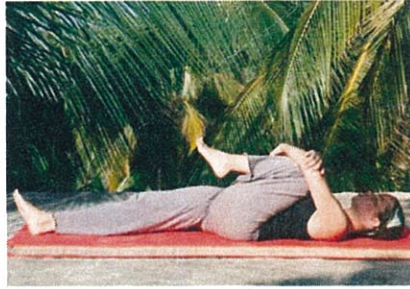


TRI DOSHA BALANCING SERIES

Vata Yana Asana (TriDosha Balancing)



- Vata – roughly translated as “air”
- Ayana – “regulate”
- **Very important to regulate the doshas**

Triaka Asana (Twisting)



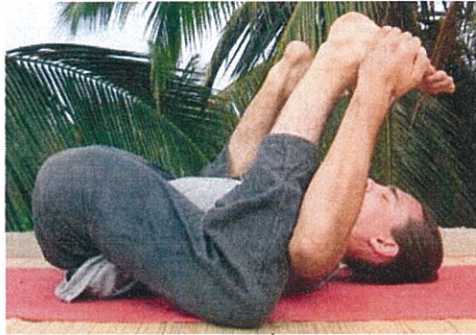
- Triak – to twist
- Very important – never miss this posture
- More important to keep your knee on the ground than your shoulder on the ground
- Regulate the 2 sides of the breath

Purna Ahkanda Asana



- Both legs up

Supta Pidita Asana



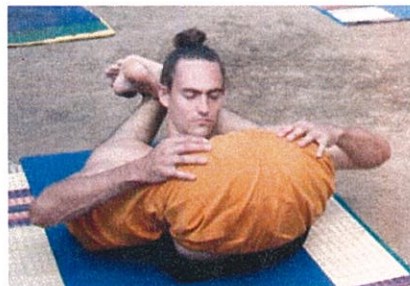
- Stretches the back muscles to separate the sacral muscles tense unit for efficiency
- Supta – “spine” or to lie backwards

Prasarita Asana



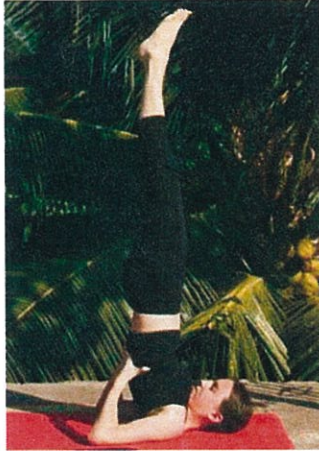
- To cultivate alignment
- Keep buttocks firmly on the floor and relax

Garbha Asana (fetus)



- Fetus – like living in the womb and works entire pelvic region
- Then Bhairava Asana– one leg out.
- Then back to Savasana (Corpse Pose)

Sarvanga Asana – shoulder stand



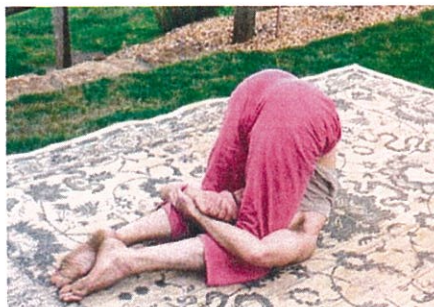
- Inverse posture to culture the reverse of breathing/prana for better health
- Legs together if possible

Hala Asana – plow



- Knees and legs as straight as possible
- Stretches the life nerve in the back of the leg
- Be soft and gentle as you come into the full asana

Karna Pidita



Sethu Banda Asana (bridge)



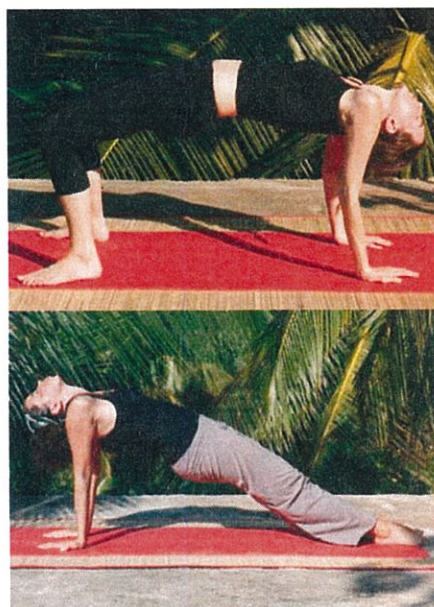
- Waist high as possible
- Then lift the heels and take 3 cyclic diaphragmatic breath

Nauka / Nava Asana (Boat)



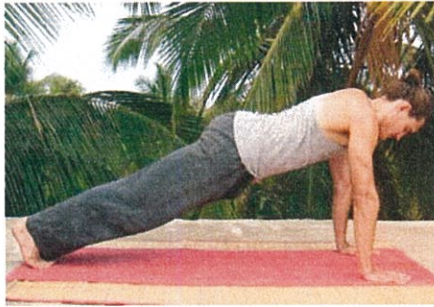
- Posture suggests you are walking away from your lower energy self or gross self – earth, fire, ether, air, and water - Prana energy creates lightness in yourself

Adha Mukha Banda Asana (Table)



Arm Balances Asana

- **Plank (Danda Asana/Rod)**

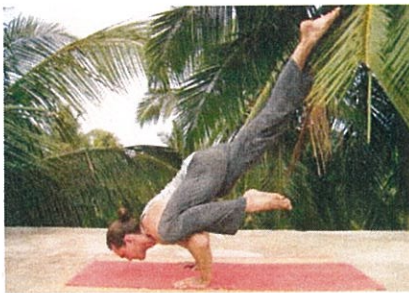
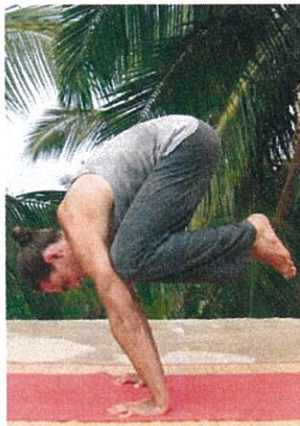


Plank – maintains spinal health

- **Kaka Asana – (Crow - knees out)**



- **Baka Asana (Crane/Stork - knees inline)**



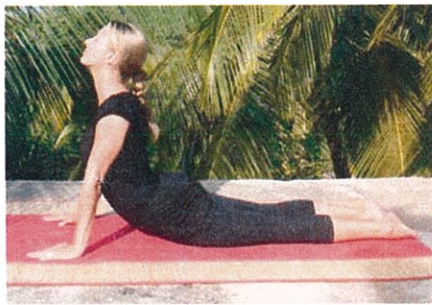
- **Mayra Asana (peacock). Variations not necessary**

Makrasana (Crocodile)



- 2 asanas in the name of makrasana
 - 1. Hand folded is hibernating
 - 2. Arms forward is full expression for breathing
- Makra – “crocodile”
- Teaches to hibernate and shut down system
- Practice the whole body breath and culture to make as an unconscious process

Bhujanga Asana (Cobra)



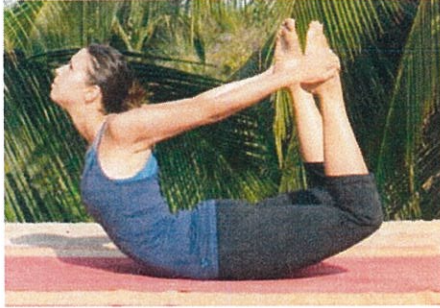
- Lift off the floor, not push with your hands into backbend, middle intensity
- Chin raised upwards, don't pull back with your neck
- Balances 3 doshas and metabolism, and chin raised upwards stimulates thyroids
- Done twice – first time is just to warm up
- Keep feet together to take pressure of sacrum

Salaba Asana (Locust)



- Place fists under body along the belly/genitals, weight on forearms
- For glands around the hip region, similar to cobra but handles other glands
- Leg that is down is relaxed

Dhanura Asana (Bow)



- Expands ribs & chest regions
- Improves thoracic region for culturing breath
- Rest on upper part of pubic region
- Lift up, not pull up, so hands are resting with minimal holding

Paravata Asana (Mountain) **YOU CAN DO MOUNTAIN OR DOWN DOG**



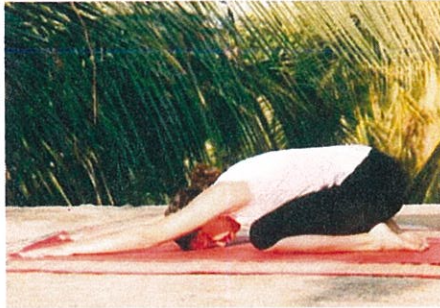
- Holding in breath full
- Feet together

Svanika Asana (Dog)



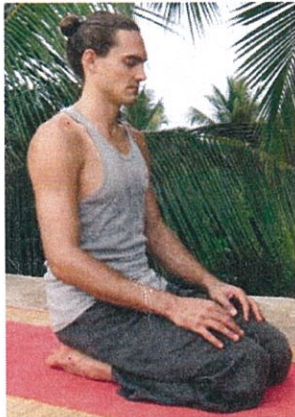
- Holding lungs empty (Udiyana breath)
- Chin locked on chest
- Feet hip width apart

Shasha Asana (Rabbit)



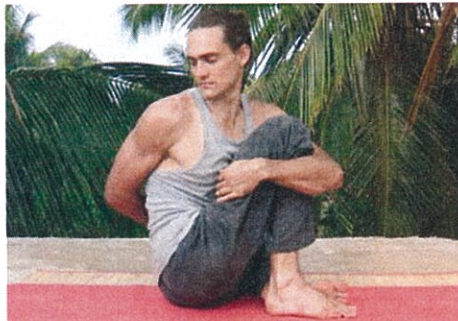
- Keep hands in place and sit
- Keep elbows off floor which works the midback (the only posture that works the mid back)
- Meditate
- Stretches thoracic region

Vajra Asana (Diamond)



- Sit in symmetry and spine in straight line
- Do 3 cyclic breaths – only optimize upper body breath since the diaphragm is not free flowing

Vakra Matsya Indra Asana (Oblique)



- Balances left and right breathe. Ida & Pingala nadis.
- First sit on left, then right
- Develop both sides of breath

Chakra Asana (Wheel)



- Stimulate all prana energies and replenish all nadis
- Hold your ankles, heels close to your buttocks and place feet firmly on the floor
- Hands over shoulders
- Lift up & push w/ your palms – builds flexibility in the triceps
- Lift heels at end to complete curve– shifts the curve to lower back

Shava Asana (Corpse)



- 1. To shut off all bodily functions – conscious mind, breath, heart beat, etc. – almost dead for mastery of the body
- 2. For biofeedback – helps to control your inner organs that are usually involuntary
- Legs wide, arms wide, palms up for optimal relaxation
- Meditate