

#livingBanyan

A yoga practice for a kapha individual should be one that creates **SPACE, STIMULATION, WARMTH, and BUOYANCY.** Kaphas can cultivate this by following some basic guidelines:



KAPHA Yoga Tips

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- Practice at a **VIGOROUS** pace and intensity.
- Practice in a **WARM** space.
- Use a **STRONG, FORCEFUL BREATH** during practice.
- When you are ready to release the pose, **TAKE ONE MORE BREATH.**
- Keep your chest and shoulders **OPEN AND LIFTED** as you practice.
- Have a **SHARP** upward gaze.
- Feel a sense of **LIGHTNESS** in your poses.
- PAUSE** for a moment between your inhalations and exhalations.
- CHALLENGE** yourself.
- KEEP MOVING.** Have short resting periods between poses.
- Be **PRECISE** in your poses.
- Pay close attention to your **ALIGNMENT.**
- DON'T GIVE UP!**

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Balancing Kapha Dosha
Through Yoga and Ayurveda

