

# **Flourish: Abundance in the Third Stage of Life**

*with* Rev. Dr. Laurel Prema Trujillo  
*and* Rev. Nita Shankari Kenyon

**“Ayurveda for Healthy Aging”**

Friday, October 11, 2024

1 PM–3 PM



# Laurel Trujillo, MD

- Retired Physician, practiced General Internal Medicine (treated adults) for 25 years
- Host and producer of podcast The Yoga Hour, [www.theyogahour.com](http://www.theyogahour.com)
- Have Masters of Holistic Health 1983, have studied Ayurveda for over 20 years
- Trained in Hatha Yoga and Yoga Therapy from Soul of Yoga in Encinitas
- Have studied Kriya Yoga with Yogacharya O'Brian at CSE since 2002, served on CSE Board of Directors for 10 years
- Ordained to teach Kriya Yoga by Yogacharya O'Brian in 2014

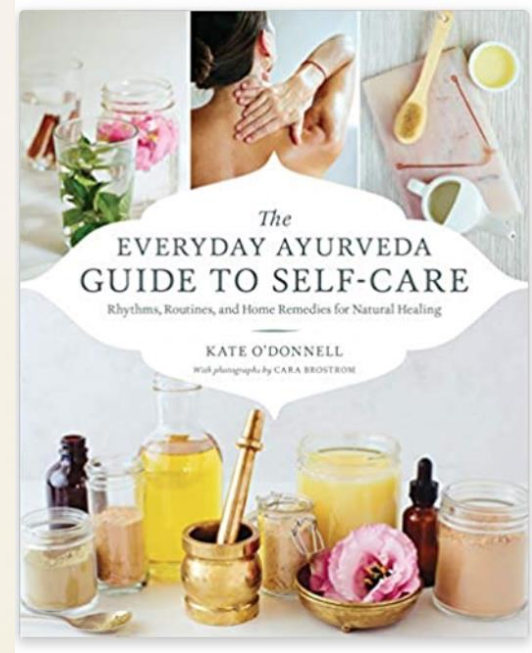
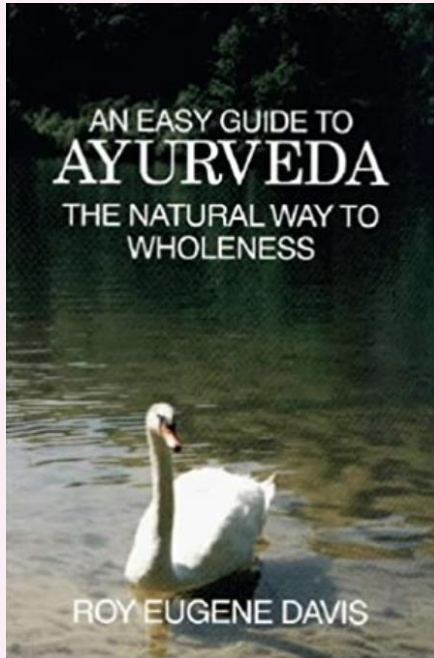


# Agenda Overview for Ayurveda Sessions

- Two sessions of Ayurvedic information
- Session 1: Friday Afternoon 1-3 PM
  - Healthspan vs. Lifespan
  - How Ayurveda works
  - 5 Elements and 3 Ayurvedic Doshas
  - Cycles: Daily, Seasonal, Life
- Session 2: Saturday Morning 9:30-11:30 AM
  - Ayurveda 9 sources of premature aging
  - Ayurveda 6 stages of disease
- Lots of time for reflection and journaling



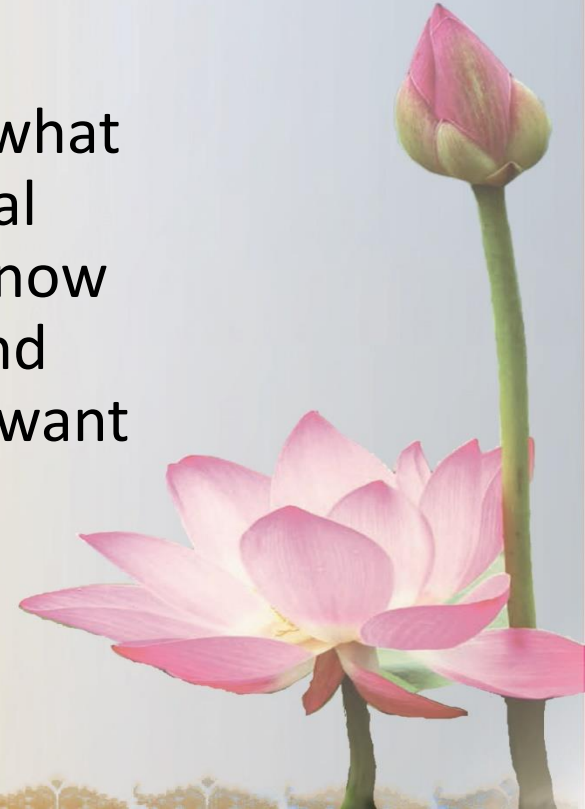
# Recommended References



Alternate: Kate O'Donnell, *The Everyday Ayurveda Cookbook*

# Inspiration from Paramahansa Yogananda

“We are on earth but a little while. The real reason for bring here is very different from what most people imagine. There is a fundamental purpose for our lives. To know it, we must know life’s origin and where it is going, look beyond our short-term goals to what we ultimately want to accomplish, and consider life’s highest potential for development.”

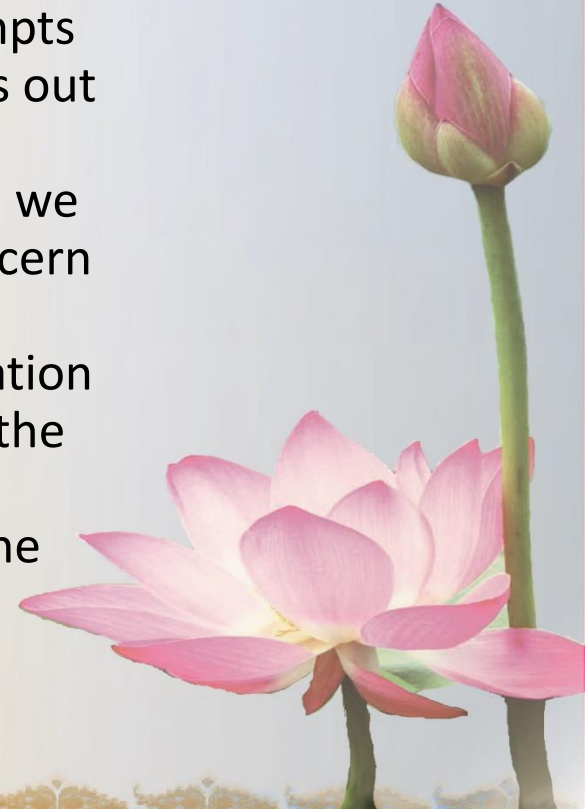




# Inspiration from Yogacharya O'Brian

“Every cell of our body is vibrant with divine power and wisdom. Learn to listen to its music; attend to its prompts toward right action. Though the body continually sends out signals and clues for self-care and balanced living, too often we ignore those signals. We neglect to eat when we are hungry or sleep when we are tired. Learning to discern and heed the simple promptings of body wisdom is profoundly more important than accumulating information about healthy living. Study the book of your daily life, the signals of the body, the nudges of your conscience. Witness the way your heart opens into the beauty of the day, given enough space.”

—*Living for the Sake of the Soul*

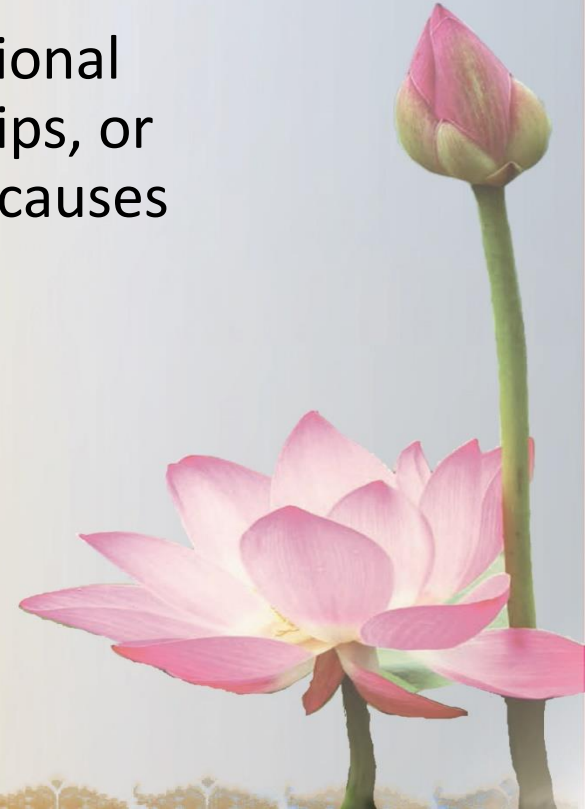


# Inspiration from Roy Eugene Davis

“Avoid thinking that your mental states, emotional states, physical condition, personal relationships, or routine circumstances are solely the result of causes over which you have no control.”

—Roy Eugene Davis

*An Easy Guide to Ayurveda: The Natural Way to Wholeness.*



# Health in Vanaprastha Stage

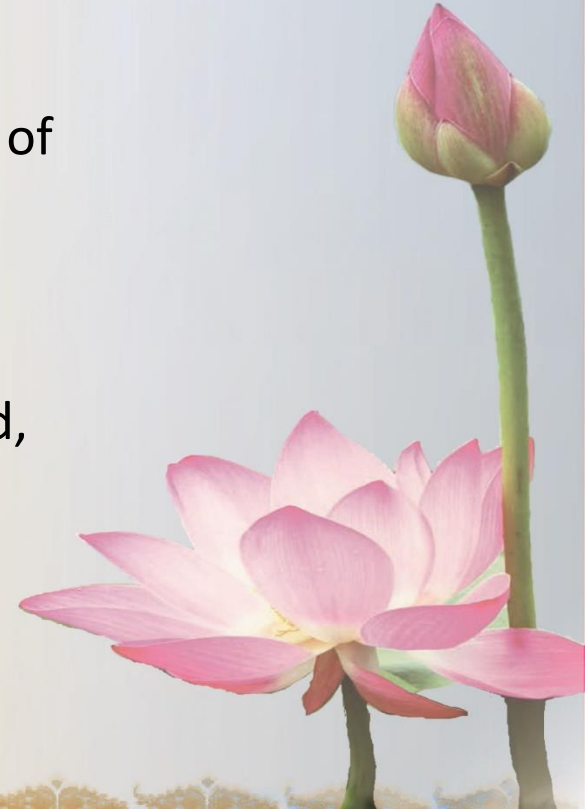
- Certainly, health issues can arise at any age
  - Tend to accumulate as we age
  - “40,000 mile warranty” may expire
- Why focus on Ayurveda?
  - Gives us lots of ideas about how we can stay healthy as we age.
  - Reminds us that there are things that we can try
- Yoga is also medicine: strong but slow





# Questions for Reflection/Journaling to Begin- 1

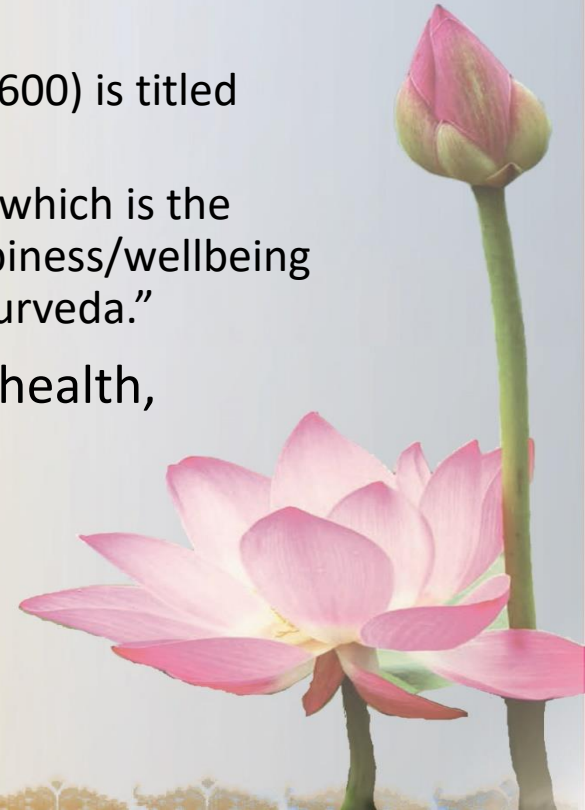
- Write just for yourself
- How is your health right now?
- What is your overall energy level like? Strong, lots of vitality, low, depleted, etc.?
- Are you having any physical symptoms now or for the past few weeks?
- What is your state of mind? Calm, worried, frazzled, stressed, anxious, feeling down?
- What are your self-care practices like now in a typical week? Diet, exercise, meditation, anything else you do for yourself?



# Ayurveda for Healthy Aging

- Desire for longevity is nothing new
  - First chapter of Vedic text Ashtanga Hridayam (CE 550-600) is titled “Quest for Longevity”.
  - Sutrasthana 1.2: “Those who are desirous of a long life which is the means of achieving righteousness, prosperity, and happiness/wellbeing should give their utmost respect to the teachings of Ayurveda.”
- Practices of Ayurveda are all about how to sustain health, increase our longevity, and live healthier longer.

*Gratitude to Dr. Jayarajan Kodikannath, recent guest on The Yoga Hour for this information*



# Lifespan versus Health span

- Lifespans have been increasing over my lifetime
- In 1960's: "If you die at 60, at least you had a long life"
- Current:
  - American men: 74.8 years
  - American women: 80.2 years
  - Varies by race, where you live, etc.
- Health span: added to Merriam-Webster dictionary March 2018
  - "The part of a person's life that they are generally in good health."
- We want our health spans to be as close as possible to our lifespans

# Health Optimists vs. Health Pessimists

- Scientific study: Asked doctors to rate the health of their patients
- Asked patients to rate their own health
- “Health optimists”: those who rated their own health better than their doctor did
- “Health Pessimists”: those who rated their health as worse than their doctors did.
- Health optimists had better longevity than health pessimists.



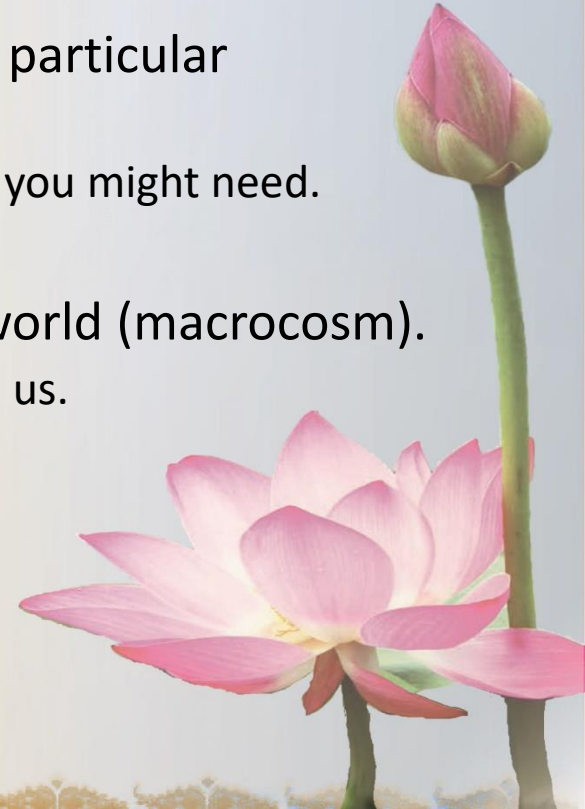
# Ayurveda General Principles

- Ayurveda: ayur=life, veda=knowledge
  - Comes from the Vedas
  - Sister science to yoga
  - The most developed system of lifestyle wisdom that I have ever seen
- Each person is unique, and has a different mind-body constitution
- Western medicine:
  - Study of populations (looks at large groups of people to see what medications or surgeries work for most, then prescribes based on that)
  - Lifestyle advice limited:
    - Diet, exercise, and sleep



# Ayurveda: How does it work?

1. We are healthiest when we are in **balance** for our particular constitution.
  - What will lead to balance for me is different from what you might need.
  - Symptoms (and illness) result from imbalance.
2. Each of us is a microcosm, affected by the wider world (macrocosm).
  - The same forces that act on the outer world also act on us.
  - We are a part of everything.
3. **\*\*Like builds like.\*\***



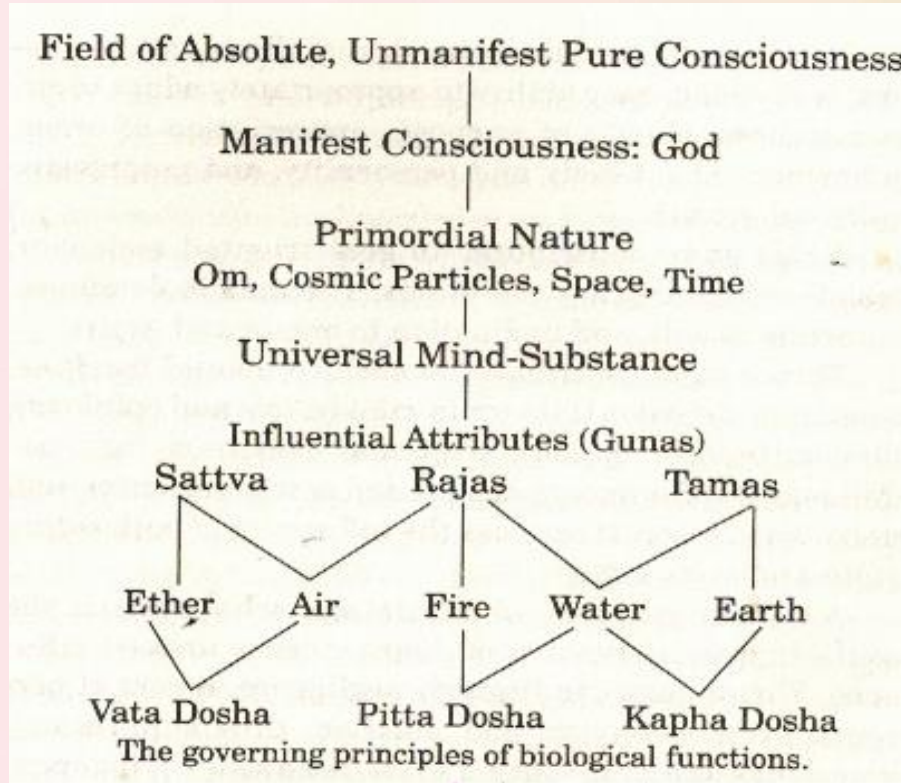
# Ayurveda: Gunas and Elements

- The same forces that act on the world, also act on the individual
  - 3 Gunas
    - Sattva- luminosity
    - Rajas- activity
    - Tamas- heaviness, inertia
  - 5 elements (ether, air, fire, water, and earth)
  - Everything in existence is made up of interaction of these 3 Gunas and 5 Elements
- Goal is to stay in balance **with your particular constitution**
  - To do so we must practice Self-study (Svadhyaaya) and Self-discipline (Tapas)
- Understanding the qualities of nature helps us to cooperate with them and stay in balance
  - Important to go with the flow (so you have to notice the direction of the flow)

# Three Gunas from An Easy Guide to Ayurveda by Roy Eugene Davis

- Influential principles which regulate and govern environmental and biological processes. They pervade the universe.
- Sattva Guna (sat, is-ness, truth, being): luminosity, clarity; expressive as goodness, purity, harmony, balance, happiness, virtue, and knowledge
- Rajas Guna (raj, to glow, to be dynamically active): the force of energy and motion expressive as passion, action, contention, and desire
- Tamas Guna (tam, to decline or perish): force of inaction, darkness, inertia, and obscurity.

# Ayurveda and the Five Elements



# The Five Fine Primary Element Influences

- Ether: comes from Sattva Guna. Space with cosmic particles with potential to express or manifest. Manifests in physical form as space.
- Air: comes from combination of Sattva and Rajas. Manifests in physical form as gaseous substances.
- Fire: comes from Rajas Guna. Manifests in physical form as radiance.
- Water: comes from combination of Rajas and Tamas Gunas. Manifests in physical form as moisture.
- Earth: comes from Tamas Guna. Manifests in physical form as cohesive matter.
- “The influences of all three gunas are present when dominant ones are obvious.” *An Easy Guide to Ayurveda*, p. 17



# Three Doshas as Governing Principles

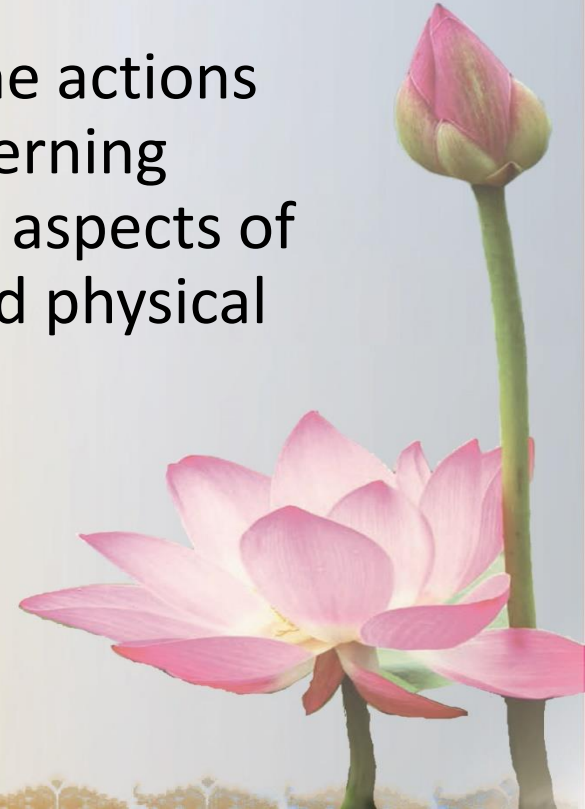
- You may have identified your Dosha and think of it as a “type”
- Most helpful to think of doshas as governing principles
- Everyone needs all 3 Doshas within their bodies:
  - Vata: movement; Pitta: Transformation; Kapha: Stability
- No “good” or “bad” dosha
- We are healthiest when they are in balance



# Knowledge will unfold from within you

“Allow yourself time to fully understand the actions of the gunas, element influences, and governing influences or doshas. Knowledge of these aspects of life and their roles in regulating mental and physical states will unfold from within your own consciousness.”

—Roy Eugene Davis, *An Easy Guide to Ayurveda* p. 31



# Ayurveda is an Opportunity for Self-study

- Svadhyaya= Self-study
- One of three essential practices of Kriya Yoga from Patanjali's Yoga Sutras 2.1
  - Self-discipline
  - Self-study
  - Self-surrender
- How do we feel when we
  - Eat something heavy right before bed?
  - Stay up too late?
  - Drink too much caffeine?
- When we develop a symptom: what have we been eating?  
What activities have we been doing?

# Ayurveda is an Opportunity for Self-discipline

- We also use self-discipline in making the changes we see during self-study
- “Do what you know you should do.” Roy Eugene Davis
- Ayurveda can be very complex
  - Don't get discouraged
  - Keep trying
- Even small changes do make a difference
- Pick one or two changes you'd like to make
  - Don't try to change everything at once

# The Doshas: Vata, Pitta, and Kapha

- Most useful to think of doshas In two ways:
  - as governing principles that are active in all bodies
  - As your mind-body constitutional type
  - Questionnaire from Roy Eugene Davis to help identify your dosha
  - Roy Davis: “Doshas are subtle, influential forces.”
  - Limitations of questionnaires
- No “good” or “bad” dosha
- All three are needed in each body
- We are healthiest when they are in balance
- Balance looks different for each unique individual





# Spiritual Awareness is the Primary Factor

“While learning and applying various practical procedures for mind-body constitution balance, it is important to remember that our spiritual awareness is the primary, determining factor in the process. When spiritually awake, we are spontaneously inclined to live constructively and do what is most beneficial. Should a challenge then be present, we will quickly act to restore order and balance to every aspect of our lives.”

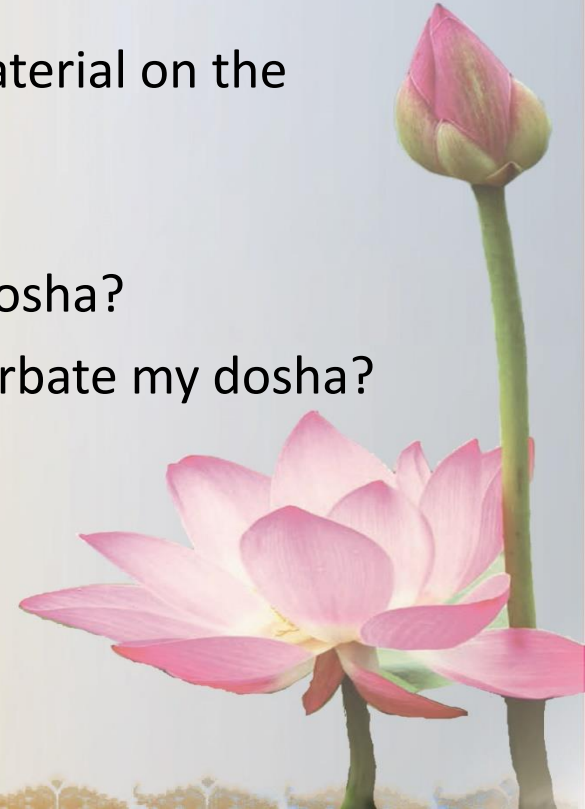
—From *An Easy Guide to Ayurveda* by Roy Eugene Davis



# Questions for Reflection/Journaling 2

## (Where we are going)

- Keep these questions in mind as we go through material on the Doshas:
- What is my primary dosha?
- Do I have any signs or symptoms of excess of my dosha?
- What activities have I been doing that might exacerbate my dosha?
- How can I balance my dosha?
- Since we are affected by the world around us:
  - Early Fall is Pitta time
  - Late Fall is Vata time



# Vata Dosha

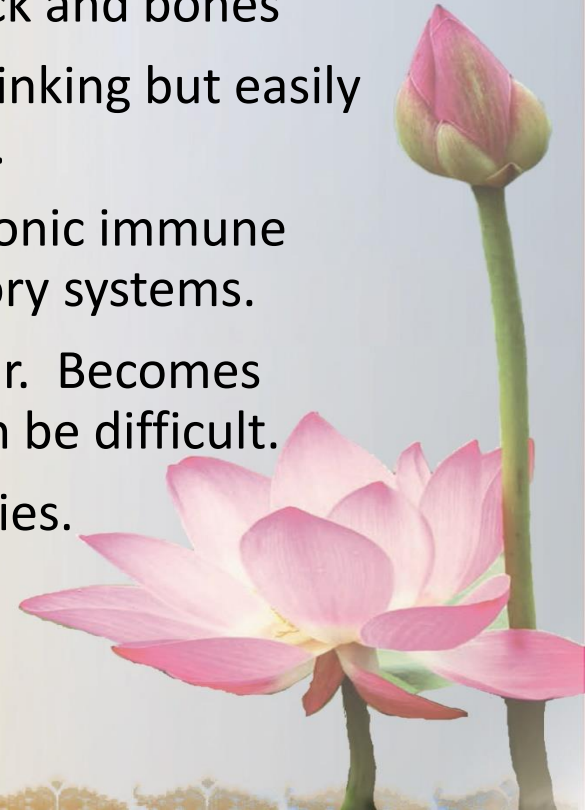
- Elements: Air and Space or Ether
- Governs movement in the body
  - Movement of air in and out of the lungs
  - Movement of blood throughout the body
- Qualities: Cool, dry, light and mobile
- Locations: Below navel; Colon/rectum (largest space in body); bladder, thighs, low back and legs



# Vata: The Energy of Movement

- Body: Most often thin with narrow frame, long neck and bones
- Personality: Fast speaking, fast moving, and fast thinking but easily fatigued. Energetic, alert, restless, and very active.
- Physical Challenges: prone to constipation and chronic immune challenges. Weakness in the nervous and circulatory systems.
- Emotional Challenges: Nervousness, worry and fear. Becomes overwhelmed under stress and staying focused can be difficult.
- Balanced by: Warm, moist, heavy and stable qualities.
- Gifts: Creative, enthusiastic and inspiring

*From Vijaya Stern, livingrasa.com.*



# Vata Balance and Imbalance

## Signs of healthy vata

- Consistent elimination
- Free breathing
- Good circulation
- Keen senses
- Creativity

## Signs of too much vata

- Gas and constipation
- Asthma
- Cold hands and feet
- Anxiety/feeling overwhelmed

Taken from *The Everyday Ayurveda Guide to Self-Care* by Kate O'Donnell



# How to Balance Vata

## Balancing (do more)

- Regular habits
- Quiet
- Calm
- Ample rest
- Warmth
- Plenty of fluids
- Steady supply of nourishment
- Sesame oil self-massage

## Imbalancing (avoid)

- Frantic travel
- Loud noises
- Continual stimulation
- Extreme cold
- Cold foods and drinks
- Raw foods
- Skipping meals
- Caffeine, sugar, alcohol and drugs

*From Vijaya Stern, livingrasa.com*



# Pitta Dosha

- Elements: Fire and water
- Governs transformation in the body
  - Digestion in gut
  - Energy transformation in cells
  - Metabolism
- Qualities: Hot and sharp
- Locations: most prevalent around the midsection. Stomach and small intestine, and the blood. Eyes and skin.



# Pitta: The Energy of Digestion and Metabolism

- Body Characteristics: Moderate, reasonably steady weight with a medium frame and good musculature.
- Personality: Focused, energetic, and intense
- Physical Challenges: Prone to loose stools, heartburn, weakness in liver and skin rashes
- Emotional Challenges: Anger, resentment and jealousy. Can sometimes become cynical. Becomes more focused under stress.
- Balanced by: Cool, heavy, stable, and slightly dry qualities.
- Gifts: Perceptive and dynamic.

*From Vijaya Stern, livingrasa.com.*

# Pitta Balance and Imbalance

## Signs of Healthy pitta

- Good appetite and metabolism
- Steady hormones
- Sharp eyesight
- Ease of comprehension
- Good complexion (rosy skin)

## Signs of too much pitta

- Acid indigestion or reflux
- Painful periods
- Red, dry eyes or need for glasses
- Tendency to overwork (burnout)
- Acne, rosacea
- Irritability
- Competitiveness

# Balancing Pitta

## Balancing

- Moderation
- Coolness
- Attention to leisure
- Exposure to natural beauty
- Balance of rest and activity
- Decreased stimulants (caffeine, alcohol, drugs)

## Imbalancing

- Excess
- Extreme heat
- Spicy and salty foods
- Cold drinks
- Work, work, work
- Exercise during midday

*From Vijaya Stern, livingrasa.com*

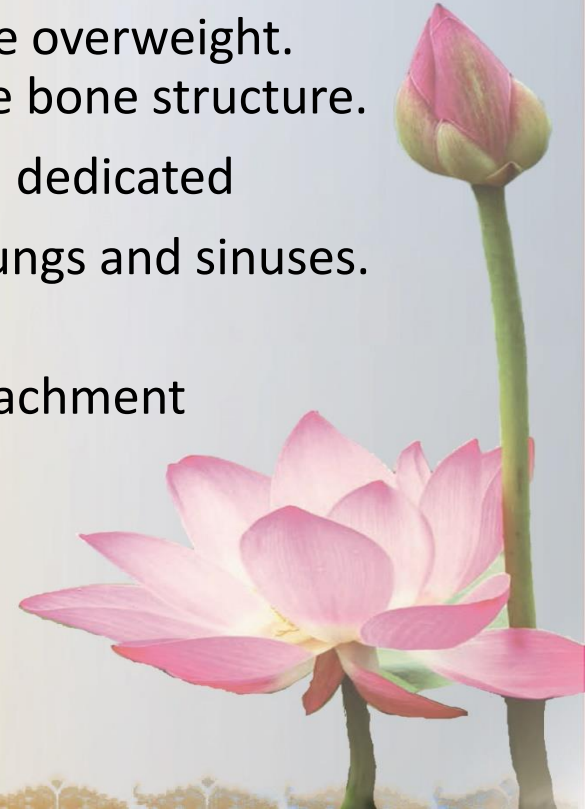
# Kapha Dosha

- Elements: Water and earth
- Governs cohesion, stability in the body
  - Holds things together
  - Bones and muscles
- Qualities: Heavy, cold, and moist
- Locations: Head and chest, upper stomach and the fatty tissue. Immune system, provides moisture in the mouth, sinuses, lungs, and joints.



# Kapha: The energy of lubrication

- Body characteristics: Stocky with potential to become overweight. Good muscular development. Shorter neck and large bone structure.
- Personality: Slower speaking and moving; consistent, dedicated
- Physical challenges: Prone to mucous conditions of lungs and sinuses. Potential for water retention and diabetes.
- Emotional challenges: Lethargy, depression, over-attachment
- Balanced by: Warm, light, dry, and mobile qualities
- Gifts: Unconditional love, nurturing and devotion.





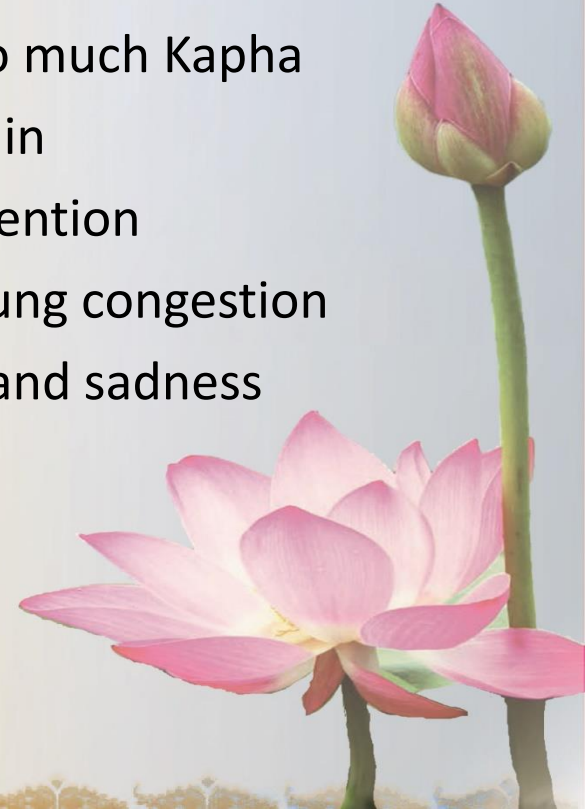
# Kapha Balance and Imbalance

## Signs of Healthy Kapha

- Strong bodily tissues
- Well-lubricated joints and mucous membranes
- Hearty immune system

## Signs of Too much Kapha

- Weight gain
- Water retention
- Sinus or lung congestion
- Lethargy and sadness



# Balancing Kapha

## Balancing

- Stimulation
- Regular exercise
- Warmth, dryness
- Variety of experiences
- Reduced sweetness

## Imbalancing

- Excessive attachment
- Accumulation
- Dampness and cold
- Heavy foods
- Cold foods and drinks
- Ice cream and dairy products

*From Vijaya Stern, livingrasa.com*

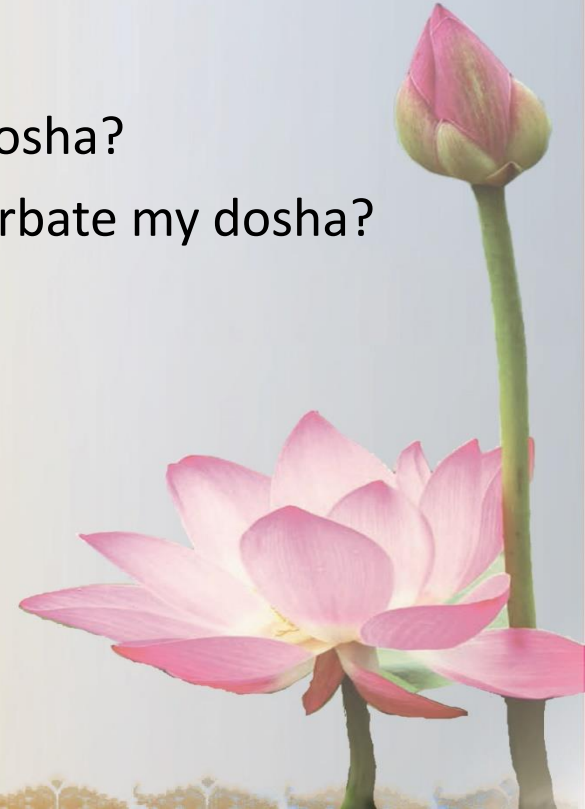
# Reflections on Ayurveda Doshas

- Most important: don't get overwhelmed!
- Remember, Ayurveda is complex and can be learned and applied a little at a time
- Self-study and self-discipline opportunities abound!
- Even small changes can make a difference
- As you learn, look for opportunities to bring this information back into your life in manageable ways
- Don't try to change everything at once
- Be curious!



# Questions for Reflection/Journaling 2

- What is my primary dosha?
- Do I have any signs or symptoms of excess of my dosha?
- What activities have I been doing that might exacerbate my dosha?
- How can I balance my dosha?
- Since we are affected by the world around us:
  - Early Fall is Pitta time
  - Late Fall is Vata time
  - Do I have any signs of Pitta or Vata imbalance?



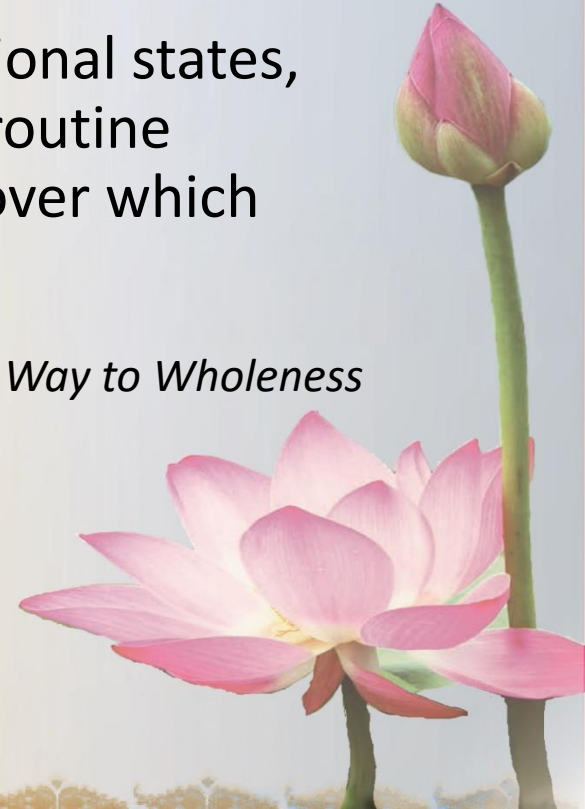
**It's time for a break!**



# Inspiration from Roy Eugene Davis

“Avoid thinking that your mental states, emotional states, physical condition, personal relationships, or routine circumstances are solely the result of causes over which you have no control.”

—Roy Eugene Davis, *An Easy Guide to Ayurveda: The Natural Way to Wholeness*

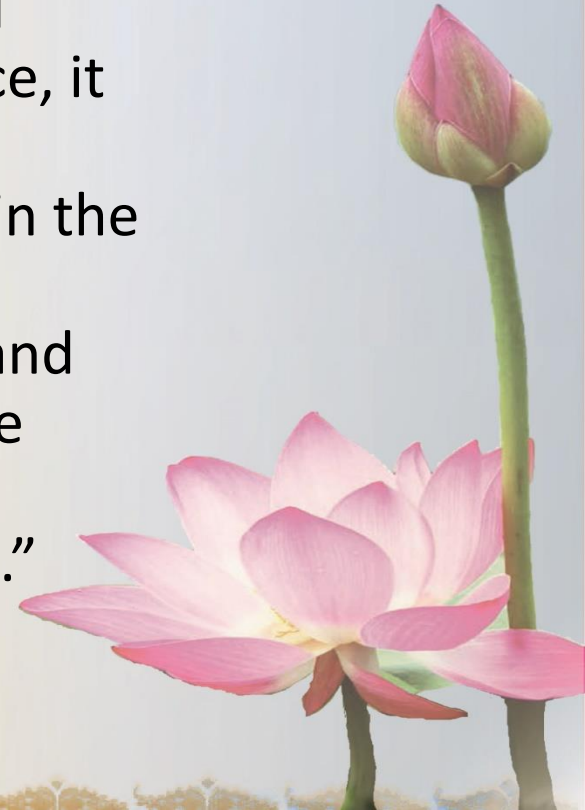




# Spiritual Awareness is the Primary Factor

“While learning and applying various practical procedures for mind-body constitution balance, it is important to remember that our spiritual awareness is the primary, determining factor in the process. When spiritually awake, we are spontaneously inclined to live constructively and do what is most beneficial. Should a challenge then be present, we will quickly act to restore order and balance to every aspect of our lives.”

—From *An Easy Guide to Ayurveda* by Roy Eugene Davis



# Changing Your Lifestyle to Balance Your Constitution

- Remember Ayurvedic 3 big principles
  - Balancing your dosha is key to health and longevity
  - As without, so within (we are affected by seasonal and daily cycles)
  - Like builds like (or opposite quality decreases)
  - Staying in balance increases our vitality, keeps us healthy, builds our resilience and increases our health span
- Ayurveda is complex
  - Don't be overwhelmed. Even small changes can make a difference.
  - Aim for 1 or 2 changes you'd like to make, or one thing you want to learn more about.



# We are part of the Universe: We are affected by both daily and seasonal cycles

- 5 Elements affect us through their biologic effects
  - Vata: governs movement; from ether and air
  - Pitta: governs transformation; from fire and water
  - Kapha: governs stability; from water and earth
- Three doshas are associated with times of day
- Three doshas are associated with seasons
  - We are healthiest when our constitution is in balance
  - Seasonal and daily changes affect everyone, regardless of dosha
  - To stay in balance, we need to work with daily cycle and also change our behaviors with the seasons



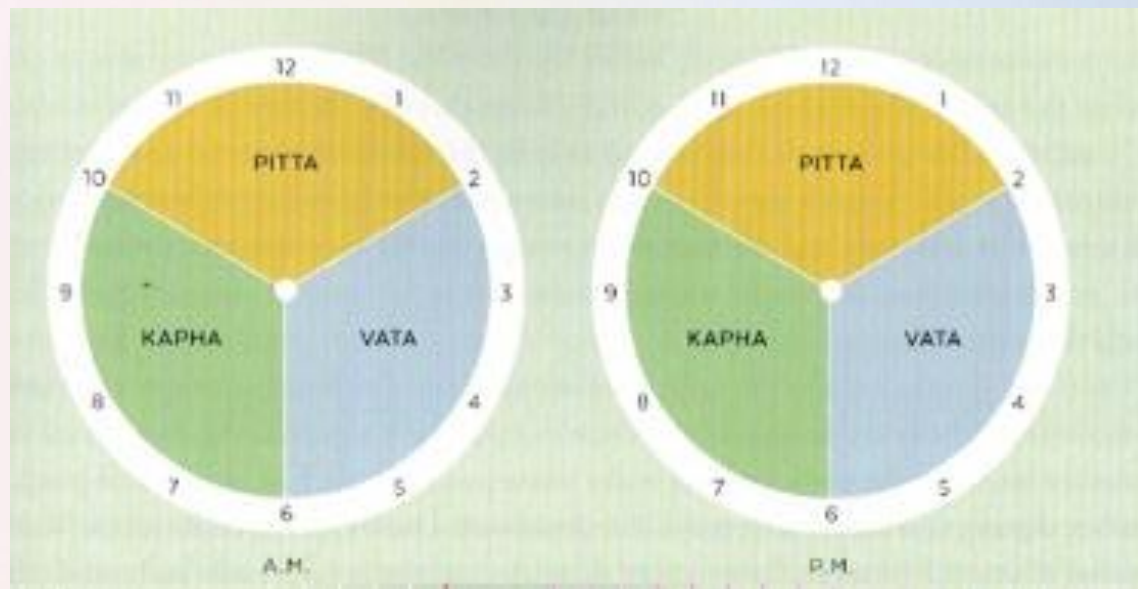
# Daily Dosha Cycle

## Morning

- Vata from 2-6 AM
- Kapha from 6-10 AM
- Pitta from 10 AM-2 PM

## Afternoon

- Vata from 2-6 PM
- Kapha from 6-10 PM
- Pitta from 10 PM-2AM



# Daily Routine

## 3 Areas of Focus: Sleep, Exercise, Meals

- Having a regular daily schedule is strongly recommended in both Yoga and Ayurveda
- Good for all 3 Doshas
  - Grounds the movement of Vata energy
  - Keeps Pitta from burning too hot
  - Keeps Kapha moving



# Ideal Sleep Times

- Go to bed before 10 PM
- Being asleep before Pitta time begins at 10 PM is felt to be extra restorative
- Notice “second wind” that comes after 10 PM
- Awaken before sunrise
- Attend CSE morning meditation at 6:30 AM!





## Exercise during Kapha Time 6 AM-10 AM

- Before breakfast or after
- Pitta types avoid exercising at mid-day (10 AM-2PM)



# Regular Mealtimes

- Light Breakfast after exercise
- Lunch from noon-2 PM
- Digestive fire is highest
- Best time for largest meal of day
- Dinner: finish eating before 8 PM
- Nothing to eat for 2 hours before bed



# Seasonal Dosha Cycle

- Spring: Kapha time: warming, moist, growing
- Summer: Pitta: heat, humidity
- Fall: Heat early (Pitta), then moving to cold, drier weather: Vata
- Winter: Vata, colder and drier



# Fall is Split into Two Doshas: Early Pitta, Late Vata

- September-October: Indian summer. Still Pitta influence from summer
- Signs of Pitta imbalance:
  - Acid indigestion or reflux
  - Painful periods
  - Red, dry eyes
  - Tendency to overwork (burnout)
  - Skin inflammation (Acne, Rosacea, flare of psoriasis)
  - Irritability
  - Competitiveness





# Moving into Vata Time in No. Hemisphere

What qualities are active?  
Air and space.

Signs of Vata imbalance:

- Vata associated with colon
- Gas, bloating, constipation
- Dry skin
- Anxiety
- Cold hands and feet



# Tips for staying balanced in Fall

- Have a routine! Good for all doshas.
  - Keeps Pitta from going overboard
  - Helps to ground movement of vata
- Avoid exposure to cold drafts and wind.
- Eat warm cooked food.
- Raw foods such as cold salads promote vata. Try warm salads with roasted veggies or steamed salad bowl.
- Favor warm, moist, slightly oily foods. Soups and stews are good.
- Veggies to favor: root vegetables such as carrots, beets, turnips, sweet potatoes, parsnips. Winter squash.
- Cooked greens like spinach, kale, collards, or Swiss chard.



# Tips for staying balanced in Fall (continued)

- Warming spices: ginger, cumin, fennel, salt, and cinnamon.
- Raw or fresh roasted nuts and seeds
- Drink warm water, not cold or iced.
- Foods to avoid:
  - Dry foods, such as crackers or chips
  - Coffee and other forms of caffeine- caffeine heats and dries
  - Carbonated drinks.
- Avoid fasting or skipping meals.

# Abhyanga- Oil Self-Massage

- Longevity practice
- Nourishes and increases resiliency of body and nervous system
- Best times: in morning before shower or bath
- Before bed
- After travel
- Once a week, or up to daily depending on dryness of body, increased stress, or difficulty sleeping.
- Avoid after a meal, during heavy menses, or if excess mucous.



# Types of Oils to Use

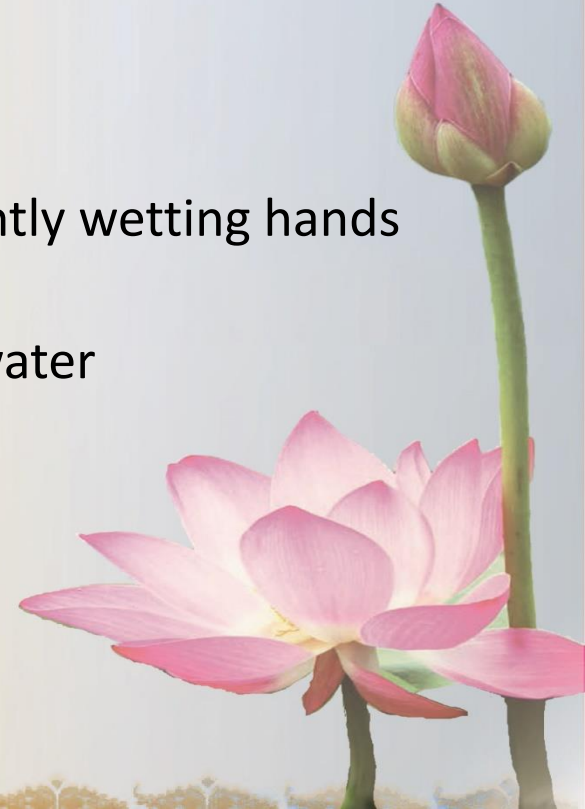
- Sesame oil: builds strength and softness.  
Is warming, so best for those who run cold and have dry skin.  
(Vata constitution)
- Sunflower or almond oil: neither heating or cooling.  
Good for pitta constitution or those with excess heat.
- Coconut oil: is cooling and helps those who run hot or have sensitive skin. (Pitta in summer)

# Abhyanga: How to do it

- Begin at crown of head
- Don't forget ears
- Shoulders, arms, hands: Long strokes on long bones, circles on joints
- Chest, abdomen, and back
- Hips, legs, and feet
- If you can, leave on for 5-10 minutes
- If not, shower right away and most oil is absorbed.
- Avoid putting oily towels in dryer

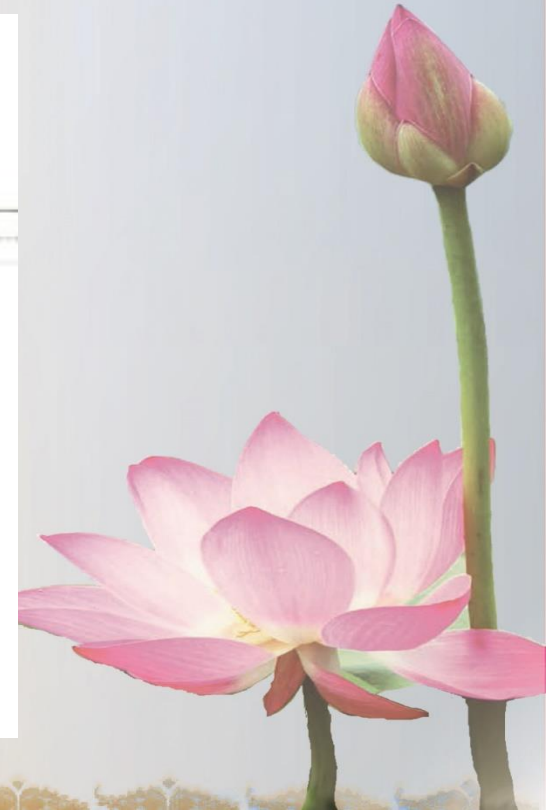
# Abhyanga Short-Cut

- After shower and toweling dry
- Wet hands and apply small amount of oil
- Apply to skin in same fashion as above, intermittently wetting hands to keep them wet
- Uses smaller amounts of oil since it's mixed with water
- Absorbs on its own, no need to dry off
- Not as nourishing but a nice short option



# Dosha Chart from Kate O'Donnell, The Everyday Ayurveda Guide to Self-Care

KEY CHARACTERISTICS OF THE SEVEN CONSTITUTIONS				
Prakriti	Elements	Worst Season	Best Season	Key Self-Care Routines
VATA	Air + space	Winter	Summer	Oil massage, nasya (oiling the nose)
PITTA	Fire + water	Summer	Fall	Head massage with coconut oil, contemplation, and relaxation
KAPHA	Earth + water	Spring	Summer	Dry brushing, neti (nasal irrigation)
VATA-PITTA	Space + air + fire + water	Fall	Spring	Oil massage, especially the head and feet
PITTA-KAPHA	Fire + water (x2) + earth	Spring	Fall	Exercise
VATA-KAPHA	Space + air + water + earth	Winter	Summer	Hot water with lemon, largest meal at midday
TRIDOSHIC	Space + air + fire + water + earth	Balanced	Balanced	Balanced seasonal regimens





# Doshas Also Affect Seasons of our Lives

- Birth-age 25: Kapha time
  - Brahmacharya/Student
  - Body structures are being built
- Ages 25-50
  - Grihastha/Householder stage
  - Governed by Pitta
  - Lots of fire to progress in our careers, with our families
- Vanaprastha Stage: Ages 50-75
  - Vata stage
  - Lots more dryness: dry skin; hair is drier, not as oily
  - Cold hands and feet; feeling colder generally



# Questions for Reflection/Journaling 3

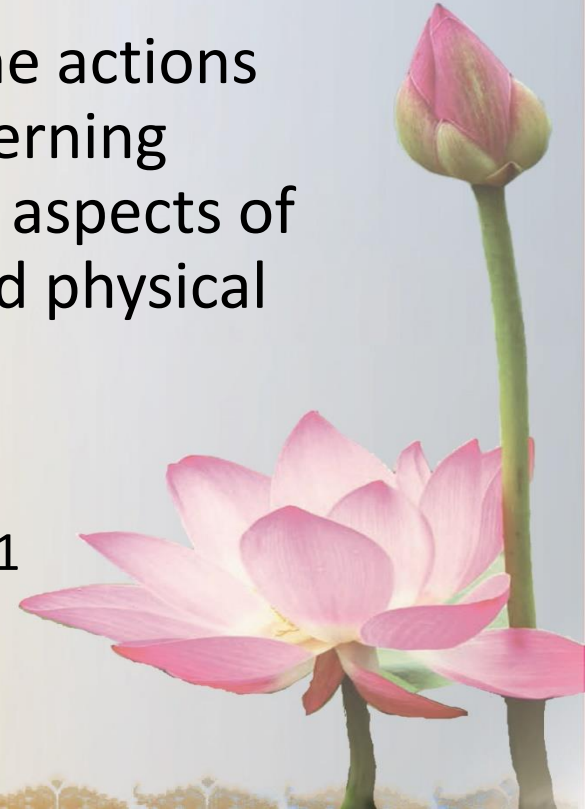
- What has felt nourishing to me during the retreat so far?
- What one or two changes do I want to make in my self-care routine, especially regarding sleep, exercise, and mealtimes?
  - Remember daily cycles
  - Seasonal cycle: Fall is Pitta/Vata time
- Is there one area of Ayurveda that I want to explore more, learn more about? What has triggered my curiosity?
  - Example: What foods or tastes reduce my dosha? More about what activities reduce my dosha? more about daily or seasonal cycles? etc.



# Knowledge will unfold from within you

“Allow yourself time to fully understand the actions of the gunas, element influences, and governing influences or doshas. Knowledge of these aspects of life and their roles in regulating mental and physical states will unfold from within your own consciousness.”

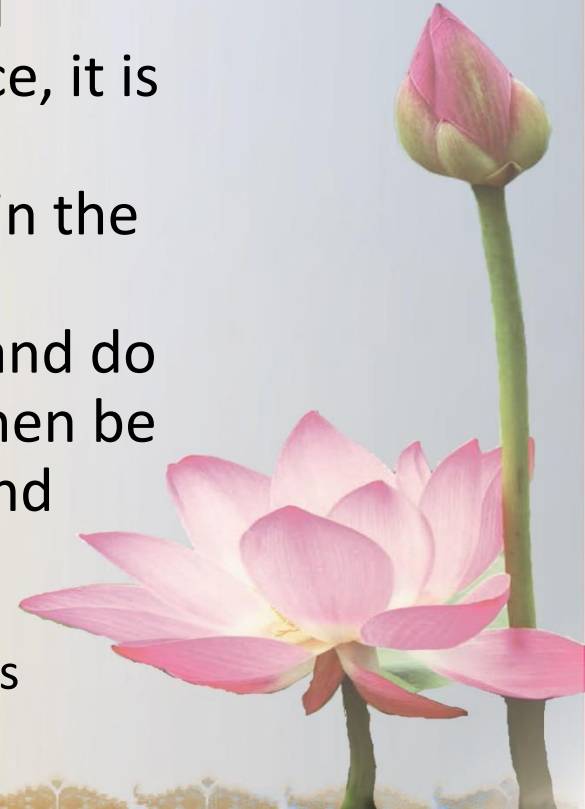
—Roy Eugene Davis, *An Easy Guide to Ayurveda* p. 31



# Spiritual Awareness is the Primary Factor

“While learning and applying various practical procedures for mind-body constitution balance, it is important to remember that our spiritual awareness is the primary, determining factor in the process. When spiritually awake, we are spontaneously inclined to live constructively and do what is most beneficial. Should a challenge then be present, we will quickly act to restore order and balance to every aspect of our lives.”

—From *An Easy Guide to Ayurveda* by Roy Eugene Davis



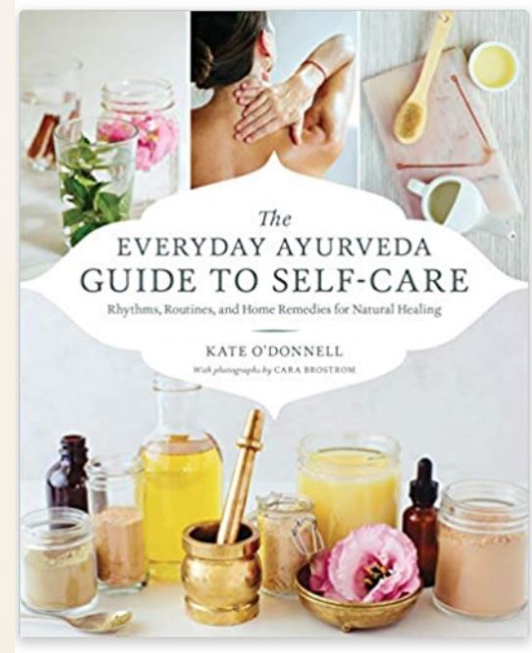
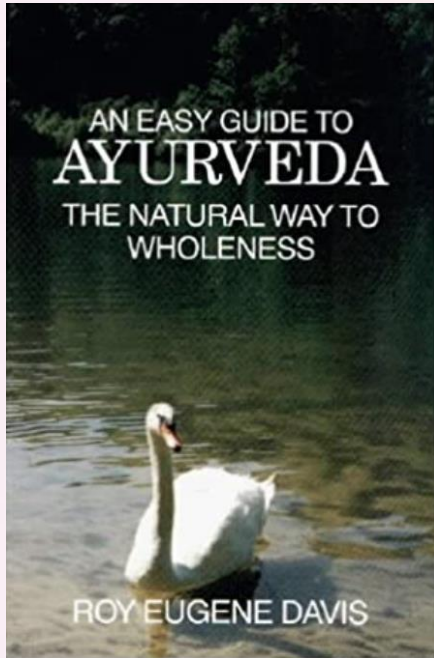
# Final Thoughts

- You may have more control than you think.
- Knowledge unfolds from within us, so keep a steady meditation practice.
- Spiritual awareness is the primary factor.
- Importance of Self-study
- Importance of joyful Self-discipline
- Questions??





# Recommended References

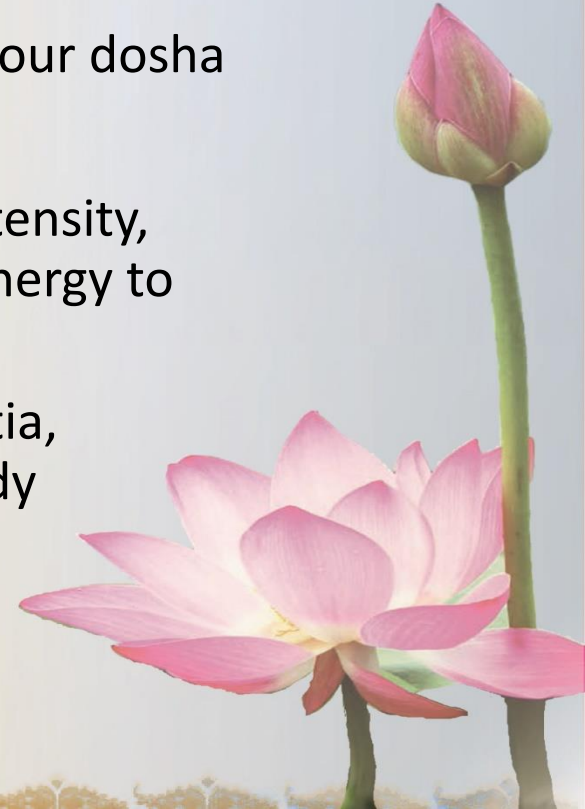


Or Kate O'Donnell, *The Everyday Ayurveda Cookbook*



# Yoga Asana Practice

- Can do the same poses different ways to balance your dosha
- Vata: made of ether and air, need to be grounded
- Pitta: made of fire and water; Tendency to high intensity, competition; need to moderate effort, allow the energy to suspend your body
- Kapha: made of water and earth, tendency to inertia, heaviness; need to move, feel energy higher in body

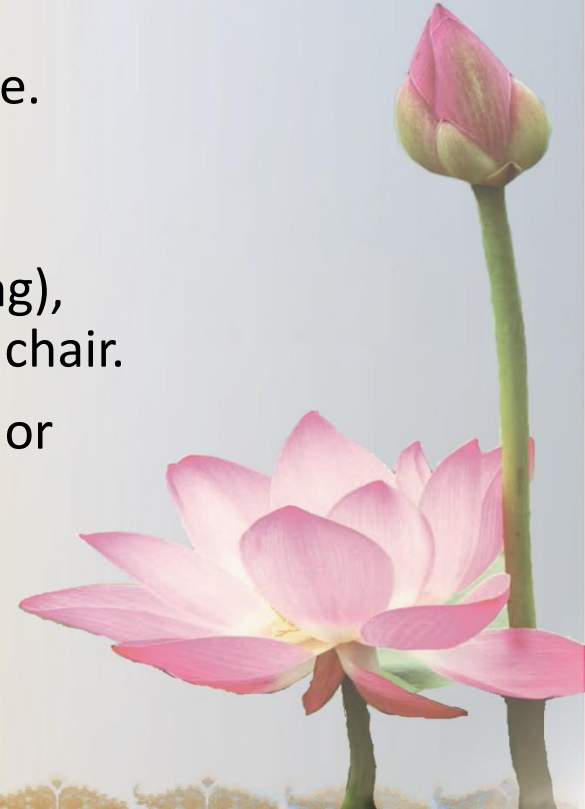


# Balancing the Doshas with Yoga Postures

- There are many ways to perform yoga postures
- With awareness, you can change how you practice to help balance the doshas
- Vata excess: Too much movement from ether/air. Focus on grounding, stability, longer holds. Balancing poses good to build strength and concentration. Slow, steady, regular breathing.
- Pitta excess: Too much fire, feeling of competition in postures. Focus on ease of posture, breath. Forward and lateral bends are cooling. Spinal twist, practicing with eyes closed.
- Kapha excess: Too much lethargy. Add movement to any pose. Open the chest. Back bends build heat, like Bridge.

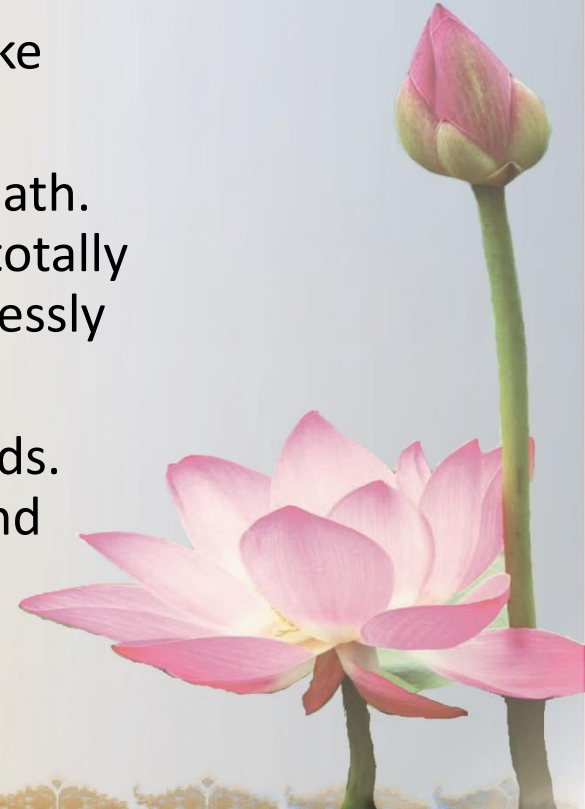
# Add a Posture to Help Balance Your Dosha

- To balance Vata: Add balancing posture such as tree. Focus on grounding. Add lying down legs to chest (focus on colon).
- To balance Pitta: Add forward or lateral fold (cooling), lying spinal twist, supported feet up the wall or on chair.
- To balance Kapha: Add bridge. Focus on inhalation or upward movement of energy.



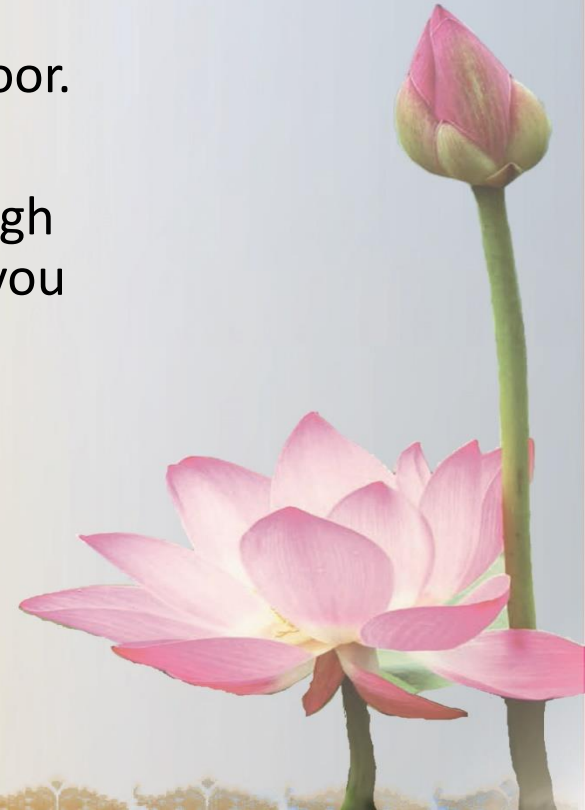
# Mountain Pose

- To balance Vata: focus on grounding, feeling feet like you can extend roots down into the ground.
- To balance Pitta: Focus on ease, particularly of breath. Release strain and effort. Imagine the lower body totally supported on the earth and the upper body effortlessly extending upwards.
- To balance Kapha: Focus on drawing energy upwards. Feel like you can breathe energy up from the ground and have it fill the body.



# Warrior 2

- To balance Vata: Focus on your feet meeting the floor. Hold for longer period of time.
- To balance Pitta: Focus on the prana running through your body, imagining that it can hold the pose for you effortlessly.
- To balance Kapha: Add movement: pulse between Warrior 2 and Exhalted Warrior.



# Triangle Pose

- To balance Vata: focus on grounding and gaze.
- To balance Pitta: focus on opening the heart and non-efforting.
- To balance Kapha: focus on opening the lungs.





# Variations to Reduce Pitta

- Mountain Pose: Feel both feet on the ground, hip width apart, with upper body stacked above hips.
  - Release all strain from the body, imagining it flowing down the body and into the earth
  - With each exhale, imagine that you can release more stress
  - Feel the buoyancy of your body, allowing you to stand effortlessly
- Warrior 2: Step back with left foot, with right foot pointing straight ahead and left foot turned to 90 degrees. Bend right leg. Extend arms to front and back, with gaze directed over extended right fingers.
  - Feel or imagine that you can feel your energy body, effortlessly holding your body in the pose. Your breath is easy and flowing, effortless.
- Triangle: Straighten right knee. Imagine your upper body is pulled forward, then drop your right hand to rest on your right leg or on block or floor.
- Breathe deeply, directing your energy to your heart. Feel the spaciousness around your heart, releasing any unnecessary effort with each exhale. Step feet together.
- Repeat Warrior 2 and Triangle on left side.
- How does your body feel after this short routine?

# Variations to Reduce Kapha

## Mountain Pose

- Come to a standing pose, feet hip width apart, with upper body balanced over hips and head centered over shoulders
- On the next inhale, imagine you are drawing energy upwards in your body, all the way from the feet to the top of the head
- On the exhale, relax
- Repeat 3 times

## Warrior 2

- Step left foot back into Warrior 2, with right foot remaining forward and left foot at 90-degree angle, bending right knee; extend arms with gaze over extended right arm
- Take a deep breath into your solar plexus
- On next inhale, straighten knee, raise right arm overhead and drop left arm back into exalted warrior. Imagine energy radiating out from the solar plexus to the arms, legs, and out the top of the head
- On exhale, bend right knee and return hands to starting position
- Repeat 3 times

# Variations to Reduce Kapha

- Triangle Pose
  - Straighten front leg, allow your upper body to pull forward, dropping right hand to rest on front leg or on ground or block
  - Breathe deeply into lungs, imagining them filling completely. Especially feel the expansion along the left side body.
  - Step legs back together
- Repeat Warrior 2, stepping back with left leg
- Repeat Triangle from this position
- How does your body feel after this short routine?



# Mountain Tadasana

STANDING



(A)



*Tada=Mountain; Asana=Posture. Mountain Posture. The mountain represents the stability of the earth element. In Indian mythology, Mount Kailash symbolizes the axis around which the whole of creation revolves.*



(B)



(C)

## Modifications:

- For foot or ankle weakness or pain, lie on the floor with the feet against the wall and toes lifted.
- For knee weakness or pain, strap the thighs together or place a block between the thighs to develop leg strength, alignment.
- For shoulder weakness or pain, place a strap around the arms with the arms out in front or overhead and press into strap to create strength and alignment.

## Variations:

- (A) Arms up overhead.
- (B) Arms straight out in front.
- (C) Hands in Prayer Position.
- Note: In the variations, draw the



## Ayurveda:

- All five, with a focus on earth.
- Correction for imbalance:**
- Vata - ground the feet and legs.
- Pitta - release strain and effort and develop calmness.
- Kapha - focus on inhaling breath and drawing energy upward.

## Prana Vayus:

- Prana and Apana.

## Chakras:

- Strong activation of First.
- Sixth is activated and witness consciousness is developed as calmness and security grow.

## Langhana/Brahmana:

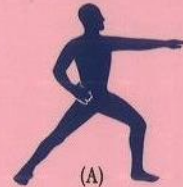


# Hero II Virabhadrasana II

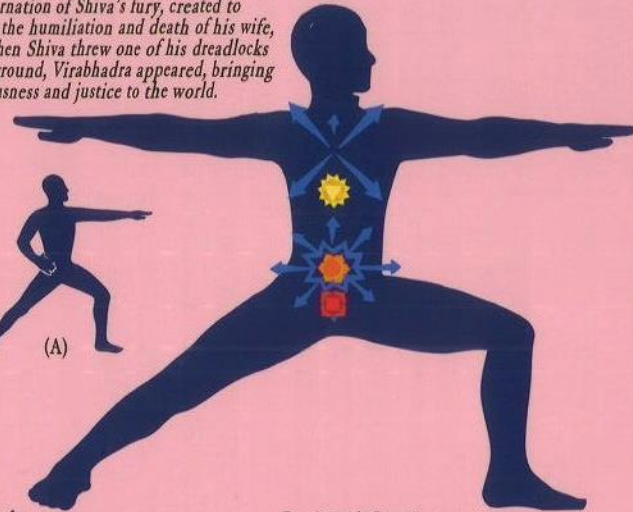
STANDING



*Vira=hero, brave; Bhadra=virtuous; Asana=posture. Hero Posture. Virabhadra is the incarnation of Shiva's fury, created to revenge the humiliation and death of his wife, Sita. When Shiva threw one of his dreadlocks on the ground, Virabhadra appeared, bringing righteousness and justice to the world.*



(A)



## Ayurveda:

- Emphasizes grounding and heating elements of earth and fire.
- Correction for imbalance:**
- Vata - consistency and long holding.
- Pitta - focus on the energy body and the effortless nature of the pose.
- Kapha - use Vinyasa and focus on the generation and radiation of energy from the solar plexus.

## Prana Vayus:

- All five, especially Vyana and Samana.

## Chakras:

- First, Second, and Third.

## Langhana/Brahmana:



## Modifications:

- For knee weakness or pain, press the front knee into a folded blanket on the seat of a chair.
- For hip problems, loop a strap from the back heel to the front hip.
- (A) Legs in a shorter stance, place the hand on the back hip or sacrum.

## Variations:

- Vinyasa: on inhale, straighten the front leg and lift the arms overhead. On exhale, enter the pose and allow the arms to cross in front of the body.
- Arms in Prayer or Eagle.
- Place the hands on the side ribs just



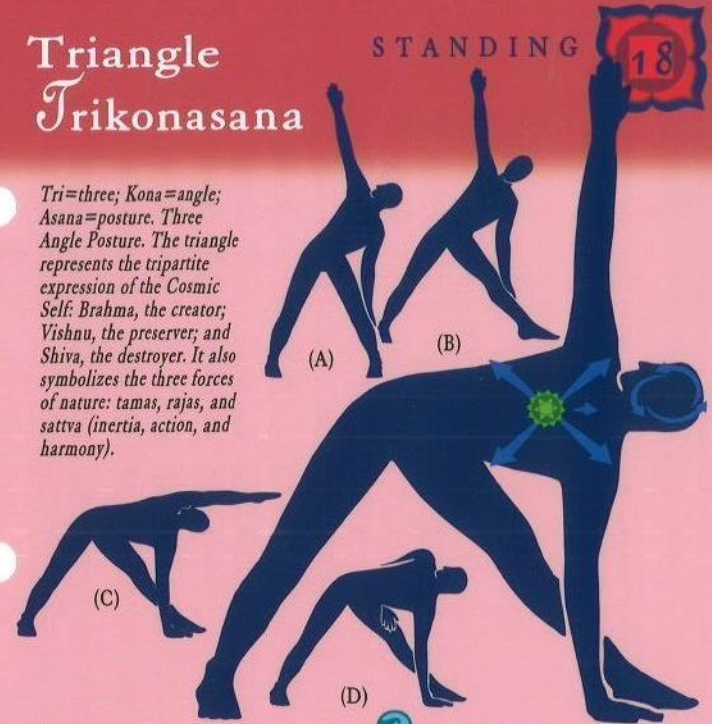
- Asana can balance any of the three doshas
- Depends on how you do the pose
- Can be changed to help you keep in balance during each season.

# Triangle Trikonasana

STANDING

18

*Tri=three; Kona=angle; Asana=posture. Three Angle Posture. The triangle represents the tripartite expression of the Cosmic Self: Brahma, the creator; Vishnu, the preserver; and Shiva, the destroyer. It also symbolizes the three forces of nature: tamas, rajas, and sattva (inertia, action, and harmony).*



### Ayurveda:

- Balances all five elements and three doshas.

### Correction for imbalance:

- Vata - focus on grounding and gaze.
- Pitta - focus on opening the heart and non-efforting.
- Kapha - focus on opening the lungs.

### Prana Vayus:

- Balances all five, especially Vyana and Udana.

### Chakras:

- Activates all seven with a focus on the Heart Chakra

### Modifications:

- (A) Keep both feet facing forward and bend laterally with one hand to the outside of the knee and the other extended in the air.
- (B) Keep the front knee slightly bent and place the front hand just above or below the knee.

### Variations:

- (C) Extend the upper arm in a straight line with the torso with the palm facing down.
- (D) Place the upper arm behind the back and the hand on the floor.