

KAPHA BALANCING SEQUENCE

Sun Salutation.

1) Sūrya Namaskāra (VK) (Sun Salutation)

2) Tāḍāsana (VPK) (Palm Tree)

3) Virabhadrāsana I (VK) (Warrior I)

4) Virabhadrāsana II (VPK) (Warrior II)

5) Prasārita Pādottānāsana (Expanded Spread Foot)

8) Pūrvottanāsana (Eastward Stretching)

7) Ardha Matsyendrāsana (PK) (Half Spinal Twist)

6) Adho Mukha Śvānāsana (VPK)
(Downward Facing Dog)

- 1) Sūrya Namaskāra (VK) (Sun Salutation)
- 2) Tāḍāsana (VPK) (Palm Tree)
- 3) Virabhadrāsana I (VK) (Warrior I)
- 4) Virabhadrāsana II (VPK) (Warrior II)
- 5) Prasārita Pādottānāsana (Expanded Spread Foot)
- 6) Adho Mukha Śvānāsana (VPK) (Downward Facing Dog)
- 7) Ardha Matsyendrāsana (PK) (Half Spinal Twist)
- 8) Pūrvottanāsana (Eastward Stretching)
- 9) Gomukhāsana (PK) (Cow's Face)
- 10) Bharadvājāsana (PK) (Seated Twist)
- 11) Siṃhāsana (VPK) (Lion)
- 12) Jaṭhara Parivartanāsana (Stomach Rolling)
- 13) Halāsana (VPK) (Plow)
- 14) Matsyāsana (P) (Fish)
- 15) Short Rest
- 16) Bhastrika Pranayama (Bellows Breath) or Right Nostril Breathing (12 times)
- 17) Meditation seated in Vajrāsana (VK) (Thunderbolt)
Empty Bowl Meditation recommended
- 18) Śāvāsana (Corpse)

