

Pitta Pacifying Yoga Tips

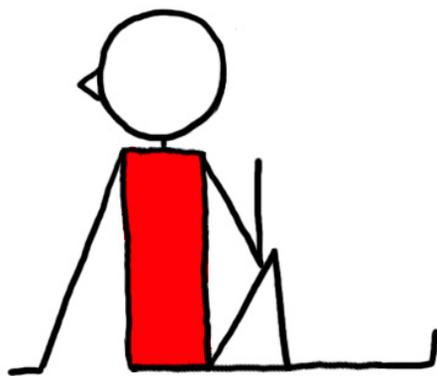
Pitta is the energy of transformation and is related to the element of fire. Summer is the season of Pitta dosha and according to Ayurveda we all experience a tendency towards increased heat during this time of year. It's important to follow a seasonal routine and adjust your yoga practice to balance any excess pitta. Increased pitta can cause inflammatory conditions and symptoms include diarrhea, skin rashes, migraines or hot emotions like frustration, irritability and short temper. To address Pitta aggravation consider incorporating these tips into your daily practice.

General Guidelines

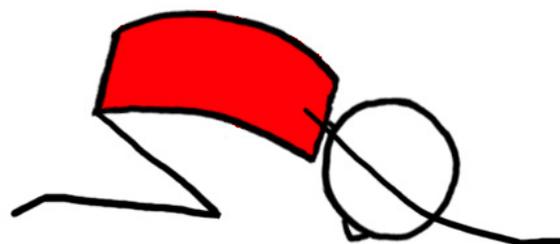
A pitta pacifying practice should be non-competitive, encourage a relaxed effort, incorporate challenge in a playful way and be cooling in nature. Asana should target areas of the body where pitta tends to accumulate such as the navel, liver, small intestine and eyes. Also meditation and asana should focus on reducing excess heat from the head and support a calm, compassionate mental state. Avoid heated spaces, practice at 80% of max effort, let go of the self-critic and have fun!

Twists

Twists are harmonizing and balancing for pitta. They relieve stagnation, tone the major organs within the solar plexus and help to regulate the digestive fire. Twist Away!



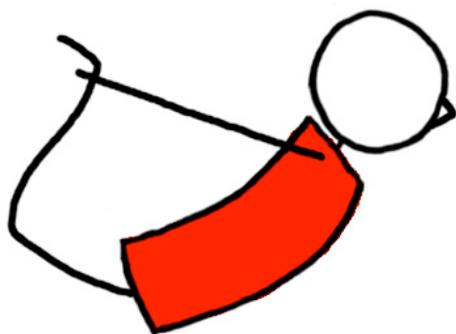
Childs Pose



Childs pose helps to facilitate a calm heart-centered mind. Perfect for easing pitta-type hot emotions.

Back Bends

In general back bends pacify pitta dosha and those done on the belly stimulate pressure (marma) points that balance pitta. Include some gentle back bending but don't make them the focus of your practice.



Shoulder Stand

Inversions should be done with great care. Headstand has a tendency to increase heat in the head and should be avoided. But shoulder stand is a cooling and calming for the nervous system and can benefit pitta dosha.

