

A yoga practice for a pitta individual should encourage **COMPASSION, ACCEPTANCE, RELAXED EFFORT**, and be **COOLING** in nature. Pittas can cultivate this by following some basic guidelines:



PITTA Yoga Tips

- ✦ Have **FUN** in your poses. Do not take yourself too seriously.
- ✦ Enjoy **MOVEMENT** in your poses.
- ✦ Allow **FREEDOM & CREATIVITY** in your practice. Change it up. Avoid sticking to one style or series of poses.
- ✦ Practice in a moderately **COOL** space. You don't want to get cold, but pittas should avoid practicing in heated spaces.
- ✦ Focus on the yoga experience in your **BODY**, not your brain.
- ✦ Work at **80%** effort.
- ✦ Avoid being **JUDGMENTAL & CRITICAL** of yourself.
- ✦ Remind yourself that yoga is not a **COMPETITION**.
- ✦ Focus on your **EXHALATION**.
- ✦ Practice plenty of **TWISTS** and side body openers.
- ✦ Soften your gaze **DOWNWARD**, at the horizon, or even practice with your eyes closed.
- ✦ Benefit from practicing at a **MODERATE PACE**.
- ✦ **LESS IS MORE!**



Balancing Pitta Dosha
Through Yoga and Ayurveda

