



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

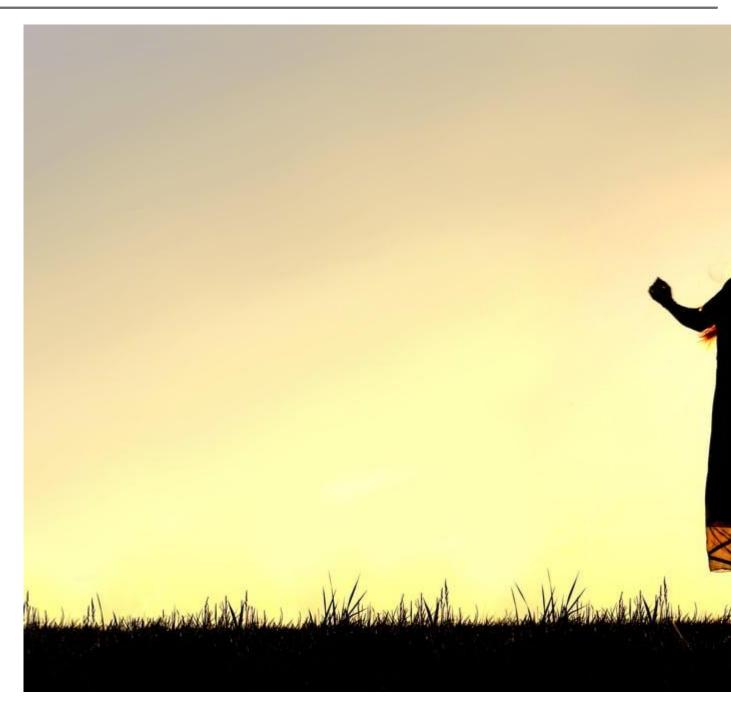
### **Southern Hemisphere**

- 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 â?? 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 a?? Heat-building vinyasas, sweating
- 3. Backbends
- 4. Inversions a?? 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. <u>Twists</u> â?? To bring increased circulation and toning to abdominals + help body release general congestion and toxins
- 7. Arm Balances
- 8. Core Strengthening
- 9. <u>Asana</u> that focus on pelvis and inner and outer legs such as <u>Eka Pada Rajakapotasana (Pigeon Pose)</u>, <u>Garudasana (Eagle Pose)</u>, <u>Prasarita Padottanasana (Standing Wide Leg Forward Bend)</u>, 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

#### Author

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