

TEACHING ASANA FOR THE DOSHAS

Encourage the balanced/good qualities and create a sequence & environment that will minimize the imbalanced/weaker qualities.



PITTA

A yoga practice for Pitta season should encourage compassion, acceptance, relaxed & focused effort. It should be fluid & cooling in nature.

Balanced Pitta

- Ambitious
- Focused
- Confident
- Courageous
- Enthusiastic for knowledge
- Happy
- Determined
- Disciplined

Imbalanced Pitta

- Angry / aggressive
- Envious
- Impatient
- Afraid of failure
- Frustrated
- Judgmental
- Snappy speech
- Skeptical

Common Physical imbalances

- Skin feels irritated or more sensitive than usual, acne and/or feeling inflamed
- Hair falls out when you shampoo or comb it
- Heartburn or excess stomach acid
- Feeling hot even when indoors, thirsty all the time, eyes red & irritated
- Easily falls asleep, but then sleep is interrupted in the middle of the night, hard to get back to sleep
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Teaching in Pitta Season

- Breath
 - o Focus on the exhalation; use the exhalation to let go and release any built up anger, frustration, stress, etc
 - o Practice more cleansing breaths (inhale through nose, exhale through mouth)
 - o Shitali breath (curled tongue) or Sadant (through teeth)