

Summary of Working with Doshas to Bring to balance

PRANAYAMA DONE WELL AND WITH SOFTNESS WILL HELP TO BRING ALL DOSHAS INTO BALANCE. BUT, WHEN YOU NEED TO EMPHASIZE A CERTAIN DOSHA, SOME CONSIDERATIONS CAN APPLY. REMEMBER THAT SOMETIMES A DOSHA OR FEELING IS PRESENT, EVEN WHEN THAT IS NOT YOUR CONSTITUTION.

VATA (when Vata is high and lacks a direction and stability)

we want to keep the Prana quality high, but stabilize its movement, the Vata

BREATH MOVES DOWNWARDS ON THE EXHALE

GENTLE, "NOT STRESSED" EMPHASIS ON EXHALE LONGER

TRY TO SYNCH THE BREATH WITH THE EXISTING STATE OF THE NERVOUS SYSTEM. OTHERWISE - ITS JUST MAKES A STORM. DON'T PUSH THE BREATH, IT WILL ONLY WORSEN THE SITUATION

SIMPLE INSTRUCTIONS AND LESS OPTIONS

LESS COMPLEX SEQUENCES WITH MANY DIFFERENT KRIYAS AND STYLE. SIMPLIFY.

KEEP THE ANCHOR THRU MULA BANDHA AWARENESS AT END OF EXHALES

WATCH THE LENGTH OF THE PRACTICE. IT WILL HELP FOR AWHILE, THEN SUDDENLY ITS TOO LONG AND THE VATA LIFTS AND VARIEGATES AGAIN. WHEN THE STRESS COMES, STOP AND TAKE REST, DROP THE TECHNIQUE FOR A FEW MINS BEFORE TRYING AGAIN

SAVASANA FACE DOWN

SAVASANA WITH WEIGHT ON BODY. BLANKETS/WEIGHTS, BIND THE FEET AND LEGS
MORE EMPHASIS ON SAVASANA / GUNA IS HEAVINESS

SPECIFIC PRANAYAMA TO HELP THE STABILIZE THE VATA

SUPINE PRANAYAMA WITH COMFORTABLE BLANKETS AND BOLSTERS FOR SOFTNESS AND SUPPORT.

VATA REDUCING PRANAYAMA

SOFT NADI SHODHANA WITH A STEADY CADENCE USING COUNTER OR METRONOME CAN HELP TO SUPPORT THE RHYTHM. (VISHNU MUDRA IN HANDS, NOT STIMULATING THE THIRD EYE)

EMPHASIS ON EXHALE LONG IN ALL PRANAYAMAS AND NOTICE THE MULABANDHA AT END OF EXHALE. BUT DON'T MAKE THE EXHALE TOO LONG. SIMPLE AND EASY AND MORE RHYTHM RATHER THAN FIGHTING FOR LENGTH.

KUMBHAKA IS OK, BUT THE GENTLE SIMPLE PAUSE (WITHOUT FORMAL HOLDING IS GOOD) NOT ALWAYS NOTICING THE ACTION BUT RATHER THE SPACE BEHIND IT

ALL DHARANAS (WITH INNER MANTRA ATTACHED TO THE BREATH) SINCE THEY GIVE THE BREATH AND MIND A MOVING PATTERN AND THE MIND CAN REST ON THE MANTRA. EASIER THAN TRYING TO HOLD THE AWARENESS IN A SINGLE POINT IN SILENCE.

CHANTING BUT LIGHTER AND MORE INWARDS, BRAHMARI NOT TOO LONG (AND LOW TONE) OR BIND THE EYES, TEMPLE AND TOP OF EARS FOR A GENTLE PRESSURE.

FACE DOWN SAVASANA / PRANAYAMA

TRATAKA (STABILIZE THE EYES), BRAHMA MUDRA (4 EYE POSITIONS)

*PITTA (when Pitta is high and lacks a softness and container)
we want to keep the Tejas quality high, but stabilize intensity, the Pitta*

SOMETIMES DROP THE COUNTING & TIMING AND SEARCH FOR THE FEELING
LESS REACHING FOR MORE AND TUNING INTUITION. OR WORK STRONG, BUT THEN TOWARDS
THE END OF THE PRANAYAMA TECHNIQUE, DO IT WITH LESS PRECISION

RETURN OFTEN WITHIN PRACTICE TO THE HEART, TO DEVOTION, TO "OTHERS"

USE MANY "DROP TECHNIQUE MOMENTS"

GIVE IT AWAY, OFFER THE PRACTICE OUTWARDLY

CHANT DEVOTIONALLY, CONNECT TO THE DIVINE

PITTA SOMETIMES DOES BETTER WITH STRONG ASANA FIRST BEFORE PRANAYAMA TO BLOW
OFF THE STEAM AND GIVE THE FIRE AN OUTLET

SPECIFIC PRANAYAMAS TO COOL THE PITTA

NADI SHODHANA ALWAYS SINCE IT IS SO BALANCING AND HARMONISING

SITALI

SOFT BRAHMARI WITH HANDS RESTING DOWN (MEDIUM TONE)

SO HAM & HAM SA

METTA AND TONGLEN FOR OTHERS AND MAITRI (SINCE PITTA IS OFTEN SELF CRITIC)

CHANT DEVOTIONALLY

EVENING AND MOON LIGHT PRACTICES

CHANDRA BEDHANA

YOGA NIDRA

HEART OPENING SUPINE PRANAYAMA

*KAPHA (when Kapha is high and needs some getting un-stuck)
we want to keep the Ojas quality high, but remove the excess Kapha*

GET TO THE PRACTICE AND DO THE PRACTICE. RITUAL AND SHOWING UP AND DOING

LOTS OF PRANAYAMA IN GENERAL WILL BE EXCELLENT FOR KAPHA

WORK HIGHER IN THE BODY WITH BREATH, VERTICAL BREATHS AND WORKING ABOVE THE HEART CHAKRA IN HEAD, THIRD EYE, CROWN

CHANT OUTWARDLY, LONG AND VIBRANT

KAPHA ALSO SOMETIMES DOES BETTER WITH STRONG ASANA FIRST BEFORE PRANAYAMA TO WAKE UP THE DORMANT FEELING IN BODY.

DOING PRANAYAMA IN LONG HELD INVERSIONS IS GREAT, SINCE THE EARTH ELEMENT IS NOW UP IN THE SKY

SPECIFIC PRANAYAMA TO CLIMB OUT OF HEAVY KAPHA

NADI SHODHANA ALWAYS SINCE IT IS SO BALANCING AND HARMONISING

ANTAR KUMBHAKA

ALL SOLAR PRANAYAMAS

BASTRIKA AND KAPALABHATI

UDDIYANA BANDHA

THIRD EYE MEDITATIONS LIKE HAM SA

VERTICAL PRANAYAMA - LIKE SUSHUMNA BREATH, OM AH HUNG

ESTABLISH A RITUAL OF STARTING DAY WITH MORNING PRACTICES

LONG INVERSION PRANAYAMA

VIPARITA DANDASANA (BOLSTERS OR CHAIR), VIPARITA KARANI BUT WITH HIPS LIFTED HIGH (CHAIR IF POSSIBLE).