



YOGIC PRACTICES

## REDUCING TAMAS

**CALMING ĀSANA:**

Forward bends



YOGIC PRACTICES

## REDUCING TAMAS

**CALMING ĀSANA:**

Moving between āsanas slowly and calmly



YOGIC PRACTICES

## REDUCING TAMAS

**CALMING ĀSANA:**

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



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## REDUCING TAMAS

**CALMING ĀSANA:**

Restorative postures



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## REDUCING TAMAS

### ENERGISING ĀSANA:

Chest opening and  
backward bending  
āsanas



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## REDUCING TAMAS

### ENERGISING ĀSANA:

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



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## REDUCING TAMAS

### ENERGISING ĀSANA:

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



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## REDUCING TAMAS

### ENERGISING ĀSANA:

Moving repetition of  
postures (instead of  
long holds)



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## REDUCING TAMAS

### ACTIVE ĀSANA:

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



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### ĀSANA:

Movement that  
focuses on  
inhalation



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### CONTRAINDICATIONS FOR ĀSANA:

Students with tamasic dominance  
generally benefit from more  
energising āsanās, however, they  
may be reluctant to try them

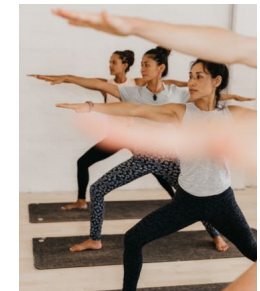


YOGIC PRACTICES

## REDUCING TAMAS

### CONTRAINDICATIONS FOR ĀSANA:

*Meet your students where they are*  
by starting with something gentle  
and gradually make the class  
more dynamic

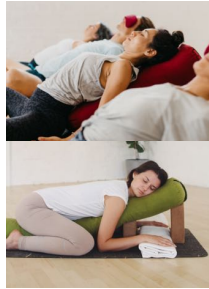


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## REDUCING TAMAS

### CONTRAINDICATIONS FOR ĀSANA:

If you do offer chest-opening practices, always offer a variation as they can be triggering and anxiety-inducing for some



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### CONTRAINDICATIONS FOR ĀSANA:

Sometimes a predominance of tamas is a result of burnout, adrenal fatigue, chronic fatigue, postnatal depletion or chronic illness



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## PRĀṆĀYĀMA FOR REDUCING TAMAS

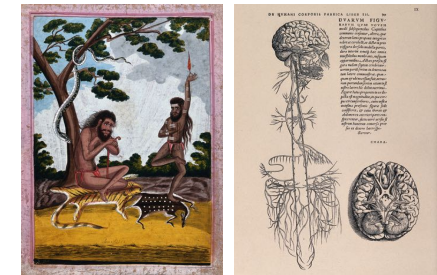


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## REDUCING TAMAS

### PRĀṆĀYĀMA:

Ujjāyī  
prāṇāyāma



Wellcome Collection

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## REDUCING TAMAS



### PRĀṆĀYĀMA:

Antāra kumbhaka  
Pause  
4:2:4

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## REDUCING TAMAS



### PRĀṆĀYĀMA:

Focus on  
extending the  
inhalation

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### PRĀṆĀYĀMA:

Surya bheda  
prāṇāyāma  
(right nostril  
breathing)



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### PRĀṆĀYĀMA:

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



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## REDUCING TAMAS

**PRĀṆĀYĀMA:**

Breath of joy

Amy Weintraub

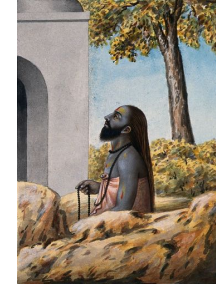


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## REDUCING TAMAS

**PRĀṆĀYĀMA:**

Kapālabhātī



Wellcome Collection (ca. 1880)

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## REDUCING TAMAS

**PRĀṆĀYĀMA:**

Bhastrika  
prāṇāyāma



Wellcome Collection (1900s)

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## REDUCING TAMAS

**CONTRAINDICATIONS FOR PRĀṆĀYĀMA:**

As per the sattva section

