



Seasonal Dosha Balancing

Description

The Business of Teaching

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



Purchase		
<u>Purchase</u>		
<u>Ujjayi Pranayama</u>		
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.







<u>History</u>



Origins & Sources of Yoga

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



Subtle Body Foundations



- 0. Objectives at a Glance
- 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

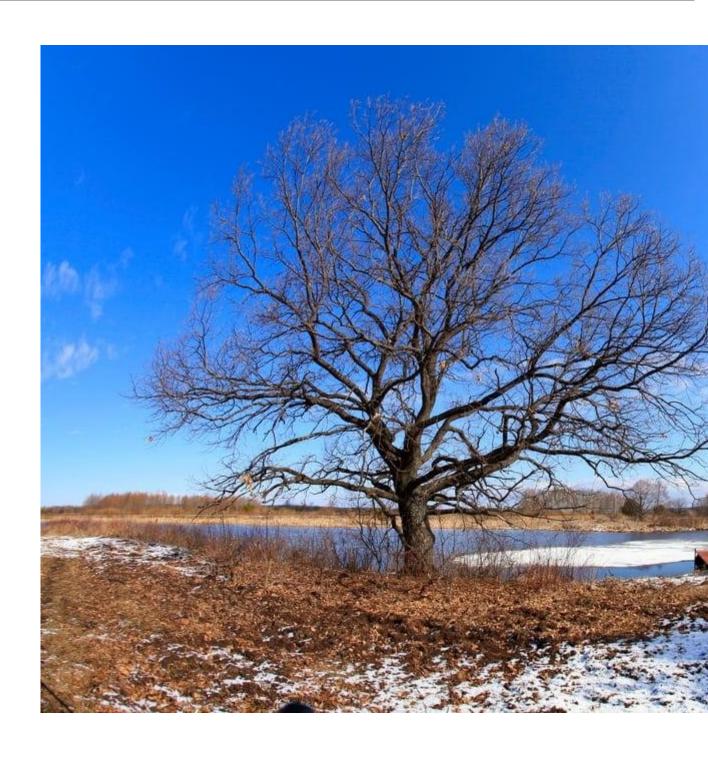
Be prepared to offer a general approach and to teach specific yoga techniques with the intention of decreasing *vata*.

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*.

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