



Kapha Balancing Practices

Description

Kapha Season Dates



Northern Hemisphere

- February or late winter
- March or early spring, vernal equinox
- April or early spring
- May or spring

Southern Hemisphere

- August or late winter
- September or early spring, vernal equinox

- October or early spring
- November or spring

General Approach for Kapha-Balancing



1. [Brahmana Practices](#) – Stimulating, strengthening, challenging, heating practices
2. Practicing in an energetic way
3. Repetition
4. Focused, sharp, upward [gaze](#)
5. Engaging practice with little to no resting in between postures.

6. Create heat without straining.
7. Devotional practices that open the heart and generate love, vitality, joy
8. [Upbeat music](#) to shake excess *kapha* and keep the body moving

Kapha-Balancing Practices



1. [Standing Poses](#)
2. [Sun Salutations](#) â?? Heat-building *vinyasas*, sweating
3. [Backbends](#)
4. [Inversions](#) â?? To support cleansing of organs



5. When there is excess weight, focus on strengthening the upper body first as headstands and handstands are especially good in reducing *kapha*.
6. [Twists](#) â?? To bring increased circulation and toning to abdominals + help body release general congestion and toxins
7. [Arm Balances](#)
8. [Core Strengthening](#)
9. [Asana](#) that focus on pelvis and inner and outer legs such as [Eka Pada Rajakapotasana \(Pigeon Pose\)](#), [Garudasana \(Eagle Pose\)](#), [Prasarita Padottanasana \(Standing Wide Leg Forward Bend\)](#), [Gomukhasana \(Cow Face Pose\)](#)
10. [Halasana \(Plow Pose\)](#) â?? For strengthening the diaphragm and reducing mucus
11. [Standing Forward Bends](#)
12. [Ujjayi \(Victorious Breath\)](#)
13. [Kapalabhati \(Skull Shining Breath\)](#)
14. [Surya Bhedana \(Sun Piercing Breath\)](#)
15. Long holds
16. Open eyes
17. [Chanting](#) loudly or in a higher pitch
18. [Affirmations](#)

More Resources

1. [Kapha-Balancing Asana](#)
2. [Surya Namaskar: Devotional Approaches](#)
3. [Sequence Library: Seasonal Themes](#)
4. [Sequence Finder](#)
5. [Music](#)
6. [Sacred Space & Holding Space](#)
7. [Ayurveda & Yoga](#)
8. [Spring Yoga](#)
9. [Winter Yoga](#)
10. [Theme: Devotion, Sacredness](#)
11. [Music](#)
12. [Sacred Space & Ritual](#)

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