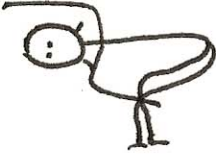


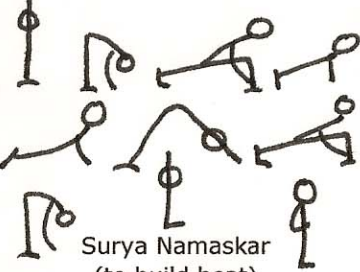







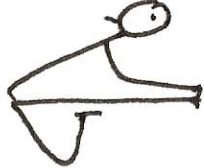
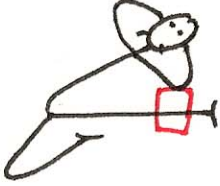


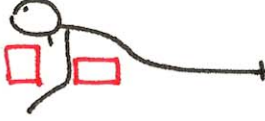



# Earth, Wind & Fire: Ayurvedic Asana

Transitioning to Fall creates excess fire and air, this sequence balance the three doshas: Vata (air), Pitta (fire), and Kapha (earth)  
(inspired by Scott Blossom)

<p><b>KAPHA (Earth)</b></p> <p><u>Characteristics:</u> Move slowly, stable, strong, lethargic <u>Imbalanced:</u> too much sleep, too much sweets &amp; salt <u>Ailments:</u> sinus infections, diabetes, depression, obesity <u>Element:</u> lives in lower body</p>	 <p>Reclining Twist</p>	 <p>4-Part Setu Bandha (take your time!)</p>	<p><b>Balances Kapha</b></p>  <p><b>Brahma Mudra</b> Tuck thumbs inside fists and press knuckles together</p>	<p><b>PITTA (Fire)</b></p> <p><u>Characteristics:</u> Intense, driven, passionate, workaholic <u>Imbalanced:</u> eating spicy foods, too little sleep, anger <u>Ailments:</u> heartburn, acne, inflammation, heart disease <u>Element:</u> lives in middle torso</p>
 <p>Surya Namaskar (to build heat)</p>	 <p>Parivrtta Utkatasana (feel fire in belly)</p>	 <p>Uttanasana</p>	 <p>Malasana Garudasana</p>	<p><b>Balances Pitta</b></p>  <p><b>Kali Mudra</b> Interlace fingers except index which points up</p>
<p><b>VATA (Air)</b></p> <p><u>Characteristics:</u> Move quickly, flexible, easily distracted <u>Imbalanced:</u> staying up late, eating too often <u>Ailments:</u> anxiety, dry skin, constipation, arthritis <u>Element:</u> lives in upper body</p>	 <p>Krishna Side bend (open side ribs)</p>	 <p>Trikonasana (arm over ear)</p>	 <p>Baddha Prasarita Padottanasana (open chest &amp; shoulders)</p>	 <p>Janu Sirsasana</p>
 <p>Parvrita Janu Sirsasana</p>	 <p>Baddha Konasana</p>	<p><b>Balances Vata</b></p>  <p><b>Bhairava Mudra</b> Rest cupped R hand in the palm of L</p>	 <p>Block Backbend</p>	 <p>Savasana</p>