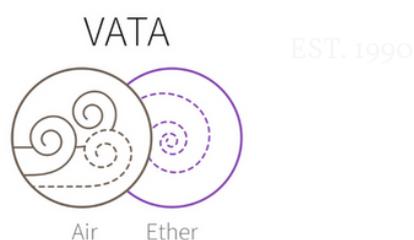


## 90-Minute Vata Pacifying Yoga Class Outline



Introduction: Introduce vata and the practice

Intention: Nourish the body

Pranayama: Ujjayi (Victorious Breath)

Meditation: Guided

### Asana Practice

Yoga Mudrasana (Yoga Seal)

Ragdoll

Suryanamaskar (Sun Salutation) x 3

Utkatasana (Chair Pose)

Chaturanga (Push Up)

Adho Mukha Svanasana (Downward Facing Dog)

Eka Pada Adho Mukha Svanasana (One Legged Dog)

Trikonasana (Triangle Pose)

Virabhadrasana II (Warrior II)

Parsvakonasana (Revolved Side Angle Pose)

Virabhadrasana I (Warrior I)

Padangusthasana (Foot-Thumb Pose)

Bhujangasana (Cobra Pose)

Balasana (Child's Pose)

Dandasana (Staff Pose)

Janu Sirsasana (Head-Knee Pose)

Purvottanasana (Reverse Plank Pose)

Supta Padangusthasana (Reclined Big Toe Pose)

Neck Stretch

Sarvangasana (Shoulder Stand)

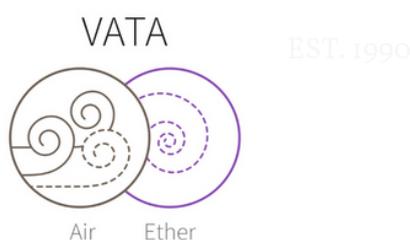
Jathara Parivartanasana (Spinal Twist)

20 minute Savasana (Corpse Pose) + Guided Relaxation

### Mantra

Om, shanti, shanti, shanti

## 90–Minute Vata Pacifying Yoga Class Script



### Introduction:

I've designed a yoga practice to pacify vata. Vata is a combination of air and space. It is erratic, dry, light, and cold. Today's practice was designed to counterbalance the characteristics of vata, thus, today's practice will be grounding, heating, and we will explore the polarity between strength and flexibility so that we can massage the muscles, joints, and pranic channels. Before we get started, does anyone have any injuries that I should know about?

Let's get started.

### Pranayama

- Ujjayi (Victorious Breath)
- Transition: Find a comfortable seated position. You may want to sit on a pillow or a 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]

### Meditation (5 minutes)

- Keeping your eyes closed, you can return to your natural breath.
- Allow yourself to sit in the present moment. Bring your awareness to your sit bones and feel your connection to the earth.
- Take note of how it feels to have the support of the ground against you.
- This feeling isn't new; it's always been there, but we often don't feel it because our mind is focused on other things: to-do lists, desires, insecurities...



## 90-Minute Vata Pacifying Yoga Class Script

### Chaturanga (Push-Up)

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- Transition: With a nice long spine, reach your arms forward and fold into a forward bend [Hastapadasana]. 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].
- Extend your head forward and bend your arms, creating a 90-degree angle. Keep your elbows in line with your wrists. Engage your core. Breath.

[Hold for 3 breaths/30 seconds]



### Adho Mukha Svanasana (Downward Facing Dog Pose)

- Transition: On your next inhalation, place the tops of your toes onto the yoga mat, open up your chest as you straighten your arms. Draw the shoulder blades down towards the mat as you come into an upward-facing dog [Urdhva Mukha Svanasana]. As you exhale, roll over your toes, press through your palms to lift your sit bones up toward the sky.
- Draw the insides of your elbows toward each other. Extend your arms and torso. Stretch your legs. Breath.

[Hold for 3 breaths/30 seconds]

### Eka Pada Adomuka Svanasana (One Legged Dog)

- Transition: Extend your right leg up toward the sky.
- Make sure not to dump all of your weight into the left hand. Create a nice long, strong line from your right hand to your right foot. Activate your foot by either pointing or flexing your toes.

[Hold for 2 breaths/20 seconds]

### Trikonasana (Triangle Pose)

- Transition: Bend your right knee, come onto your left tippytoe, bring your knee into your chest as you shift your weight forward, aligning your shoulders with your hands. Lightly place your right foot in between your hands. Take a moment to adjust your alignment and slide your right foot so that it is in line with your knee. Root your left heel into the mat and begin to extend your right leg. Depending on your flexibility, you may need to rest your right hand onto a block or your shin. Open up your chest as you lift your left arm up. Bring your gaze down to the floor.
- With each exhalation, lengthen the spine and open the chest. Stretch the arms away from each other creating expansion in the body. Strengthen and rotate the legs open to extend the spine.

[Hold for 3 breaths/30 seconds]

### Virabhadrasana II (Warrior II Pose)

- Transition: On your next inhalation, lift your torso up. Keep your arms extended. As you exhale, bend your right knee to a 90-degree angle. Draw your tailbone down and extend the crown of your head up to the sky. Bring your gaze over your right fingertips and keep your chest open.

## 90–Minute Vata Pacifying Yoga Class Script

- With each exhalation, create extension, extension between the arms, between the vertebrae. Keep your legs strong. Feel the heat.

[Hold for 3 breaths/30 seconds]

Parsvakonasana (Side Angle Pose) Transition:

- Reach your right fingers in front of you, guiding your torso forward. Place your right hand on the floor next to the outside of your right knee. Keep the weight on your back foot. Extend your left arm over your head, making a long, straight line from your back foot to your fingertips. Bring your gaze to your hand.
- Create stability and expansion in the body. With each exhalation, strengthen the legs and spine.

[Hold for 3 breaths/30 seconds]

Virabhadrasana I (Warrior I)

- Transition: Release your left hand onto the floor. 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.
- Cultivate an awareness of the weight between your legs; create balance between the two. With every exhalation, create extension in your spine and draw your shoulder blades down. Feel grounded, still.

[Hold for 3 breaths/30 seconds]

Padangusthasana (Thumb-Toe Pose)

- Transition: On your next exhalation, gently release your hands toward the floor in front of you. As you inhale, step your left foot forward to meet the right. Adjust your stance by bringing the feet parallel to one another and hip distance apart. Wrap your pointer and middle fingers around your big toes and clasp your thumb and two fingers together. As you inhale, extend the spine and open up the chest. Keeping your feet rooted into the floor, lift your sit bones up toward the sky, creating extension in the back of the legs. Lengthen the neck and bring your head toward your feet.
- With each inhalation, create extension in the spine, and with each exhalation, create extension in the back of the legs and draw your head closer to the floor. Allow your breath to guide you deeper into the pose.

[Hold for 3 breaths/30 seconds]

Vinyasa to Adho Mukha Svanasana (Downward Facing Dog Pose) and repeat on the other side/leg of the body.

- Ardha Uttanasana: Inhale and lift your chest so that it's parallel with the floor.
- Chaturanga: Exhale, step both feet back, bend your arms so that your elbows and wrists are in line with one another, elbows close to your ribcage.
- Urdhva Mukha Svanasana (Upward Facing Dog): Come onto the tops of your toes, inhale, press through your palms and open up your chest.
- Adho Mukha Svanasana (Downward Facing Dog Pose): Roll over your toes, press through your palms to lift your sit bones up toward the sky.

## 90-Minute Vata Pacifying Yoga Class Script



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### Bhujangasana (Cobra Pose)

- Transition: As you exhale, slowly release your arms and bring your chest 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.
- Engage your buttocks, legs, and feet, keeping them firmly rooted into the ground. Keep the chest open. With each exhalation, focus on strengthening the body.

[Hold for 3 breaths/30 seconds]

### Balasana (Child's Pose)

- Transition: Slowly unroll the spine down, lengthening the front of the body forward. 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 3 breaths/30 seconds]



### Dandasana (Staff Pose)

- Transition: Place the palm of your hands next to your knees. Using the support of your hands, gently lift your head. Slowly bring your feet in front of you, extending your legs, and root your sit bones into the mat. Rest your hands next to your hips. Pressing through the root, extend the crown of your head up, creating space between each vertebrae. Draw your shoulder blades down. Flex your feet, keeping them hip distance apart and adjust your thighs so that your toes face the ceiling.
- With each inhalation, extend the legs, and with each exhalation, lift the spine.

[Hold for 3 breaths/30 seconds]

### Janu Sirsasana (Head to Knee Pose)

- Transition: On your next inhalation, bend the left knee, placing your left foot onto the floor, and allow your left knee to fall to the left, opening up your hip. Extend the spine, reaching the crown of your head toward the sky and pull your right hip backward so that your torso faces the right leg. As you exhale, lengthen your right leg by pressing the right heel forward and the back of your right knee into the floor. On your next exhalation, draw the spine up and forward, bringing your chest toward your knees. If you aren't able to grab your right foot with your hands, lightly rest your hands onto the floor.
- With each inhalation, create length in your back, and with each exhalation, fall deeper into the pose. Keep the legs strong. Breathe.

[Hold for 3 breaths/30 seconds]

## 90-Minute Vata Pacifying Yoga Class Script

### Purvottanasana (Reverse Plank Pose)

- Transition: On your next inhalation, lift your torso and extend your left leg to meet your right. 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 your 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.

[Hold for 2 breaths/20 seconds]

Transition into Dandasana (Staff Pose) and repeat on the other side.

- On your next exhalation, slowly release your sit bones back onto the floor. Extend your legs. Rest your fingertips onto the floor next to the sides of your body.



### Supta Padangusthasana (Reclined Big Toe Pose)

- Transition: Using the support of your hands, lie down onto your back. Bend your right knee and grab your big toe with your middle and pointer finger and thumb. As you exhale, straighten your leg, pressing your right heel toward the ceiling. Keep your left leg strong and extended.
- Lengthen your torso and open your chest. Press through both heels to extend the legs.

[Hold for 6 breaths/60 seconds]

Release your right leg and repeat on the other side.



### 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]

### Sarvangasana (Shoulder Stand)

- 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.

## 90-Minute Vata Pacifying Yoga Class Script

- Lengthen the spine. Strengthen the legs. Keep the chest open.  
[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]

### Savasana (Corpse Pose)

- Transition: Slowly bring your knees back to center. 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.
- Focus your attention on the movement of breath through your whole body.
- As it travels up and down your spine,
- As it travels through your right arm, your right fingers, your left arm, and your left fingers,
- As it travels through your your left leg, your left toes, your right leg, and your right toes,
- As it circulates throughout your body with each heartbeat,
- As it nourishes your muscles, your nervous system, your brain. With each exhalation, release any thoughts.
- Be.

[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 Om, shanti, shanti, shanti together.

## 90–Minute Vata Pacifying Yoga Class Script

### **Mantra**

EST. 1990

Om, shanti, shanti, shanti