

Flourish: Abundance in the Third Stage of Life

Ayurveda for Longevity with
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1

Vata Dosha

- Elements: Air and Space/Ether
- Vata as governing principle:
- Governs movement in the body
 - Movement of air in and out of the lungs
 - Movement of blood throughout the body
- Key quality: Mobile



2

Pitta Dosha

- Elements: Fire and water
- Governs transformation in the body
 - Digestion in gut
 - Energy transformation in cells
 - Metabolism
- Key Quality: Heat



3

Kapha Dosha

- Elements: Water and earth
- Governs cohesion, stability in the body
 - Holds things together
 - Bones and muscles
- Key Quality: Heavy, stable



4

Daily cycle

- Microcosm is part of the macrocosm
- Things that affect our outside world also affect us
- Vata times, air and space predominate:
 - 2-6 AM and 2-6 PM
- Pitta times, fire predominates:
 - 10 AM-2 PM and 10 PM to 2 AM
- Kapha times, earth and water predominate:
 - 6 AM-10 AM and 6 PM-10 PM



5

Seasonal Dosha Cycle

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

6

How to Stay Balanced in the Summer

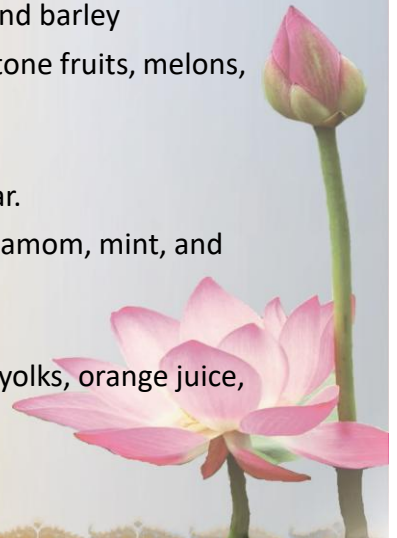
- Exercise first thing in the morning. Avoid exercising between 10 AM and 2 PM (Pitta time of day)
- Avoid overwork. Take breaks and spend time in nature.
- **Dietary advice:**
 - Favor foods that are cooling, calming, and slightly dry.
 - Tastes to enjoy: Bitter, astringent, sweet.
 - Tastes to reduce: Sour, salty, pungent (spicy)
 - Eat bitter and astringent vegetables, such as zucchini, broccoli, leafy greens, celery, green beans, and fennel root.
 - Avoid sour dairy products such as yogurt or buttermilk.



7

How to Stay Balanced in the Summer (cont.)

- Enjoy light, neutral grains like quinoa, white basmati rice, and barley
- Enjoy sweet neutral fruits such as grapes, pomegranates, stone fruits, melons, and limes
- Cool and light proteins such as mung beans, tofu
- Enjoy coconut products such as water, milk, meat, and sugar.
- Cooling spices such as fennel seed, coriander, cilantro, cardamom, mint, and turmeric.
- Avoid alcohol (spirits and red wine are most aggravating).
- Avoid salty foods, raw tomatoes, raw onion, red meat, egg yolks, orange juice, chilies, and honey.
- Avoid anything fried or excessively oily.



8

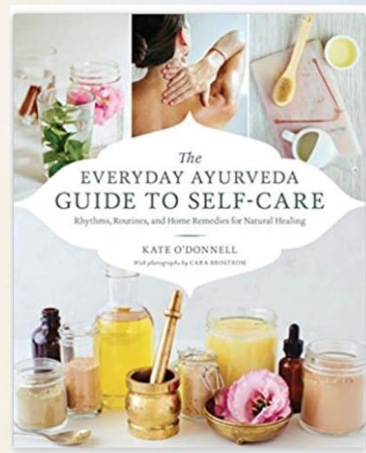
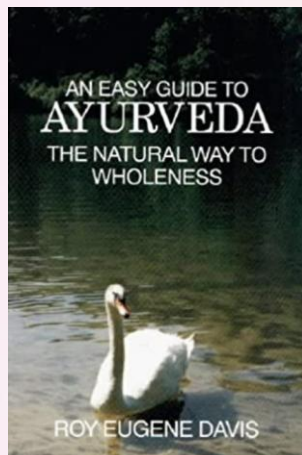
9 Causes of Premature Aging according to Ayurveda

1. Dietary imbalances
2. Improper lifestyle practices
3. Lack of rest and recuperation
4. Improper sleep patterns
5. Unhealthy habits
6. Excessive exertion
7. Stress
8. Fear, grief, uncertainty, insecurity, anger, greed and jealousy
9. Diseases



9

Recommended References



10