

All *vayus* are sub-doshas of VATA dosha. They are all movements of main Prana, and we will look at each of them individually.

Vatta sub-dosha:	Apana
Location	Colon, pelvic cavity, bladder, pelvis, scrotum, groin, thighs
Function:	elimination of feces, urine, semen, menstruation, sweat removal, childbirth, supports & strengthens intestinal walls
Direction:	DOWN & OUT - descending
Imbalance symptoms:	loose stools
	constipation
	Heavy bleeding during menses
	Constipation
	osteoporosis
	arthritis
	Bloating
	lower abdominal pain














	IBS
	bladder issues
	PMS
	Miscarriage
Causes of depletion:	excess travelling
element:	Earth
Asana:	FORWARD BENDS, lower body twists, MULABANDHA (root lock), Ashwini Mudra, Agnisara, some inversions, rooting down in standing poses, strong engagement of legs
Mudra:	<i>Gyan (Chin) Mudra</i> : index finger connected to thumb. Palms facing down: attitude of intuitive knowledge. Palms facing up: attitude of wisdom or consciousness
Pranayama:	exhale krama (1:2 ratio, example: IN2:EX4), hold after exhale, practice exhaling down through the legs and feet, <i>Kapalabhati</i> (engages the seat of <i>apana</i> in lower belly)
Meditation:	Apana Kriya Meditation: Begin with eyes closed. INHALE: draw all of your feeling and consciousness down to the base of the spine. PAUSE the breath briefly without strain. Hold your awareness at the root. EXHALE all physical and mental toxins down out of the body towards the core of the planet
	Apana Static Meditation: See, feel and sense a dark blue downward pointing triangle at the root chakra. Feel and see energy moving downward as flashes of lightning, grounding into the center of the planet. Feel a powerful sense of being grounded and stable, the body tall and steady (3-10min)
Diet:	REGULAR, WARM, cooked oleicly enriched meals of root vegetables and proteins. AVOID cold, iced, frozen foods and drinks.
Herbs:	Haritaki, Triphala, Ajwan, Valerian Root
Movement:	reeducate, reanimate, strengthen, tonify, stabilize and relax the lower trunk, abdomen and pelvic zone, using: lower body twisting and forward bending, squatting, pelvic floor lifts (mulabandha), diaphragmatic breathing in lower belly (sandbag), warm pool



massage to entire area.

Here are some examples of forward bends (there are many more, but they all have 1 thing in common: spinal flexion - anterior plane of the body gets contracted, and posterior plane - stretched. Parasympathetic response is activated due to relaxation of PS nerve plexus around the lumbar spine. Forward bends are calming, relaxing, anti-inflammatory, reducing (langhana), in addition to increasing Apana Vayu.

<p>STANDING</p>	 <p><i>Uttanasana = intense stretch</i></p>	 <p><i>Parsvottanasana = pyramid pose</i></p>	 <p><i>Prasarita Padottanasana = wide-legged standing forward bend</i></p>
<p>ARM BALANCE</p>	 <p><i>Eka Pada Galavasana = flying pigeon pose</i></p>	 <p><i>Bakasana = crane Kakasana = crow pose</i></p>	 <p><i>Tittibhasana = firefly pose</i></p>
<p>SUPINE / PRONE</p>	 <p><i>Arda Navasana = half boat pose</i></p>	 <p><i>Supta Padangusthasana = reclining big toe pose</i></p>	 <p><i>Balasana = child's pose</i></p>
<p>SEATED</p>	 <p><i>Janu Sirsasana = knee to head pose</i></p>	 <p><i>Upavistha Konasana = seated wide angle pose</i></p>	 <p><i>Marichyasana = sage Marichi's pose</i></p>