

**Title:** Applied Ayurvedic Studies with Indu Arora

**5 days Immersion Dates:** June 26, June 27, July 6, July 7, July 8

**Time:** 8:30 to 4 pm MT

How much Ayurveda does a Yoga practitioner need to know? Conversely, how much Yoga does an Ayurveda counselor/practitioner need to know? Consider this...from which eye do you prefer to see? I'm guessing your answer is "both!" I agree. Each eye offers a slightly different perspective. It's the same with Ayurveda and Yoga. In fact, Yoga and Ayurveda are like different sides of the same coin. It's easy for modern Yoga practitioners and Yoga therapists to default to *asana*, or in the case of Ayurveda counselors, to get stuck on *dosha*, herbs and panchakarma.

But we need to move on. There is such an empowerment in knowing both of them in the light of each other. What if you could see all Yoga practices in the light of dosha, prana, agni and diet? What if you could use the concepts of marma, Samkhya Dharshan and gunas to live and practice your Yoga?

It is possible and that is what the heart of this training is. To make you live your Yoga and Ayurveda, to make it accessible, understandable and applicable, be it for yourself, maintaining your health and wellbeing, in Yoga therapy or the classes and workshops you lead.

### **Main Topics covered**

- Ayurveda, 5 Elements, Tri Dosha and Self-Care Rituals (AM/PM)
- Dwadasha (12) Prana and triangles of 5 Prana, 5 Pitta and 5 Kapha in Practice
- Yoga for Seven Tissues, Ojas, Tejas and Agni
- Samkhya Philosophy and its application through Yoga Practices
- Concept of Sensory therapy through Yoga- Tanmatra Chikitsa
- 3 Main Principles of Living Ayurveda
- Ayurveda and Diet Principles

### **Day 1: Ayurveda, Dosha and Self-Care Rituals**

Tri Dosha Theory, Five Element, Ayurvedic Daily Rituals for Self-Care AM and PM

What is Ayurveda? How does the 5 elements come about? Learn the concept of Tridosha as it applies to your body. There are specific markers of dosha balance and imbalance at the physical, mental, emotional and pranic level. The first day will focus on all of this and the concept of self-care in Ayurveda. We will explore a special 10 step Ayurvedic sacred ritual and routine to maintain health for the solar and lunar cycles. It promotes deep sleep, rest, rejuvenation, cleansing and strengthening of immunity. Apart from all of this, learn how to log your practice and observe the improvement in your health. A must first step into Ayurveda as it applies to you and Yoga.

### **Day 2- Samkhya Philosophy and its application through Yoga Practices**

*Samkhya Dharshan* plays the foundational role in the application of Yoga and Ayurveda. It is the very philosophy upon which the two stands. Without the proper understanding, reverence and

application of the philosophy, we can easily lose sight of the goal, end up diluting the subject matter or at the least misinterpreting it. In 20 years of Yoga, Ayurveda and Wisdom studies, Sankhya philosophy has kept me rooted, focused and sincere in my pursuit of the highest wisdom. I describe Sankhya in a simple phrase, "If you don't mind, it does not matter".

This day we will explore the Samkhya Darshan, its 24 tattvas, how do they relate to prana, dosha and body. How can we benefit from this understanding of Samkhya in our day to day life and live it through our Yoga practice.

### **Day 3: Dwadasha (12) Prana and triangles of 5 Prana, 5 Pitta and 5 Kapha in Practice**

The entire subject matter of Ayurveda can be understood if one understands the Tri-Dosha theory and how it is affected by and in turn affects the concept of 12 Pranas, 5 Pitta and 5 Kapha. We will do practices to understand the role of the above in asanas, pranayana, shat kriyas and Mudras. In order to go deeper in the realm of Prana we will talk about the relationship of five pranas in each breath, 5 asanas and how it relates to natural urges and cravings.

Understanding doshas and pranas intellectually is easy but to work on it using Yoga practices is not. We will do practices that address this particular area and shed light on how to practically apply this theory in everyday life.

### **Day 4- Yoga for Seven Tissues, 40 Agni and 14 channels**

The issues are in our tissues. We hold the experiences (good and bad, pleasant, unpleasant, desirable and undesirable) in our body as cellular memory. How we digest, suppress, process or repress these experiences affects our cellular intelligence, tissue health and digestive fire. This day is dedicated to bringing about a clear understanding of body from the lens of Ayurveda, understanding the 7 tissues which makes up the body as discussed in Ayurvedic texts, the practices to address imbalances related to the tissue, the 40 types of Agni and 14 channels. Learn how the practices of asana, pranayama, mudra, relaxation and mediation adds to ojas, tejas and soma.

### **Day 5 – Living Ayurveda**

Learn to learn how to live Ayurveda by making it accessible in day-to-day life. Let knowledge transform you from who you are to who you can be. Walk the path that Rishis have walked. Live the life that Yogis have lived. Experience what they have seen. Be an inspiration to those around you by being YOU.

A final day for group Discussions, practices and Q and A related to the topics we discussed in the first four days.

## Takeaways:

- How to identify dosha and guna imbalance
- A practical approach to our own constitution
- 24 Tattvas of Samkhya
- Core principles of Ayurveda (20 qualities, 3 doshas, 5 elements and triguna)
- 10 crucial practices of Self Care (Dinacharya and Ratricharya)
- Practices to strengthen ojas, tejas and prana
- How to balance Agni through asana, pranayama and diet
- Main Asanas for maintaining metabolism
- Yoga practice for 7 tissues
- Mudras for balancing 5 elements and 5 pranas
- Guided Relaxation for 7 tissues
- Morning Pranayama for balancing 7 tissue agni
- Deepen sleep through 31-point shavasana
- Principle of diet in Ayurveda and dosha balancing diet
- 15 Yoga Practices Sessions (3 per day) based on Ayurveda and Yoga Therapy

## Course Objectives

- How to live Ayurveda in the light of Yoga Therapy
- Tools to make Ayurveda Accessible
- To identify dosha balance and imbalance markers in self and others
- Learn the 10 crucial everyday practices of self-care
- How to eat according to dosha, season, time of the day and agni
- Understand the Sankhya philosophy of creation
- Understand the 3 pillars of health in Ayurveda
- Learn 15 Yoga Practices for self-empowerment, balance doshas and strengthen Ojas
- How to choose a practice that is right for your dosha, time of the day, season and goal
- To empower the Yoga student, Yoga Teacher and Yoga Therapist with Ayurveda wisdom, to do/lead the practice with confidence, clarity and awareness.
- Walk away with tangible, doable, supportive Yoga practices of *asana*, *pranayama*, *mantra*, *kriyas*, *asanas*, relaxation, and meditation to balance doshas

## Required Books (all available on Yogsadhna.com)

- Yoga Ancient Heritage Tomorrow's Vision Book by Indu Arora
- SOMA 100 Heritage Recipes for Self-Care (available as eBook through Amazon, Kindle, Google play, Kobo)

## Recommend Books and Tools for Dinacharya (Self Care Morning Ritual), available on Yogsadhna.com

- Mudra The Sacred Secret Book by Indu Arora
- Yogis Glow Herbal Powder
- Tongue Scraper bundle and Marma Stick
- Copper Neti Pot
- Dosha balancing bracelet/mala

**What tools will I need for attending this course?**

Yoga mat, any props (as needed), journaling notebook, and mediation cushion. Check the recommended tools in the course description section.

**Are any books suggested as a part of the course?**

There are two books suggested as recommended reading/corequisites by Indu Arora. The titles are *Yoga: Ancient Heritage, Tomorrows Vision* and *SOMA 100 Heritage Recipes for Self-Care*. Both books are available for purchase at the author's website ([www.yogsadhna.com](http://www.yogsadhna.com)).

**Will there be any handouts, reading material, resources included in the price of the course?**

Participants will be provided with handouts/worksheets as a part of the course. Indu Arora will also guide the participant toward important resources for reading, watching, and listening.