

---

PITTA

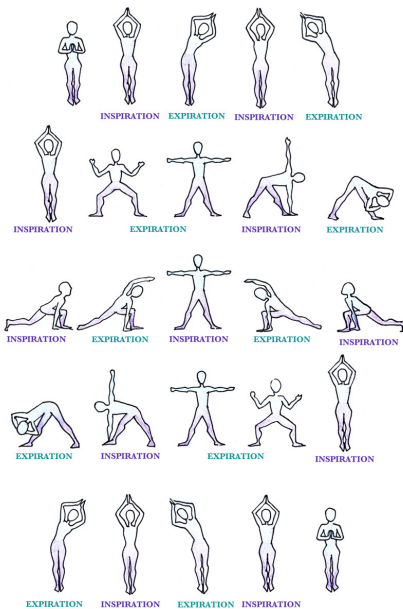
---

**Key words for practice:**

- Cooling, relaxing, surrendering, forgiving, gentle, diffusive

**Suggested yoga sequence:**

- 1 Sitting poses like Siddhasana (sage pose), or Padmasana (lotus pose)
- 2 Moon salutation



- 3 Standing poses: Vrksasana (Tree pose)
- 4 Navasana (Boat pose)
- 5 Ardha Matsyendrasana (Spinal Twist)



- 6 Inversion: Viparitarani (half shoulderstand)
- 7 Matsyasana (Fish pose)

- 8 Lying down body twist



- 9 Sitting forward bend



- 10 Corpse pose: relaxation  
Focus on breathing