lift 	
<i>Bhagerāsana Vinyāsa</i> (Tiger flow) - R & L <ul style="list-style-type: none"> • Lunge flow w hamstring stretch • <i>Ardha Ustrāsana</i> (Half-Camel) 	
<i>Āsana—standing</i>	
<i>Adho Mukha Śvānāsana</i> (Downward Facing Dog)	
<i>Uttānāsana</i> (Standing Forward Fold)	
<i>Tāḍāsana</i> (Mountain)	
<i>Sūrya Prāṇāyāma Vinyāsa</i> (Packing the <i>Prāṇa</i>)	Engages <i>apāna vāyu</i>

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<p><i>Daśa calana</i> (Churnings)</p> <ul style="list-style-type: none"> • Ankles • Neck • Shoulders • Wrists • Thoracic twist • Hips • Knees • Spinal Wave 	Warming, lubricating, calming
<i>Ayetāsana</i> (Goat)	Grounding, stabilizing, calming
<p><i>Vṛkṣāsana</i> (Tree) – R & L</p> <ul style="list-style-type: none"> • Stargazer (Warrior 1 var) • <i>Vīrabhadrāsana 1 Vinyāsa</i> (Warrior 1 flow) • <i>Garuḍāsana</i> (Eagle) 	Grounding, stabilizing, warming
<p><i>Prasārita Pādottānāsana</i> (Wide-Legged Forward Fold)</p> <ul style="list-style-type: none"> • Lateral flow (R & L) • Wide-legged dog 	Grounding, stabilizing, calming
<i>Mālāsana</i> (Squat)	
Āsana—reclined	
<i>Supta Pavanmuktāsana</i> (Reclined Knee to Chest) R & L	Working the legs/pelvis—seat of <i>vāta</i>
<i>Setu Bandhāsana</i> (bridge)	Working the legs/pelvis—seat of <i>vāta</i>
<p>Windshield wipers (knees side to side w feet wide)</p> <ul style="list-style-type: none"> • <i>Supta Jaṭhara Parivṛttāsana</i> (Reclined Spinal Twist) 	Working the legs/pelvis—seat of <i>vāta</i>
Integration	
<p><i>Śavāsana</i> (Corpse) OR CRP (Constructive Rest Pose) OR <i>Viparīta Karaṇī</i> (Legs Up the Wall)</p>	<p>Longer duration Warm—blankets Heavy & grounding—Bean bags</p>
Meditation & Mantra	

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<i>Yoga Nidrā</i>	Consistent pacing. Focus on warmth, heaviness, points of contact with the earth (grounding), smooth flow of breath, and feeling nourished by the practice.
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