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

- 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!

Balancing Vata Dosha Through Yoga and Ayurveda