



Seasonal Dosha Balancing

Description



The Business of Teaching

In this lesson, we introduce considerations related to the business aspect of yoga teaching.



Purchase

Ujjayi Pranayama

In this lesson, we systematically present Ujjayi Pranayama.



Anatomy of the Spine: Spinal Regions & Vertebrae

In this lesson, we introduce the anatomy of the spine.



Sanskrit: Introduction

In this lesson, we introduce the Sanskrit language.

My Courses

Koshas / Panchamayakosha Model: Introduction & Overview

In this lesson, we introduce the kosha model as a way of describing human beings and mapping our experience of the self.



History



Origins & Sources of Yoga

In this lesson, we introduce the source texts of yoga.



Subtle Body Foundations

More 

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1. [Seasonal Dosha Balancing](#)
2. [Vata Balancing Practices](#)
3. [Kapha Balancing Practices](#)
4. [Pitta Balancing Practices](#)

Objectives at a Glance



1. [Seasonal Dosha Balancing](#)

Be familiar with dosha qualities, the time of year in which each predominates, and general practices that may help to bring balance.

2. [Vata Balancing Practices](#)

Be prepared to offer a general approach and to teach specific yoga techniques with the intention of decreasing *vata*.



3. [Kapha Balancing Practices](#)

Be prepared to offer a general approach and to teach specific yoga techniques with the intention of decreasing *kapha*.

4. [Pitta Balancing Practices](#)

Be prepared to offer a general approach and to teach specific yoga techniques with the intention of decreasing *pitta*.

[**Seasonal Dosha Balancing**](#)



Lesson Overview

In this lesson, we introduce seasonal *dosha* qualities and general *dosha* balancing practices.

Objective

Be familiar with *dosha* qualities, the time of year in which each predominates, and general practices that may help to bring balance.

Description

Explain a potential reason for inconsistency among sources for the calendar dates of *vata*, *pitta* and *kapha* seasons. Provide the qualities associated with each seasonal *dosha* and the calendar months in which each *dosha* tends to predominate in the northern and in the southern hemisphere. Provide a list of practices that may help to bring balance to seasonal *doshas*.

Vata Balancing Practices





Lesson Overview

In this lesson, we provide teaching and practice techniques intended to decrease *vata*.

Objective

Be prepared to offer a general approach and to teach specific yoga techniques with the intention of decreasing *vata*.

Description

Note the typical calendar dates of *vata* season in the northern hemisphere, and in the southern hemisphere. When the intention is to decrease *vata*, describe a general approach to *asana* including the level of muscular effort and how you might approach strength and flexibility. Describe other approaches to *asana* plus a *pranayama* practice that can help to decrease *vata*. Note how music and other general energetic practices may help. Describe a focus for practicing particular pose categories and *asana*.

Kapha Balancing Practices



Pitta Balancing Practices



Lesson Overview

In this lesson, we provide teaching and practice techniques intended to decrease *pitta*.

Objective

Be prepared to offer a general approach and to teach specific yoga techniques with the intention of decreasing *pitta*.



Description

Note the typical calendar dates of *pitta* season in the northern hemisphere, and in the southern hemisphere. When the intention is to decrease *pitta*, describe a general approach to *asana* including the gaze and how you might approach strength and flexibility. Describe other approaches to *asana* plus a *pranayama* practice that can help to decrease *pitta*. Note how the environment and general energetic practices may help. Describe a focus for practicing particular pose categories and *asana*.

Author

michaeljoelhall