

## 4.3. *For Optimism and Joy (Countering Tamasic Mood)*

**Level:** Intermediate and advanced

**Time:** 90 min.

**Props needed:** 2 blocks, chair, bolster or a few blankets

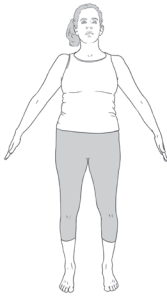
### General guidelines

This sequence is intended to help you overcome a *tamasic* mode. *Tamas* is a state where one lacks energy, and there is lethargy and laziness. Mentally this state is characterized by inertia, or resistance to change. One may feel down and even depressed. The sequence is energetic, opens the chest and encourages deep inhalations to clear up the clouds of despair.

### Specific guidelines:

- We can think of inhalation as the positive side of the breath; as it helps spreading awareness to the extremities of the body. Use inhalations to pump energy and optimism and exhalations to expel negative feelings and thoughts.
- Practice backbends to open the chest and uplift the spirit.
- Use props to keep the chest open also when resting in supported *asanas*. Make sure to spread well your arms to open the 'windows' of the armpits.
- In restorative *asanas* and *Shavasana* don't force yourself to close your eyes; it is better to keep the eyes open and soft.
- Make your practice dynamic and light. Use movements, but don't over-work; don't exhaust yourself.
- In the standing *asanas* avoid looking down; raise your chin up and look slightly above eye-level.
- After each pose, stand in *Tadasana* for 30 seconds; lift your head, look slightly up and breathe deeply.
- Practice *Adho Mukha Vrksasana* (Full Arm Balance); it is an energizing and joyful pose.
- Practice *Sarvangasana* from a chair in order to open your chest and deepen your breath. Avoid *Halasana*.

1. *Tadasana*  
See 1 on p. 349



1 min.

2. \**Urdhva Hastasana*  
dynamic. see 7 on p. 351



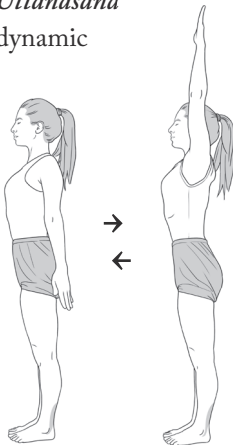
6-8 times

3. *Vrksasana*  
see p. 33



45 sec. on each leg

4. *Urdhva Hastasana*  
*Uttanasana*  
dynamic



10-12 times

- > Inhale and stretch up, exhale and bend to *Uttanasana*.
- > Repeat following the rhythm of your breath

**5.1 Tadasana**  
Exhale



**5.2 Urdhva Hastasana**  
Inhale



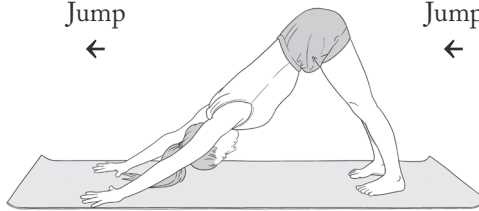
**5.3 Uttanasana**  
Exhale



**5.6 Uttanasana**  
Inhale



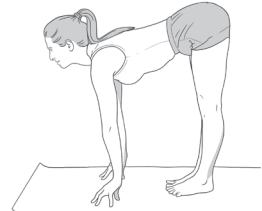
**5.5 Adho Mukha Shvvanasana**  
Exhale



Jump  
←

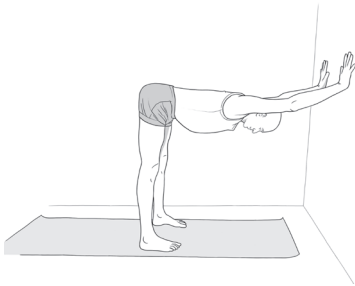
Jump  
←

**5.4 Uttanasana back concave**  
Inhale



6-8 times

6. *Half Uttanasana*  
hands on wall. Support your hands on the wall, keep your back concav.



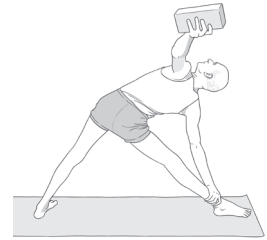
30 sec

7. *\*Virabhadrasana II*  
See p. 99



40 sec each side

8. *\*Utthita Trikonasana*  
holding a block (or any object weighing 1-2 kgs or 4-5 lbs).  
See PFY Vol. I p. 90



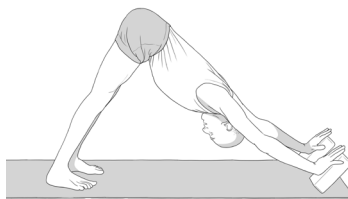
40 sec each side

9. *\*Virabhadrasana I*  
catching a belt.  
See PFY Vol. I p. 106



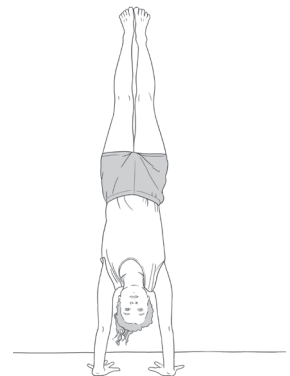
40 sec each side

10. *Adho Mukha Shvvanasana*  
hands on blocks. See p. 82



45 sec

11. *\*Adho Mukha Vrksasana*  
wall support. See p. 123



30 sec x 4

**12. *Supta Baddha Konasana***  
lengthwise block support.  
See p. 131



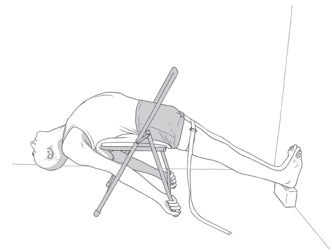
3-5 min

**13. *Paryankasana***  
block support.  
See 8 on p. 351



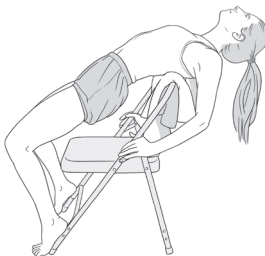
3-5 min

**14. \**Viparita Dandasana***  
on a chair.  
See p. 139

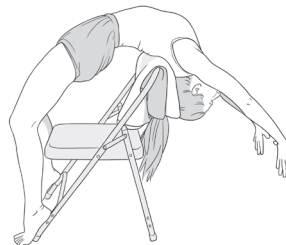


3-5 min

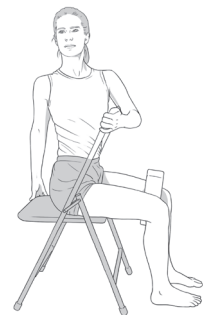
**15. \**Urdhva Dhanurasana***  
on the backrest.  
See 9 on p. 352



2 min × 2



**16. *Bhaddhavasana***  
sitting on chair.  
See p. 143

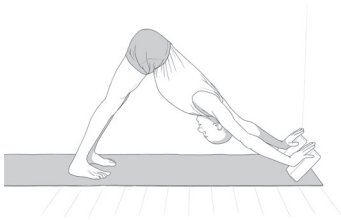


40 sec × 2 on each side

**17. *Adho Mukha Shvvanasana***

hands on blocks.

See p. 82



1 min

**18. \**Sarvangasana***

from a chair, shoulders on  
bolster.

See PFY Vol. III p. 85



5-8 min

**19. *Shavasana***

on a bolster.

See 6 on p. 351



5-8 min