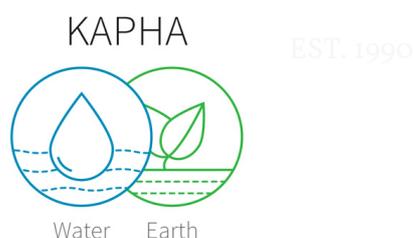


90-Minute Kapha Pacifying Yoga Class Outline



Outline

Introduction: Introduce kapha and the practice

Intention: Practice with effort, speed, and determination

Pranayama: Ujjayi (Victorious Breath) + Bhastrika (Bellows Breath)

Asana Practice

Tadasana (Mountain Pose)

Surya Namaskar (Sun Salutation) x 5

Adho Mukha Svanasana (Downward Facing Dog)

Vasisthasana (Side Plank)

Virabhadrasana I (Warrior I)

Virabhadrasana III (Warrior III)

Urdhva Prasarita Padasana (Upward Extended Feet Pose)

Jathara Parivartanasana (Spinal Twist)

Bhujangasana (Cobra Pose)

Salabhasana (Locust Pose)

Balāsana (Child's Pose)

Purvottanasana (Reverse Plank)

Parsva Upavistha Konasana (Side Seated Wide Angle Pose)

Sirsasana (Headstand) Balāsana (Child's Pose)

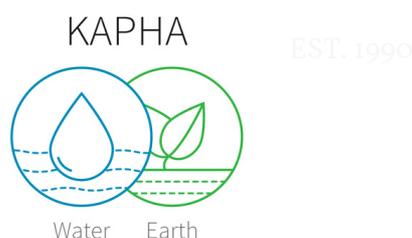
Sarvangasana (Shoulder Stand)

Savasana + Guided Relaxation x 10 minutes

Mantra

Gayatri: Om bhur bhuvah svah tat savitur varenyam bhargo devasya dhimahi dhiyo yo nah
prachodayat.

90-Minute Kapha Pacifying Yoga Class Script



Introduction:

I've designed a yoga practice to pacify kapha. Kapha is a combination of water and earth. It is slow, heavy, static, and cool. Today's practice was designed to counterbalance the characteristics of kapha, thus, today's practice will be heating, energizing, and stimulating. Kapha types are really good at saving their energy, but this often results in accumulation and stagnation. So today, I invite you to do each yoga posture with effort, speed, and determination.

Before we get started, does anyone have any injuries that I should know about?

Let's get started.

Pranayama I-2

Ujjayi (Victorious Breath)

- Transition: Find a comfortable seated position. You may want to sit on a pillow/block to elevate your hips so that you can straighten your spine with ease.
- With the mouth slightly open, close the muscles in the back of your throat and exhale making a "ha" sound, as if you were trying to fog up a mirror. Inhale through the nose and exhale, "haaaa."

[Repeat 3 times]

- Next, we will try to cultivate that same sound on our inhalations. Inhale through the nose, making this same ocean-like sound and exhale through the mouth, "haaa."

[Repeat 3 times]

- Now gently close your mouth and make the same sound as you were before, inhaling through the nose and exhaling through the nose.
- Inhale, 1-2-3-4-5; exhale, 1-2-3-4-5. Good.
- Gently close your eyes and continue.

[Practice ujjayi with the class for 3 minutes with the eyes closed]

[Encourage students to use this breathe throughout the practice]

Bhastrika (Bellows Breath)

- Transition: With a few gentle blinks, you can open your eyes. Lightly rest your hands onto your knees. Take a deep inhalation and exhale forcefully through the nose. Inhale forcefully through the nose. And again, exhale forcefully through your nose.
- Do you have any questions?

90-Minute Kapha Pacifying Yoga Class Script

- Hastapadasana (Forward Bend): Exhale as you bring your left foot forward, feet hip distance apart. Create a long spine as you fold forward.
- Hasta Uttanasana (Thoracic Extension Pose): Inhale and reach your arms up to the sky, create extension in your whole body, and reach back.
- Tadasana (Mountain Pose): Exhale and release your hands. Reach the crown of your head up and you find yourself back in mountain pose.

[Repeat using the other leg to make 1 full round]

[Repeat 3 more full rounds]



Adho Mukha Svanasana (Downward Facing Dog Pose)

- Transition: On your next exhalation, lift your knees, press through your palms, and slide your sit bones up to the sky.
- Lift your thighs and sit bones. Create extension in your torso and legs.

[Hold for 6 breaths/60 seconds]

Vasisthasana (Side Plank)

- Transition: Roll your body forward, bringing your shoulders in line with your wrists. Press through the four corners of your palms. Spread your fingers wide. Make sure your wrists are in line with your shoulders. On your next inhalation, reach your right arm up to the sky and turn your body to the right, placing your weight on your left hand. Bring your feet together and take a moment to find your balance. If possible, bring your gaze up to your right hand.
- Keep your left hip lifted, your chest open and arms strong.

[Hold for 3 breaths/30 seconds]

[Repeat on other side]



Virabhadrasana I (Warrior I)

- Transition: On your next exhalation, release your arm. Create space by pressing through your palms and gently bring your right foot in between your hands. You may need to slide it forward so that your ankle is in line with your knee. Root your left heel into the ground. Square your hips by pulling your left hip forward, right hip backward. On your next inhalation, reach your arms up to the sky, creating space between each vertebrae. Draw your shoulder blades down.
- Lift your upper body and open your chest. Keep your legs strong.

Virabhadrasana III (Warrior III)

- Transition: Softly release your hands toward the floor in front of you. Shift your weight into your front foot. On your next exhalation, extend your torso forward, bringing your chest so that it's parallel with the floor. Square your hips. Activate your feet. You may need to use your arms for balance, otherwise, you can reach them out in front of you.
- Keep your legs straight and strong.

[Repeat Virabhadrasana I & III on the other side]

90-Minute Kapha Pacifying Yoga Class Script



EST. 1996

Urdhva Prasarita Padasana (Upward Extended Feet Pose)

- Transition: On your next exhalation, release your back foot onto the floor to meet your front foot. With awareness, slowly bring your sit bones to the floor, 1-2-3-4-5. Lie on your back and straighten your legs. Reach your arms over your head. Give yourself a nice stretch, from your fingers to your toes. Connect your low back to the floor.
- On your next exhalation, lift your legs to a 90-degree angle. Keep your legs long and straight.
[Hold for 30 seconds]
- Exhale, release your legs back onto the floor, keeping the low back connected to the mat. Breathe.
- On your next inhalation, lift your legs to a 30-degree angle. Keep your lower back connected.
[Hold for 15 seconds]
- Exhale, release your legs back onto the floor, keeping the low back connected to the mat. Breathe.
- On your next exhalation, lift your legs 90-degrees again. Keep your abdominals tight, legs extended.
[Hold for 15 seconds]

Jathara Parivartanasana (Spinal Twist)

- Transition: Exhale and bend your knees into your chest. Open up your arms like a T, rooting both shoulder blades into the mat. As you exhale, slowly allow the knees to fall to one direction.
- With each exhalation, allow yourself to sink deeper into the twist.
[Hold for 3 breaths/30 seconds]
[Repeat on other side]

Bhujangasana (Cobra Pose)

- Transition: On your next inhalation, bring your knees back to center and extend your legs out in front of you and reach your arms over your head. On your next exhalation, using your core, reach your arms up and in front of you, guiding you into a seated position. Find your way onto your stomach. Bring the legs together, draw your tailbone down. Leading with the shoulders, slowly lift your chest up and draw your shoulder blades down to the floor. Gently remove any weight from your hands.
- Engage your buttocks, legs, and feet, keeping them firmly rooted into the floor. With each exhalation, continue to lift your chest higher.
[Hold for 3 breaths/30 seconds]
- Salabhasana (Locust Pose) Transition: On your next exhalation, slowly release your chest and forehead onto the floor. Breathe. Rest your palms onto the floor next to your hips. Reconnect your feet. As you inhale, tighten your buttocks and legs and press your tailbone toward the floor. On your next exhalation, lift your legs up by pulling the back of your knees up toward the sky.
- On every exhalation, find strength to lift your legs higher.
[Hold for 3 breaths/30 seconds]

90-Minute Kapha Pacifying Yoga Class Script

Balāsana (Child's Pose)

- Transition: Slowly release your legs. Press through the hands as you bend your knees as you sit onto your heels. Lay your chest on your thighs, placing your head on the floor. Rest the top of your hands next to your feet.
- Allow your arms to be heavy to create space in the back of the body, space between the shoulder blades and between each vertebrae. Relax. Breathe.

[Hold for 2 breaths/20 seconds]



Purvottānāsana (Reverse Table)

- Transition: Using the support of your hands, lift your torso and extend your legs in front of you [Dandasana]. Place your palms onto the mat, close to the hips, fingertips facing forward. Bend your legs so that your heels are in line with your knees, hip distance apart. On your next exhalation, lift the hips up toward the sky, opening up the front of the body. If you do not have low blood pressure, you may release your head back. Keep your eyes open.
- Maintain strong arms and legs and feel a nice stretch in your shoulders. Fingers are spread wide. Focus on opening up your chest. This is the seat of Kapha.

[Hold for 3 breaths/30 seconds]

Parsva Upaviṣṭha Kōnāsana (Over One Leg Forward Bend)

- Transition: On your next exhalation, release your sit bones onto the floor [Dandasana]. Open your legs wide. Press through your heels to extend your legs. Rotate your thighs so that your knees and toes face the ceiling. Using the support of your hands, draw your lower spine into the body and lift up. Allow your spine to be tall. As you exhale, turn to the right, beginning with the base of your spine, until your chest faces toward your right knee. Inhale again, extending your spine, and as you exhale, fold forward, toward your right knee.
- Strengthen your legs. Hold a nice, long spine. Keep your chest open.

[Hold for 2 breaths/20 seconds]

[Repeat on other side]

Sirsāsana (Headstand)

- Transition: On your next inhalation, slowly lift your head. Using the support of your hands, you can bring your legs back in front of you. Find your way into a seated position where you can rest your sit bones onto your heels. Place your elbows onto the floor and grab each elbow with the opposite hand. Root your elbows into the floor. This is the distance we want to maintain for the next posture. Interlace your fingers and rest your hands onto the floor. Place the crown of your head onto the mat, just behind your hands. Lift your hips by straightening your knees. See if you can bring your hips in line with your head by softly walking your feet closer to your face.
- Strengthen your arms. Strong core.

[Hold for 5 breaths/50 seconds]

Balāsana (Child's Pose)

- Transition: Bring your knees onto the floor and rest your torso onto your thighs. You can extend your arms out in front of you or let them rest next to your knees.

90-Minute Kapha Pacifying Yoga Class Script

- Breathe.
[Hold for 5 breaths/50 seconds]

EST. 1990

Sarvangasana (Shoulder Stand)

- Transition: Using the support of your hands, gently lift your head and return to a seated position. If available, take a folded blanket and place it under the nape of your neck, allowing your head to rest onto the yoga mat and your neck and shoulders to be supported by the soft cushion. Bend your knees, press your palms into the floor, and roll your knees over your head. Place your hands on your lower back. Take a moment to adjust your alignment by drawing your elbows closer to each other and bringing your shoulder blades together. Notice that your chest opens as you engage the muscles in your back. On your next exhalation, lift your two legs up.
- Keep your chest open. Find strength to lengthen your legs.
[Hold for 6 breaths/60 seconds]

Savasana (Corpse Pose)

- Transition: Bend your knees, and using the support of your hands, bring your back back onto the mat. Gently extend your legs out in front of you. You can keep your body warm by grabbing a blanket or putting on socks or a sweater. Lengthen your arms along the floor, palms facing up. Lengthen your neck.
- Inhale deeply. As you exhale, allow the whole body to let go and relax comfortably.

Guided Relaxation

- Bring your awareness to the palm of your right hand, to the back of your hand, to your right elbow, to your right shoulder.
- Bring your awareness to the palm of your left hand, to the back of your hand, to your left elbow, to your left shoulder.
- Feel your shoulder blades connect to the mat.
- Bring your awareness to the sole of your right foot, the top of your foot, to your right knee, to your right hip.
- Bring your awareness to the sole of your left foot, the top of your foot, to your left knee, to your left hip.
- Feel your buttcheeks connect to the ground.
- Bring your awareness to your mouth, your nose, your right eye, your left eye.
- Bring your awareness to the sacred space between your eyes.
- Become aware of the whole front of your body, the whole back of your body, your whole body.

[Lie in Savasana for 10 minutes]

- Bring your awareness back to your breath and back into your body.
- Bring gentle movement into your fingertips and your toes, your wrists, and your ankles.

90–Minute Kapha Pacifying Yoga Class Script

- Keeping your eyes closed, extend your arms over your head, stretching your whole body.
- On your next exhalation, release and relax.
- On your next inhalation, draw your knees in towards your chest.
- As you exhale, allow your knees to fall to one side.
- Rest here for a moment.
- With your eyes closed, using the support of your hands, find your way into a seated position.
- Reach the crown of your head up, creating space between your vertebrae.
- Relax your shoulders away from your ears.
- Breathe.
- On your next inhalation, bring your palms together in front of your chest.
- We'll close today's practice by chanting *Om bhur bhuvah svah tat savitur varenyam bhargo devasya dhimahi dhiyo yo nah prachodayat* together.

Mantra

Om bhur bhuvah svah tat savitur varenyam bhargo devasya dhimahi dhiyo yo nah prachodayat.