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## VATA

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### Key words for practice:

- Calm, slow, steady, grounding, strengthening, and consistent

### Suggested yoga sequence:

- 1 Sitting poses like Siddhasana (sage pose), or Padmasana (lotus pose)
- 2 Sun salutation done slowly and consciously



- 3 Standing poses: Vrksasana (Tree pose), Virabhadrasana III (Warrior III)
- 4 Navasana (Boat pose)
- 5 Squat
- 6 Bakasana (Crane/Crow pose)



- 7 Ardha Matsyendrasana (Spinal Twist)



- 8 Inversion: Sirsasana (headstand) / Sarvangasana (shoulderstand) / Viparitakarani (half shoulderstand)

8.1 You can choose to do one of them

8.2 No inversion during menstruation

- 9 Lying down body twist



- 10 Corpse pose: relaxation  
Focus on breathing