
KAPHA

Key words for practice:

- Stimulating, moving, warming, lightening, energizing, releasing

Suggested yoga sequence:

- 1 Sitting poses like Siddhasana (sage pose), or Padmasana (lotus pose) with alternative nostril breathing for 5 rounds
- 2 Sun salutation with deep breathing



- 3 Backbends: bow pose / camel pose



- 4 Navasana (Boat pose) with rolling back & forward for 5 times

- 5 Squat & Bakasana (Crane/Crow pose)



- 6 Ardha Matsyendrasana (Spinal Twist)



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

7.1 You can choose to do one of them

7.2 No inversion during menstruation

- 8 Lying down body twist



- 9 Corpse pose: relaxation

Focus on breathing