

YOGIC PRACTICES

REDUCING RAJAS

ACTIVE ĀSANA:

Moving between āsanas in a dynamic and energising way (vinyasas)



YOGIC PRACTICES

REDUCING RAJAS

ACTIVE ĀSANA:

Choosing variations of āsanas and sequences that are more dynamic and strenuous



YOGIC PRACTICES

REDUCING RAJAS

ACTIVE ĀSANA:

Moving repetition of postures (instead of long holds)



YOGIC PRACTICES

REDUCING RAJAS

ACTIVE ĀSANA:

Dynamic sequence of postures (e.g. sun salutations or flying cow)



YOGIC PRACTICES

REDUCING RAJAS

CALMING ĀSANA:

Forward bends



YOGIC PRACTICES

REDUCING RAJAS

CALMING ĀSANA:

Moving between
āsanas slowly and
calmly



YOGIC PRACTICES

REDUCING RAJAS

CALMING ĀSANA:

Choosing variations of
āsanas and sequences
that are more gentle
and less strenuous

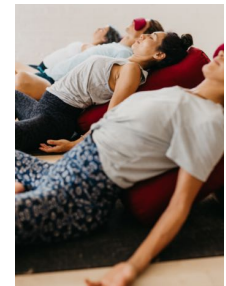


YOGIC PRACTICES

REDUCING RAJAS

CALMING ĀSANA:

Restorative postures



YOGIC PRACTICES

REDUCING RAJAS

CALMING ĀSANA:

Savāsana with
nourishing head
support,
blankets or
sandbags



YOGIC PRACTICES

REDUCING RAJAS

ĀSANA:

Emphasis on feeling grounded



YOGIC PRACTICES

REDUCING RAJAS



ĀSANA:

Focus on
the exhalation

YOGIC PRACTICES

REDUCING RAJAS

CONTRAINDICATIONS FOR ĀSANA:

Students with rajasic dominance
generally benefit from restorative
and gentle āsanās, however, they
may find them difficult



YOGIC PRACTICES

REDUCING RAJAS

CONTRAINDICATIONS FOR ĀSANA:

Meet your students where they are by starting with active practices, gradually slowing down and ending with calming practices and restorative postures



YOGIC PRACTICES

REDUCING RAJAS

CONTRAINDICATIONS FOR ĀSANA:

Help students who like a vigorous āsana practice to balance with deep rest



YOGIC PRACTICES

PRĀṆĀYĀMA FOR REDUCING RAJAS



YOGIC PRACTICES

REDUCING RAJAS

PRĀṆĀYĀMA:

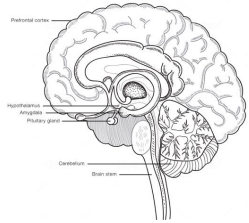
Lengthening the exhalation



YOGIC PRACTICES

REDUCING RAJAS

AUTONOMIC NERVOUS SYSTEM

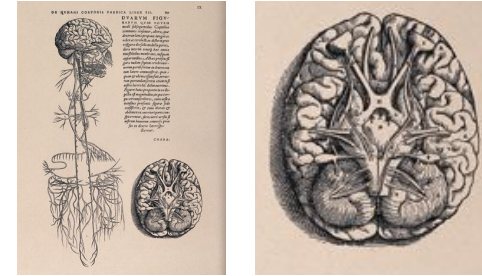


Exhalation engages PNS
Inhalation engages SNS

YOGIC PRACTICES

REDUCING RAJAS

THE VAGUS NERVE



Wellcome Collection (1940)

YOGIC PRACTICES

REDUCING RAJAS

PRĀṆĀYĀMA:
Lengthening the
exhalation



YOGIC PRACTICES

REDUCING RAJAS

PRĀṆĀYĀMA:
*Add a little to the
out-breath*



YOGIC PRACTICES

REDUCING RAJAS

PRĀṆĀYĀMA:

Counting
4:4 4:5 4:6
4:7 4:8



YOGIC PRACTICES

REDUCING RAJAS

PRĀṆĀYĀMA:

Sounding or
chanting



YOGIC PRACTICES

REDUCING RAJAS



PRĀṆĀYĀMA:

Bāhya Kumbhaka
Pause
4:6:2

YOGIC PRACTICES

REDUCING RAJAS

PRĀṆĀYĀMA:

Chandra bheda
prāṇāyāma
(left nostril breathing)

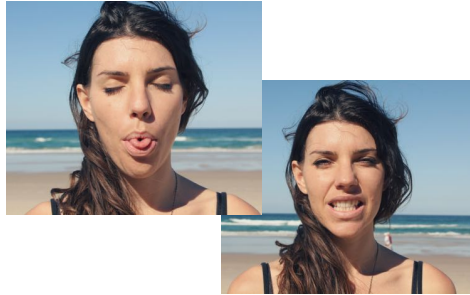


YOGIC PRACTICES

REDUCING RAJAS

PRĀṆĀYĀMA:

Sītālī or sītkaḷī
prāṇāyāma
(cooling breath)



YOGIC PRACTICES

REDUCING RAJAS

PRĀṆĀYĀMA:

Ujjāyī prāṇāyāma
(initially just on the
exhalation)



Wellcome Collection

YOGIC PRACTICES

REDUCING RAJAS

PRĀṆĀYĀMA:

Mountain climbing
breath with an emphasis
on the exhalation
(only in one-on-one
situation)



YOGIC PRACTICES

REDUCING RAJAS

PRĀṆĀYĀMA:

Nourishing
props



YOGIC PRACTICES

REDUCING RAJAS

CONTRAINDICATIONS FOR PRĀṆĀYĀMA:

Students with rajasic dominance generally need to deepen and slow down the breath, however, if a student is very anxious, they may find this very difficult. Noticing or sensing the breath is often enough.

YOGIC PRACTICES

REDUCING RAJAS

CONTRAINDICATIONS FOR PRĀṆĀYĀMA:

Focus on the breath being comfortable and easy. If the student tries to force the length of the exhalation, it will be activating, not calming, thereby having the opposite effect.

YOGIC PRACTICES

REDUCING RAJAS

CONTRAINDICATIONS FOR PRĀṆĀYĀMA:

Forcing the breath can be activating
Cue students to *slow down the exhalation*, rather than to extend it

YOGIC PRACTICES

REDUCING RAJAS

CONTRAINDICATIONS FOR PRĀṆĀYĀMA:

Focusing on the breath can be triggering
Instead focus on something else

YOGIC PRACTICES

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CONTRAINDICATIONS FOR PRĀṆĀYĀMA:

In ujjāyī prāṇāyāma invite anxious students to only make the ujjāyī sound on the exhalation

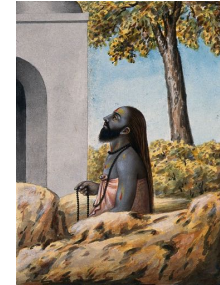
Mason and Gerbarg (2018)

YOGIC PRACTICES

REDUCING RAJAS

CONTRAINDICATIONS FOR PRĀṆĀYĀMA:

Avoid antāra kumbhaka (holding the breath after the inhalation)



Wellcome Collection (ca. 1880)

YOGIC PRACTICES

REDUCING RAJAS



Wellcome Collection (1900s)

CONTRAINDICATIONS FOR PRĀṆĀYĀMA:

Avoid rapid breathing techniques such as kapālabhātī or bhastrika prāṇāyāma

YOGIC PRACTICES

MEDITATION FOR REDUCING RAJAS



YOGIC PRACTICES

REDUCING RAJAS

MEDITATION:

'I am here'
meditation

Amy Weintraub



YOGIC PRACTICES

REDUCING RAJAS

MEDITATION:

Counting down



YOGIC PRACTICES

REDUCING RAJAS

MEDITATION:

Nourishing
props



YOGIC PRACTICES

REDUCING RAJAS

CONTRAINDICATIONS FOR MEDITATION:

As per the sattva section

YOGIC PRACTICES

OTHER PRACTICES FOR REDUCING RAJAS



YOGIC PRACTICES

REDUCING RAJAS

OTHER PRACTICES:

Massaging the
soles of the feet
with hands or a ball

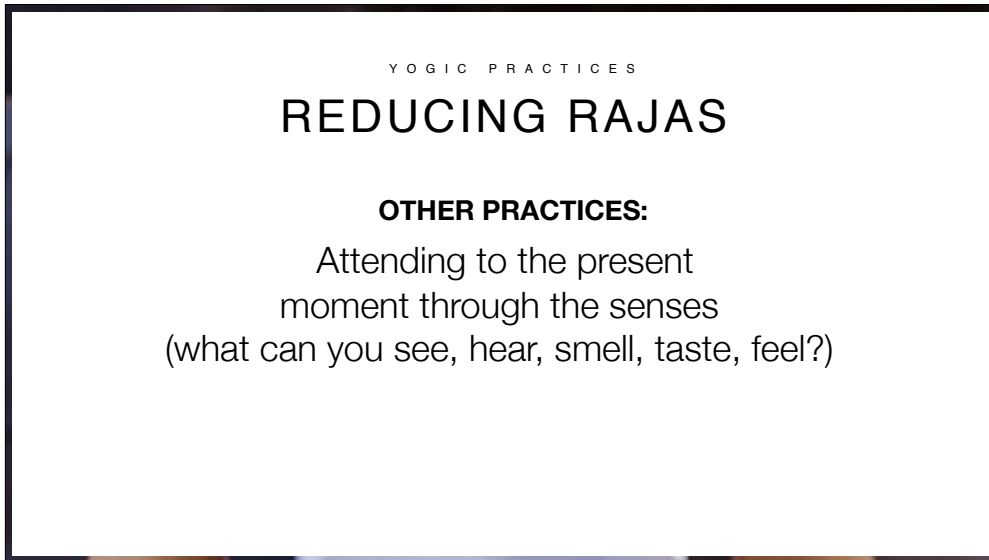


YOGIC PRACTICES

REDUCING RAJAS

OTHER PRACTICES:

Attending to the present
moment through the senses
(what can you see, hear, smell, taste, feel?)

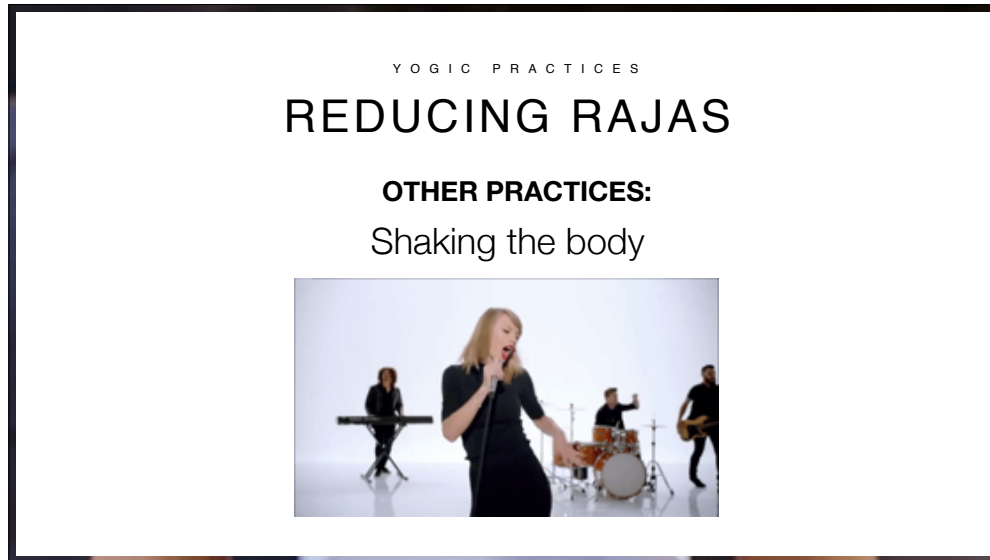


YOGIC PRACTICES

REDUCING RAJAS

OTHER PRACTICES:

Shaking the body




YOGIC PRACTICES

REDUCING RAJAS

OTHER PRACTICES:

Patting the body down



T H A N K Y O U