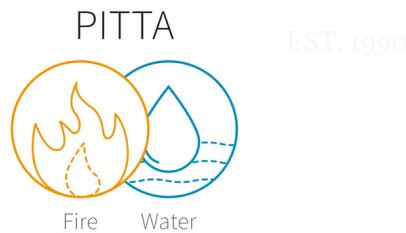


## 90-Minute Pitta Pacifying Yoga Class Outline



### Outline

**Introduction:** Introduce pitta and the practice

**Intention:** Practice effortlessly

**Pranayama:** Ujjayi (Victorious Breath) + Shitali (Cooling Breath)

**Meditation:** So Hum

### Asana Practice

Cat-Cow Tilts

Adho Mukha Svanasana (Downward Facing Dog)

Ragdoll

Tadasana (Mountain Pose)

Suryanamaskar (Sun Salutation) x 2

Bhujangasana (Cobra Pose)

Salabhasana (Locust Pose)

Depada Pidam (Bridge Pose)

Marichyasana (Sage Pose)

Dandasana (Staff Pose)

Upavista Konasana (Open Legs Forward Bend)

Parsva Upavista Konasana (Over One Leg Forward Bend)

Paschimottanasana (Seated Forward Bend)

Neck Stretch Sarvagasana (Shoulder Stand)

Jathara Parivartanasana (Spinal Twist)

Siddhasana (Easy Pose)

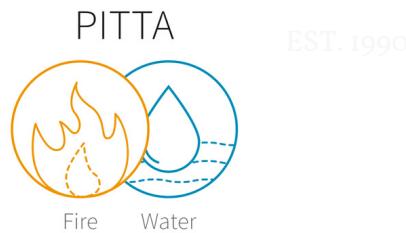
Shitali Pranayam

Savasana + Guided Relaxation x15 min

### Mantra

Lokah samastah sukhino bhavantu

## 90-Minute Pitta Pacifying Yoga Class Script



### **Introduction:**

I've designed a yoga practice to pacify pitta. Pitta is a combination of fire and water. It is hot, sharp, and light. Today's practice was designed to counterbalance the characteristics of pitta, thus, today's practice will be cooling, soft, and grounding. Pitta types tend to be very competitive and goal orientated so I invite you to try to practice without effort and to have fun.

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

Let's get started.

### **Pranayama I**

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]

### **Meditation (5 minutes)**

- Keeping your eyes closed, you can return to your natural breath.
- As you inhale, silently chant in your head "Soooooo."
- As you exhale, silently chant in your head "Huuuummm."

## 90-Minute Pitta Pacifying Yoga Class Script

- Continue breathing slowly, aligning your mantra to your breath. 1990
- It's natural for your mind to begin to wander. Once you realize that you are thinking of something else, use the mantra to anchor you back in the present moment.

### Asana Practice

#### Cat-Cow Tilts

- Transition: Come to a table-top position by bringing your hips above your knees and your shoulders above your wrists. Spread your fingers wide.
- On your next inhalation, bring your gaze up towards the sky, draw your shoulder blades down as you arch your back. Open up the front of your body.
- As you exhale, press through your palms and draw your tailbone and chin into your chest to arch your back.
- Follow the rhythm of your own breath, inhaling and arching your back, and exhaling, rounding the back.

[Repeat for 60 seconds]

#### 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.
- Draw the insides of your elbows toward each other. Extend your arms and torso. Stretch your legs. Breath easy.

[Hold for 3 breaths/30 seconds]

#### Ragdoll Pose

- Transition: Bend your knees and gently walk your feet forward, just behind your hands. Place your feet hip distance apart and parallel with one another. Grab each elbow with the opposite hand. Soften your knees and allow your torso to rest onto your thighs. Gently lift your sit bones high.
- Allow your head to be heavy. Feel the length in your spine.

[Hold for 3 breaths/30 seconds]

#### Tadasana (Mountain Pose)

- Transition: On your next inhalation, press the four corners of the soles of your feet into the ground as you extend the crown of your head towards the sky, lifting your ribcage, chest, and neck with each exhalation. Relax your shoulders away from your ears.
- Breathe long and easy. Find softness within your strength.

[Hold for 3 breaths/30 seconds]

## 90-Minute Pitta Pacifying Yoga Class Script

### Surya Namaskar (Sun Salutation)

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- Hasta Uttanasana (Thoracic Extension Pose): As you inhale, lift your arms up to the sky, creating extension in the back of the body, drawing the sacrum down towards the floor, and create a slight arch to the spine, opening up the chest.
- Hastapadasana (Forward Bend): As you exhale, bend the knees and extend your torso forward and down toward the floor, placing your hands on the mat, next to your feet.
- Ashwa Sanchalanasana (Runners Lunge): Inhale and step your right foot back into a low lunge, resting your knee onto the floor. Open up your chest and relax your hips down toward the floor.
- Adho Mukha Svanasana (Downward Facing Dog): Exhale and root your two hands into the floor, lift your right knee, and step your left foot back. Your feet are hip distance apart. Stay on the balls of your feet as you press through your hands to lift your tailbone up, creating length in your spine.
- Dandasana (Plank Pose): Inhale and bring your shoulders in line with your wrists as you come into plank pose.
- Ashtangasana (Knees-Chest-Chin): Exhale and bring your knees, chest, and chin onto the floor, and lift your hips up to the sky, creating a nice backbend.
- Bhujangasana (Cobra Pose): Without moving your knees or hands, inhale and slide your chest onto the floor. Lift your shoulders and draw your shoulder blades down to the mat.
- Adho Mukha Svanasana (Downward Facing Dog): Tuck your toes under, bend your knees, and press through your hands, lifting your hips as you exhale into downward facing dog.
- Ashwa Sanchalanasana (Runners Lunge): Inhale and lift your right foot as you bring your shoulders in line with your wrists. Press through your palms as you rest your right foot in between your hands. Rest your left knee onto the floor. Open up your chest and draw your tailbone down.
- 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 1 more full round]



### Bhujangasana (Cobra Pose)

- Transition: On your next inhalation, reach your arms up to the sky, creating length in the whole body [Urdhva Hastasana]. With a nice long spine, reach your arms forward and fold into a forward bend [Hastapadasana]. Exhale, fold forward (Uttanasana). Inhale and bring your chest parallel with the floor [Ardha Uttanasana]. Exhale and place your hands onto the floor and step your feet back into a high plank [Dandasana] and slowly bend your elbows, bringing the front of the body onto the floor. 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.

## 90-Minute Pitta Pacifying Yoga Class Script

- Engage your butt cheeks, legs, and feet, keeping them firmly rooted into the floor. Keep your chest open. With each exhalation, lightly lift your chest without any strain.  
[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 butcheeks and legs and press your tailbone toward the floor. On your next exhalation, lift your legs up but pulling the back of your knees up toward the sky. On every inhalation, receive your breath.
- On every exhalation, ease your legs a little higher.

[Hold for 3 breaths/30 seconds]

### Depada Pidam (Bridge Pose)

- Transition: On your next exhalation, gently release your legs and feet onto the floor. Relax the muscles in your legs. Breathe here. Root the palms of your hands into the mat next to your chest. Tuck your toes under. On your next exhalation, press through your hands to lift your body into a high plank. Bend your knees, press through your palms, and slide your sit bones up to the sky [Adho Mukha Svanasana]. As you exhale, release your knees onto the mat. Press your sit bones onto your heels. Extend your legs out in front of you [Dandasana]. Softly rest your back onto the mat. Bend your knees and root the soles of your feet into the floor. Pressing through the four corners of the soles of your feet, strengthen your legs and lift your tailbone and hips. Rest on the tops of your shoulders.
- Stay grounded and light. Release any strain with each exhalation.  
[Hold for 3 breaths/30 seconds]

### Dandasana (Staff Pose)

- Transition: On your next inhalation, bring your knees back to center. As you exhale, extend your legs in front of you. Inhale and reach your arms over your head, creating a long line between the soles of your feet and your fingertips. On your next exhalation, using your core, come to a seated position. Adjust your legs so that they are hip distance apart and the knees and toes face toward the sky. Press through your root to extend your crown up. Draw your shoulder blades down.
- Engage your legs and inner torso. Bring your awareness to your breath.

[Hold for 3 breaths/30 seconds]

### Marichyasana (Sage Pose)

- Transition: Bend your left knee into your chest and root the sole of your left foot into the floor. On your next inhalation, reach the crown of your head up toward the sky. Sit evenly between your two sit bones. As you exhale, beginning at the base of the spine, twist to the left and hug your left knee with your right arm. Keep your spine long.
- Breathe nice full breaths. With each inhalation, find length in your spine, and with each exhalation, shift deeper into the twist.

## 90-Minute Pitta Pacifying Yoga Class Script

[Hold for 3 breaths/30 seconds]

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[Repeat on other side]

### Upavista Konasana (Open Legs Forward Bend)

- Transition: On your next exhalation, release, and find your way back to Dandasana, Staff Pose. 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 back to be tall. On your next exhalation, reach your torso forward, bringing your chest closer to the floor.
- Keep your back straight, heart open, and allow the weight of your chest to bring you deeper into the stretch. Release into the pose.

[Hold for 6 breaths/60 seconds]

### Parsva Upavista Konasana (Over One Leg Forward Bend)

- Transition: On your next exhalation, release your hands onto the floor. Round your back. Using the support of your hands, gently bring your spine to a neutral position, crown of the head high. On your next inhalation, create extension in your spine. 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.
- With every inhalation, lengthen your spine and legs, and with every exhalation, deepen the fold. Soften your neck. Open your chest. Keep your legs and spine extended.

[Hold for 6 breaths/60 seconds]

[Repeat on other side]

### Paschimottanasana (Forward Fold)

- Transition: On your next inhalation, come back to a neutral spine. Using the support of your hands, find your way back to Dandasana, Staff Pose. On your next inhalation, reach your arms up, creating length in the upper body. As you exhale, extend your arms and torso forward and reach for your feet. If you aren't able to reach your feet, you may grab a strap or rest your hands on the floor next to your calves.
- With each inhalation, create length in your spine, and with each exhalation, press through your heels to extend your legs and deepen the fold. Breathe easy.

[Hold for 6 breaths/60 seconds]

### Neck Stretch

- Transition: Tighten the muscles in your legs and push through the heels of your feet to extend your legs and flex your toes. Interlock your fingers behind your head, at the base of your skull, elbows out to the sides on the floor. Inhale, keeping your legs and feet strongly grounded to the floor, and as you exhale, pull your head up, bringing your elbows together. Gently draw your chin into your chest until you feel a stretch in your back muscles.
- Inhale. As you exhale, release your head, neck, and shoulders onto the floor.

[Repeat 3 times]

## 90-Minute Pitta Pacifying Yoga Class Script

### Sarvangasana (Shoulder Stand)

EST. 1990

- Transition: 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 contract the muscles in your back. On your next exhalation, lift your two legs up.
- Lengthen the spine and legs. Keep the chest open. Find comfort in the pose.  
[Hold for 6 breaths/60 seconds]

### Jathara Parivartanasana (Spinal Twist)

- Transition: Bend your knees, and using the support of your hands, gently bring your back onto the mat. Keep your knees close to 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 2 breaths/20 seconds]

[Repeat on other side]

### Siddhasana (Easy Pose)

- Transition: Keep your knees where they are. On your next exhalation, roll onto your side with your chest toward your knees. Using the support of your hands, gently find your way into an upright position. Bend your right knee and place your right foot under the perineum. Place your left heel on top of the right heel and against the pubic bone. Extend your back and neck. Relax your shoulders. Place your hands on your knees, palms facing up. Close your eyes.
- Breathe. Feel your breath nourish your body with each inhalation.

[Hold for 12 breaths/120 seconds]

## Pranayama II

### Shitali Pranayam (Cooling Breath)

- Transition: With a few gentle blinks, open your eyes. Stick your tongue out and roll the outside edges up so that your tongue forms a tube.
- Inhale through the curled tongue, as if breathing through a straw, filling your abdomen, ribs, and chest with air.
- Now close your mouth and retain your breath, 1-2.
- Exhale through the nose.
- Let's try it again. Stick out your tongue and roll the outer edges up. Inhale through your mouth. Close your mouth and hold your breath, 1-2. Exhale through the nose. Good. Now close your eyes. Do five more rounds on your own. When you're finished, keep your eyes closed.

# 90-Minute Pitta Pacifying Yoga Class Script

## Savasana (Corpse Pose)

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- Transition: Using the support of your hands, lie onto your back. 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

- With the next few exhalations, see if you can release any tension in the body.
- Bring your awareness to the back of your body, the space between you and the yoga mat.
- Feel the weight of your body as it sinks into the floor: your heels, calves, low back, shoulders, tops of your hands, your head.
- Try to feel the space above you, against your feet, the palms of your hand, your chest, your neck, your face.
- Become aware of the space surrounding you.
- Notice this space change shape with each inhalation, as your chest rises, and with each exhalation, as it falls back into its place.
- There is a relationship between you and your external environment, between your body and the space surrounding you.
- Rest in this space for a few minutes.

[Lie in Savasana for 20 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.
- 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 *lokah samastah sukhino bhavantu* together.

## Mantra

Lokah samastah sukhino bhavantu