



Ayurveda

The Science of Life

(Much of the information below is from many sources, two in particular are my Ayurvedic Dr., Dr. Shekhar Annambhotla, www.ojas.us and a Western Ayurvedic Dr. in CO named John Douillard, www.lifespa.com)

Ayurveda (pronounced eye-yer-vay-duh) is the art of healthy living that enables you to create harmony in daily life by applying self- knowledge and self-care. Ayurveda is nature's medicine, approaching health from the whole person (mind, body and spirit) perspective. The word, Ayurveda, is from the ancient Indian language, Sanskrit, and literally means "knowledge of life" or "science of life". The science of Ayurveda studies in depth how to live stress-free, which goes hand in hand with living in harmony with the natural cycles. The cycles of nature flow effortlessly from one season to the next. Life according to Ayurveda should also flow effortlessly, finding us gaining more creativity, energy and productivity with less, effort. Life was not intended to be a struggle! Ayurveda teaches us that every thought, action, inter-action we have impacts us and our health.

Just like Yoga, Ayurveda originated in India around 5000 years ago. The ancient rishis studied the body for thousands of years and recorded what happens with certain behaviors or when we eat certain herbs and foods. Ayurveda aims to maintain health in the healthy, it can also help heal the sick with natural remedies and lifestyle modifications, however Ayurveda works best as preventative medicine.

ॐ Ayurveda recognizes that we are all unique individuals and that optimal health and well-being means honoring our own unique needs. Signs and symptoms about what is going on within us are always present, and when we know how to listen and understand what our body is telling us, we can make corrections through proper diet and lifestyle choices. Living an ayurvedic lifestyle encourages us to take action and responsibility for our own health.

An Ayurvedic Dr. checks for signs of disease in your body before the disease actually develops (he checks your pulse, tongue, eyes, fingernails, skin, etc.), your body will tell you when something is out of harmony--we have to learn to watch and listen for the signs! An Ayurvedic lifestyle will help you with just that. In its highest expression, Ayurveda is the ultimate form of preventive medicine.

In addition to teaching individuals how to make healthy choices in diet and lifestyle, Ayurveda reduces toxins that contribute to disease, helps alleviate stress, fatigue and tension; strengthens the immune system by creating a strong digestive fire and flushing out toxins; supports a well-balanced lifestyle; works harmoniously with the practices of yoga, meditation and mindful living; and uses the body's own natural intelligence to facilitate healing.

Know Thyself

The Ayurvedic approach names three basic energies that are in all of us in some mix (Vata, Pitta, and Kapha). Because each person is a unique combination of these three energies, Ayurveda individualizes for each person. For example, vata is naturally creative, sensitive, has a light build, dry



skin and prefers warm, humid climates. Pitta has a medium, muscular build, is productive, hard working, irritable, has fair skin and prefers cold climates, while kapha has a heavy build, oily skin, prefers dry climates and is stable, methodical and easy going. Equal proportions of two, or even all doshas is possible.

When your doshic mix is out of balance you are more susceptible to disease. Learning what mix you are and how to balance it with diet and lifestyle is the crux of live the Ayurvedic way. The nice benefit about Ayurveda is that it does not tell you to not do something, instead it advises "if you do this then you get that". For example it does not say don't eat ice cream and drink beer, but if you excessively eat ice cream expect this and if you drink beer expect that. However there is a season for everything in Ayurveda :) In the summer in the middle of a hot day a little ice cream is cooling and good for us, also beer is cooling and ok to drink in moderation in the summer. But you would not want to eat ice cream or drink beer in the winter as they would create dis-harmony in the body. What balances us in one season will create dis-harmony in another.

You are the only one who can do this, because you are the only one who will truly benefit from your actions or suffer from your abuses.

It all begins with knowing yourself...

Vata, Pitta, and Kapha are the three doshas, in brief; they destroy and support the body when they are abnormal and normal respectively. Astanga Hrdayam 1:6

Understanding Vata Pitta Kapha; The Doshas (dosha means that which decays!)

The rishis understood the world in terms of five elements (ether, air, water, fire, earth), they further described three vital energies within us made up of the five elements. Vata, Pitta, and Kapha are the three vital energies; Vata is made of air and ether, Pitta fire and water, Kapha water and earth. Vata, Pitta, and Kapha have specific functions in the body, but they do not work in isolation. Full health and well being is possible when the doshas work harmoniously together. When our doshas are balanced, we are protected from illness, even when exposed to a contagious disease.

ॐ So we all have these 5 elements in us, and they need to be in a certain balance, when one of the elements gets out of balance disease develops. For example, too much air in our bodies (vata imbalance) leads to air headedness, gas and digestion problems, dryness, etc., too much fire in our body (pitta imbalance) leads to increased anger, skin problems and rashes, heartburn, etc., and too much earth in our bodies (kapha imbalance) leads to weight gain, sluggishness, hoarding, etc.

The Ayurvedic diet identifies six tastes: sweet, sour, salty, bitter, pungent and astringent. Each taste has different energetic effects on the mind and body -- either aggravating or pacifying particular doshas.

Ayurveda repairs imbalances predominantly with herbal remedies, warm oil massages, yoga, lifestyle changes, and especially diet.

Vata Qualities:

Vata is dry, light, cold, mobile, active, clear, astringent, and it is dispersing. All of these qualities can manifest in an individual. For example, if a person has excess vata in his or her constitution, because



of the dry quality, he or she will have dry hair, dry skin, and a tendency towards constipation. Because of the light quality, the person will have a light body frame, light muscles, be thin and underweight. Because of the cold quality, the person will have cold hands, cold feet and poor circulation. They hate the cold season and love summer. Because of the mobile quality, these people are very active. They like jogging and jumping and don't like sitting in one place. They are quick to learn and quick to forget (hence the term 'airhead').

When imbalanced you feel depleted and irregular which weakens organs and tissues. You may feel emotions of fear, anxiety, insecurity and nervousness. Additional signs of vata imbalance include constipation, dehydration, anxiousness, craving warmth, frequent viral infections, low immunity, weight loss and disturbed sleep. Vata predominant people tend to get neurological, muscular and rheumatic problems.

Excessive consumption of bitter, astringent and spicy tastes contribute to vata imbalance. Pacifying vata can be accomplished with sweet, sour and salty tastes and warm, moist, easily digestible foods such as boiled or steamed starchy vegetables; ripe fruits; warm milk; soupy grains; mild spices including cumin, ginger, cardamom, cinnamon, fennel, coriander, salt, cloves, mustard and black pepper; and chamomile, fennel, ginger, licorice and lemon tea.

Pitta Qualities:

It has hot, sharp, light, liquid, sour, oily and spreading qualities. Because of the hot quality, the pitta person has a strong appetite and warm skin. The body temperature is a little higher than the vata person. The second quality of pitta is sharp, therefore the pitta person has a sharp nose, teeth, eyes, mind and while talking uses sharp words. They also have very sharp memory. Because of the oily quality, they have soft warm oily skin, and straight oily hair. Because of the light quality, pitta people are moderate in body frame, and they do not like bright light. They are often wise, brilliant people, but can have a controlling, dominating personality. They have a tendency towards comparison, competition, ambition, and they have a quality of aggressiveness, so naturally they criticize.

When pitta is unbalanced, you can become aggressive and irritable. Internalizing that fire can feed your self-criticism, resulting in perfectionism. Pitta people tend to get inflammatory diseases. Other signs of imbalance are: diarrhea, over-heating and profuse sweating, colorful, violent dreams, excessive hunger, frequent bacterial infections and heartburn. Pitta imbalance may result from excessive alcohol or eating hot, spicy, oily, fried, salty or fermented foods.

Re balancing can occur with sweet, bitter and astringent tastes and cool, heavy foods including boiled or steamed vegetables; sweet fruits; moderate amounts of dairy; soupy grains; mild, cooling spices like coriander, cloves, turmeric, cumin, curry leaves and mint; and fennel, chamomile, peppermint, spearmint, licorice and red clover teas.

Kapha Qualities:

kapha will have heavy, slow, cool, oily, liquid, dense, thick, static and cloudy qualities. Because of the heavy quality, these people have heavy bones, muscles and fat. They will have a tendency to put on weight. Because of the slow quality, they have slow metabolism and digestion. They walk slowly and talk slowly. They don't like jogging and jumping. They love eating, sitting and doing nothing. Kapha is cool hence kapha people have cool, clammy skin. Kapha people have thick wavy hair, and big,



attractive eyes. They are slow to learn, but once learned they will NOT forget. Kapha people are forgiving, loving and compassionate. The kapha person has a sweet tooth and loves candy, cookies and chocolate. When imbalanced kapha people suffer from congestion problems, ex. in the lungs, sinuses, lymph.

When kapha is unbalanced, there is a tendency for mental and physical stagnation. Stimulation of all kinds helps to avoid that heavy, lethargic feeling. Sluggish bowels, procrastination, frequent candida, water retention, weight gain and craving warmth and spicy foods are more signs of imbalance. Excessive food consumption can contribute to kapha imbalance.

Recommendations include a light, warm, low-fat diet of pungent, bitter and astringent tastes like boiled or steamed vegetables; ripe fruits; fat-free buttermilk; grains such as corn, millet, rye and more; honey instead of sugar; strong spices like pepper, paprika, salt, garlic, basil, etc.; and teas such as cinnamon, fenugreek, peppermint and raspberry.

In the wise world of Ayurveda, you really are what you eat, so discover and dine for your dosha to restore the health of your organs, hips, head and heart.

Keeping Vata Pitta and Kapha Balanced

Ayurveda uses lifestyle, diet, oils, and herbs to help keep us in balance. Generally you follow the diet for what season you are in--unless there is a severe imbalance. The imbalance would be treated with routine and herbs.

Generally it is an excess of a particular food, substance, activity, or emotion that will disturb a dosha and start the disease process. What is excessive will vary from individual to individual, and at different times of your life, your doshic balance is also related to your age and the season.

This list does not go into detail about food, foods greatly affect your dosha, learning which foods to eat are important.

Factors that Disturb:

Vata

- ॐ Exposure to cold
- ॐ No routine in your life
- ॐ Eating dry, frozen, or left over food
- ॐ Fasting
- ॐ Too much traveling
- ॐ Too much exercise
- ॐ Abdominal surgery
- ॐ Stimulants and other drugs
- ॐ Too little sleep, staying up late, working nights
- ॐ Not oiling the skin
- ॐ Repressing emotions of worry anxiety grief
- ॐ Fall and early winter

Pitta



- ॐ Exposure to heat
- ॐ Eating too much red meat, salty, spicy, or sour foods
- ॐ Irregularity of meals
- ॐ Exercising at midday
- ॐ Drugs, especially antibiotics
- ॐ Too much intellectual work/thinking
- ॐ Fatigue
- ॐ Repression of anger, hate, fear of failure,
- ॐ Summer

Kapha

- ॐ Exposure to cold
- ॐ Eating too much sweets, meats, fats, cheese, milk, ice cream, yogurt, and fried foods
- ॐ Excessive use of salt
- ॐ Excessive intake of water
- ॐ Eating even when full
- ॐ Taking naps after meals
- ॐ Not exercising
- ॐ sleeping too much
- ॐ Doing nothing
- ॐ Sedatives and tranquilizers
- ॐ Staying attached to emotions of doubt, greed, possessiveness, lack of compassion
- ॐ Late winter and spring

The interactions of the doshas in the body are complex, it takes time and experience to learn your doshic balance, to pay attention to when it is disturbed, and how to correct it. Maintaining health is an ongoing process, as you learn to adjust your diet and lifestyle to balance your doshas you will only improve your health.

In the case of Ayurveda, healing the body becomes a vehicle for discovering our true nature.

Ayurveda and the mind and STRESS and DIGESTION . . . Ayurveda likes to expose the illusion and neediness of the mind and become free. So, what does that mean?

How about feeling free to love your partner, mom, dad or sibling fully, without holding back even just a little? How about feeling free to wear whatever and act however you like without concern for what people might think? How about not being addicted to sweets, chips, coffee, chocolate, money or shopping?

Ayurveda is the science that seeks to free you of all that, and let the real, delicate, vulnerable and powerful "truth of you" out so you can be fully content with just being you! Such freedom is what the essence of Ayurveda can offer.

It's All the Mind's Fault!



In Ayurveda, the mind is thought to be the origin of all disease. The mind creates protective patterns and belief systems that start early in childhood and shape your personality today.

☪ as we grow up and get hurt feelings on the playground, or figure out how to get mommy and daddy's approval, or discover the euphoria of ice cream, each child creates a new, safer version of their personality based on these very unique experiences.

These childhood personality traits are often carried into adulthood and, while they served you as a child, they often don't serve you as an adult. These protective emotional patterns are generally created to keep the child safe and out of emotional harm's way, but as adults, they put significant stress on the body. Childlike worries of what people will think of you—am I pretty enough? Tall enough? Smart enough? Athletic enough? Do they like me?—all are interpreted by the body as stress.

Specifically, research now tells us that these emotional stresses are processed through the gut, causing the digestive process to break down first. This is perhaps best illustrated by the current gluten-free and dairy-free fad diets—shunning so-called "bad" foods which are just a touch harder to digest – that's all.

In Ayurveda, digestion is a big part of our health. Good digestion not only breaks down the food we eat so we can absorb the nutrients from it (even if you eat healthy, if you have poor digestion your body can not absorb the nutrients), good digestion is also responsible for our detoxing pathways. When our body is not digesting it is detoxing, if your body does not digest well, it does not detox well. Then we store these toxins in the body where they create unhealthy, premature aging and uncomfortable symptoms, which all leads to disease.

AYURVEDA AND DIGESTION

Where Does the Stress Go?

For thousands of years, Ayurveda has maintained that the stress produced by the mind ends up being processed through the intestines. So, while the mind creates the stress, the digestion takes the brunt of it!

This view has now been supported with ground-breaking research published in Michael Gershon's book 'The Second Brain'. In fact, 95% of the serotonin we think of as residing mostly in the brain is actually in the gut. Only 5% of the body's serotonin is in the brain at any given time.

When emotional stress is processed through the gut, not only is digestion disrupted, the function of the intestinal wall becomes compromised. This can manifest in the form of constipation, loose stools or even go unnoticed.

Compromised Digestion = Poor Detoxification

Our bodies are meant to rid themselves of toxins on a regular basis. The catch is, the detox "pathway" is the digestive pathway, and if the gut is not digesting well, then it will not detox well. In a toxic world, it is wise to be sure that your natural detox pathways are working well.



Over time, the inability to digest well and hence detox well causes the accumulation of toxins in the lymph, liver, fats cells (cellulite), joints, and in the brain. To restore balance, Ayurveda seeks to improve digestion with herbs, knowing what to eat when, eating seasonally, fasting or detoxing once or twice each year, and living stress free -- or learning how to release stress when necessary -- we all will face stressful times, how you deal with this stress is related to how healthy you are.

Stress Breaks Down the Body.

These emotional reactive patterns to stress or trauma are created in the mind, BUT they eventually store in the fat cells as molecules of emotion. By purifying the body, these emotional molecules are released, setting the stage for deep mental, emotional, and spiritual transformation.

Ayurveda is a system of medicine designed to remove the imbalance of the physical body, while providing the mental clarity needed to change unproductive mindsets.

PREVENTION

In Ayurvedic medicine, optimal health and even one's spiritual growth starts with prevention. Prevention is based on a balanced lifestyle that is in harmony with the cycles of nature.

Ayurveda recognizes that all living creatures, whether human, plant, or animal, must live in harmony with nature in order to survive. Like the owner's manual of your car prescribes maintenance schedules for the long-term health of your car, Ayurveda speaks of daily and seasonal routines that ensure maximal health, mental clarity, and longevity.

ॐ For example, birds fly south in the winter. Their survival depends on it. In the fall, leaves turn red and fall off the trees. It's a law of nature.

We tend to insulate ourselves away from much participation in the changes that take place from one season to the next. We don't realize that, just like the birds, our survival depends on it, and that simply putting on or taking off a sweater and eating the same foods 365 days a year is not in keeping with the original human design.

Going to sleep and rising with the sun, eating seasonal foods for your region, and building your activities around the natural rhythms of the day are all simple and profound ways to stay in harmony with nature.

Once you know your body type, it's like having a roadmap that points you in the right direction of becoming your best self, so that you can fulfill your potential and experience more joy.

KNOW THYSELF

Determining your Constitution

Your constitution is best determined by an Ayurvedic physician, you can get an idea of your own tendency towards a particular constitution by using this questionnaire.



Mind Body Self-Evaluation Test

(Please choose suitable choices that apply to you over your ENTIRE life, not just currently)

Vata Personality

- I usually perform activity very quickly, enthusiastic, lively by nature.
- I have a thin physique – I don't gain weight very easily.
- I have always learned new things very quickly and forget easily.
- I tend to have difficulty making decisions.
- I tend to develop gas and become constipated easily.
- I become anxious or worried frequently.
- I tend to have cold hands and feet.
- I don't tolerate cold weather as well as most people.
- I speak quickly, miss words, and my friends think that I'm talkative.
- I often have difficulty falling asleep or having a sound night's sleep.
- I am easily excitable.
- I have cold, variable sexuality.
- I tend to be irregular in my eating and sleeping habits.
- My mind is very active, sometimes restless, but also very imaginative.
- My skin tends to be very dry, especially in winter.
- My energy tends to come in bursts.
- My moods change easily, and I am somewhat emotional by nature.
- My characteristic gait (walk) while walking is light and quick.

Total Vata Score: _____

Pitta Personality

- I consider myself to be very effective in my work and activities.
- I have medium, proportionate, toned body frame.
- I feel uncomfortable or become easily fatigued in hot weather – more than other people.
- In my activities, I tend to be extremely precise and orderly.
- I am strong-minded and have a somewhat forceful manner.
- I become impatient very easily, people consider me stubborn.
- I tend to perspire easily.
- I have a strong appetite; if I want to, I can eat large quantities.
- I am very regular in my bowel habits.
- I get angry quite easily, but then I quickly forget about it.
- I am very fond of cold foods, such as ice cream, ice cold drinks.
- I am more likely to feel that a room is too hot than too cold.
- I don't tolerate foods that are very hot and spicy.
- I am not as tolerant of disagreement as I should be.
- I enjoy challenges, and when I want something, I am very determined in my efforts to get it.
- I tend to be quite critical of others and also of myself.
- If I skip a meal or a meal is delayed, I become uncomfortable.
- I have hot intense sexuality.
- One or more of these characteristics describe my hair – early graying or balding, thin, straight, blond, red or sandy-colored.

Total Pitta Score: _____

Kapha Personality

- I tend to gain weight easily and find it difficult to lose weight.
- My body frame is heavy, broad, evenly proportioned.
- I can easily skip a meal without any difficulty.
- I frequently tend to get excess congestion, mucus and sinus problems.



- I tend to do things in a slow and relaxed manner.
- I feel comfortable if I sleep at least 8 hours daily.
- I am calm by nature and not easily angered.
- I don't learn as quickly as some people, but I have excellent retention and a long memory.
- I have smooth, soft skin with a somewhat pale complexion.
- I have a large, solid body build.
- I have slow digestion, which makes me feel heavy after eating.
- I have very good stamina, physical endurance, steady energy, walk gently and slowly.
- I like to sleep more, I feel tired even though I sleep more and am slow to move in my activities in the morning.
- I work well with good routine.
- I generally eat slowly and my activities are methodical.
- I dislike cool and damp weather, and it bothers me a lot.
- I have warm, enduring sexuality
- My hair is thick, dark, and wavy.
- People like to call me sweet natured, peaceful, affectionate, cool, calm minded.

Total Kapha Score: _____

My Mind-Body Personality is: VATA _____PITTA _____KAPHA _____

Here are some suggestions to start an Ayurvedic/Yogic lifestyle:

Routine

A stable healthy routine are fundamental to remaining healthy and keeping vata in balance. Allowing yourself to relax from the rigidity of the routine one or two days each week will help keep pitta and kapha in balance (pitta people tend to be a bit "anal" and kapha people can be stubborn).

Morning Daily Personal Cleansing

- ॐ Clean tongue with tongue scraper and brush teeth (while we sleep toxins called ama coat the tongue, hence morning breath--ama is described as undigested toxic residue!) scraping the tongue with a copper or stainless steel tongue scraper is the best way to remove these toxins so they are not absorbed back into our body. This also cures halitosis. While brushing remember to brush gums, inside of cheeks under the tongue etc etc.
- ॐ Oil Pulling - take a swig of sesame oil and swish it around for up to 10 minutes. This is good for gums and teeth and pulls toxins out of the mouth and tongue.
- ॐ Clean nostrils, I recommend using a neti pot, but you can snort water and then blow it out. Neti will clean mucus and pollution from our nostrils, helps prevent the common cold and sinusitis, and relieves allergies. Using your pinky finger, carefully massage each nostril with sesame oil, this will help prevent the mucus membranes from drying. This must be a daily habit, if you wait until you have a cold or infection it is too late for neti!
- ॐ Splash cool water on your face and eyes. Spray rosewater on your face. Sleep is tough on your face, rinsing your face upon waking will disperse heat or leftover pitta energy (heat rises, and as we sleep heat dissipates from our bodies and rises toward our face and eyes). Ayurveda also recommends splashing your face with rosewater, rosewater is good for your eyes (it can relieve the blood shot eyes pitta people are prone to) and has regenerative properties.
- ॐ Drink warm water with 1 tsp fresh lemon or lime juice and 1 tsp raw honey and a 1/4 tsp tumeric (in the winter I also add fresh ginger to this). The first item you ingest sets the mood for the remainder of the day. This serves a twofold purpose, warm water stimulates the



gastrointestinal tract, and secondly lemons and limes are high in minerals and vitamins and help to loosen ama or toxins in the digestive tract.

Your body readily adapts itself to your habits, so it is important to set healthy habits. However it should not feel like a struggle to start a healthy routine. Keep it simple, just pick one or two items that appeal to you from the Ayurvedic routine and gently work them into your schedule. When you have successfully made them a habit, then add a little more. Little by slowly what feels like routine becomes a ritual that you enjoy :)

Striking a Balance

As we learn about healthy routines and healthy ways of eating and living remember to relax and enjoy your life!

A word on eating; taking food is a ritual--too often in our lives we eat rushed or stressed. Even eating good food under these circumstance will not allow our body to digest and absorb the food we eat--no matter how healthy it is. So as you take your food, relax, enjoy it, make meal times pleasurable. Do not eat in your car, when upset, when rushed. We need to learn from the Europeans, in Italy everything shuts down for a few hours each mid-day so workers can go home to their family and enjoy a relaxing main meal. And I love to quote an ancient Ayurvedic saying "If you eat standing up, death looks over your shoulder".

But as stated above, relax and remember as Aristotle said "Moderation in all things".

And really, who didn't say it:

MODERATION IN ALL THINGS - "Thinkers of ancient Greece held the notion of moderation in high esteem. As early as the ninth century B.C., the historian Hesiod wrote in 'Works and Days,' 'Observe due measure, moderation is best in all things.' The Greek playwright Euripides echoed that sentiment in 'Medea' (c. 431 B.C.) with, 'Moderation, the noblest gift of heaven,' and after him the philosopher Plato advised in 'Gorgias' (c. 375 B.C.), 'We should pursue and practice moderation.' Centuries later, Chaucer first rendered a similar English saying in 'Troilus and Criseyde' (c. 1385) with 'In every thyng, I woot, there lith mesure (moderation or proportion)'.

Do not get so wrapped up in the yogi lifestyle that you become rigid! Every now and then eat french fries or pizza, or eat a winter food in the summer ;)

On that same note, I would like to share a snippet from a friend's (Fran Sussman) newsletter:

Beer and Hot Dogs?

Surely, if we are healthy, our systems should be able to tolerate an occasional indulgence. No, I don't recommend beer and hot dogs! And yes, we are responsible for making choices that are appropriate to our state of health. I would even say that a sign of health would be to make predominantly healthy choices in every aspect of life, including what we choose to eat, or not eat. But my definition of health would include the ability to deal with a certain amount of stress without having symptoms, whether that stress comes in the form of exposure to a virus, an upsetting argument, or an occasional serving of french fries.

Health as a process includes our weaknesses, our slips and all the uncontrollable factors of life, as well. While there is integrity in doing the best we can, there is guaranteed failure in targeting only perfection.



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The good news is that as our health improves, (1) we naturally and more consistently make more choices that support it and (2) we are better able to withstand the stresses we are exposed to, whether voluntary or involuntary. Do your best to make as many choices each day that support your optimal health, and you will see and feel changes!

Relax and enjoy your life, an occasional french fry or stressful situation will not cause decay or disease in your body :)

Sadhana

Sadhana is a sanskrit word, most people understand sadhana to mean a spiritual practice; however the direct translation of the word sadhana means "that which CAN be done". So with your lifestyle and your yoga remember to adapt these practices to your individual-ality, your unique nature and circumstance. The effectiveness of your practice is not measured by the achievement of an asana or a routine; but rather by the feeling created by your practice. You should feel good from your practice -- if not -- it is not yoga or ayurveda!

For more information on the Ayurveda and eating & living in season, visit: <http://www.befityoga.com/philosophy-lifestyle/yoga-nutrition/>