

#livingBanyan

A yoga practice for a vata individual should create **WARMTH**, **SERENITY**, and **NOURISHMENT**. Vatas can cultivate this by following some basic guidelines:



VATA Yoga Tips

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- Practice at a **SLOW, SMOOTH, AND STEADY** pace.
- Explore **FLUIDITY** in your poses. Use gentle movements.
- Hold each posture for a short amount of time, but do **MULTIPLE REPETITIONS**.
- Draw into and move from your **POWER CENTER** or hara. The hara is the area below the navel and above the pubic bone.
- Focus on the foundation of the pose to create **STABILITY**.
- As you **MOVE**, imagine you're **FLOWING** through a substance like **WARM WATER** or warm mud.
- Focus on lengthening your **INHALATION**.
- Stay connected to the **EARTH**. Ground down through your big toes.
- Do not over-extend or **DEplete** yourself. Your practice should be strengthening, not draining.
- Stay **WARM**.
- Conclude your practice with a **LONG RELAXATION**.
- BE PRESENT!**

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Balancing Vata Dosha
Through Yoga and Ayurveda

