

Āyurvedic Yoga Book

Sample Class to Balance *Kapha Doṣa*

Music: anything uplifting, fun, and motivating (with lyrics!)

Setup:

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

Centering	
<i>Tāḍāsana</i> (Mountain)	Body scan Set intention
Prāṇāyāma	
<i>Sūrya Prāṇāyāma</i> (Sun Breaths) w <i>Ujjāyī</i> (Victorious breath)	Fluid, warming Emphasize opening the side chest/lungs
<i>Dirgha Prāṇāyāma</i> (2/3-Part Breath)	Emphasize opening the front chest
Āsana—standing	
<i>Vyana Vāyu Vinyāsa</i> <ul style="list-style-type: none"> • Inhale into <i>Utthīta Tāḍāsana</i> (Palm Tree) • Exhale into <i>Utkaṭāsana</i> (Chair) 	Engaging the circulating <i>prāṇa vāyu</i> (important for <i>kapha doṣa</i>)
<i>Ardha Candrāsana Vinyāsa</i> (Half Moon flow)	Open the side body, including the chest
Chest Expander <i>Vinyāsa</i> <ul style="list-style-type: none"> • Exhale into <i>Utkaṭāsana</i> with fingers to shoulders and elbows to knees • Inhale into <i>Tāḍāsana</i> w chest lifted and elbows open and wide 	Opens the chest (seat of <i>kapha doṣa</i>)
<i>Uttānāsana</i> (Standing Forward Fold) <ul style="list-style-type: none"> • <i>Ardha Uttānāsana Vinyāsa</i> (Halfway Lift flow) 	Inversions & flow—heat to balance, and inversion to release accumulation of <i>kapha</i>
<i>Anjāyēnāsana</i> (Lunge) R <ul style="list-style-type: none"> • <i>Vinyāsa</i> to <i>Purvottanāsana</i> (Pyramid to Lunge flow) 	Heating as we work the legs and big muscle groups
<i>Vīrabhadrāsana 2</i> (Warrior 2) R <ul style="list-style-type: none"> • <i>Pārśvakoṇāsana</i> to Exalted <i>Vira Vinyāsa</i> (Side Angle to Exalted Warrior flow) 	Lateral bends to open the chest and strengthen the core

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<i>Caturaṅga Daṇḍāsana</i> (Plank) into prone (belly down)	Strengthening transition
<i>Uddiyanāsana</i> (Flying Bird)	Backbends are great to move energy upward and open the chest
<i>Adho Mukha Śvānāsana</i> (Downward Facing Dog)	Inversion to move release accumulation of <i>kapha</i>
<i>Anjayenāsana</i> (Lunge) L <ul style="list-style-type: none"> <i>Vinyāsa</i> to <i>Purvottanāsana</i> (Pyramid to Lunge flow) 	Heating as we work the legs and big muscle groups
<i>Vīrabhadrāsana 2</i> (Warrior 2) L <ul style="list-style-type: none"> <i>Pāśvakoṅāsana</i> to Exalted <i>Vira Vinyāsa</i> (Side Angle to Exalted Warrior flow) 	Lateral bends to open the chest and strengthen the core
<i>Caturaṅga Daṇḍāsana</i> (Plank) into prone (belly down)	Strengthening transition
<i>Dhanurāsana</i> (bow)	Backbends are great to move energy upward and open the chest
<i>Adho Mukha Śvānāsana</i> (Downward Facing Dog)	Inversion to move release accumulation of <i>kapha</i>
<i>Uttānāsana</i> (Standing Forward Fold) <ul style="list-style-type: none"> <i>Ardha Uttānāsana Vinyāsa</i> (Halfway Lift flow) 	Inversions & flow—heat to balance, and inversion to release accumulation of <i>kapha</i>
Chest Expander <i>Vinyāsa</i> <ul style="list-style-type: none"> Exhale into <i>Utkaṭāsana</i> with fingers to shoulders and elbows to knees Inhale into <i>Tāḍāsana</i> w chest lifted and elbows open and wide 	Opens the chest (seat of <i>kapha doṣa</i>)
<i>Tāḍāsana</i> (Mountain)	
<i>Naṭarājāsana</i> (King Dancer) R & L	Standing backbend to open lungs in a different way + stimulating
<i>Mālāsana</i> (Squat)	Thighs parallel to keep the heat in
Āsana—crouching	**Inversion series—allows for the elimination of excess <i>kapha</i>
Forearm plank to Dolphin <i>Vinyāsa</i> <ul style="list-style-type: none"> Single leg lifts from Dolphin Sun Bird from Dolphin 	Warming, circulating, inverting
<i>Anāhatāsana</i> (Melting Heart)	Inversion, chest opener

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	Thread the Needle R&L	Inverted twist (wrings out the excess <i>kapha</i> and eliminates it)
	<i>Bālāsana</i> (Child)	Rest, mild inversion
<i>Prāṇāyāma</i>		
	<i>Kapālabhāti</i> (Shining Skull Breath)	
<i>Āsana—reclined</i>		
	Windshield Wipers (knees side to side w feet wide) OR <i>Supta Jaṭhara Parivṛttāsana</i> (Reclined Spinal Twist)	Unwind, release, settle
	<i>Śavāsana</i> (Corpse) OR <i>Supta Matsyāsana</i> (Supported Fish)	Shorter timing Warm and light Supported Fish opens the chest (seat)
<i>Meditation & Mantra</i>		
	<i>Kīrtan</i> (chanting as a group)	Heartfelt + community + working the lungs