KAPHA Yoga Tips

- 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!**