

AYURVEDA FOR BODYWORKERS



Carol Nace, CAP, PKT, LMT

Bodhi Ayurveda 2023

Welcome *chant*

BLESSING FOR STUDENT/TEACHER

OM SAHANA VAVATU, SAHANAU
BHUNAKTU
SAHAVEERYAM KARAVAVAHAI
TEJAS VINA VATI TAMASTUMA
VIDHWISHAVAHAI
OM SHANTI, SHANTI, SHANTIHI

MAY HE PROTECT BOTH OF US. MAY HE NOURISH BOTH OF US. MAY WE BOTH ACQUIRE THE CAPACITY (TO STUDY AND UNDERSTAND THE SCRIPTURES). MAY OUR STUDY BE BRILLIANT. MAY WE NOT ARGUE WITH EACH OTHER. OM PEACE, PEACE, PEACE.

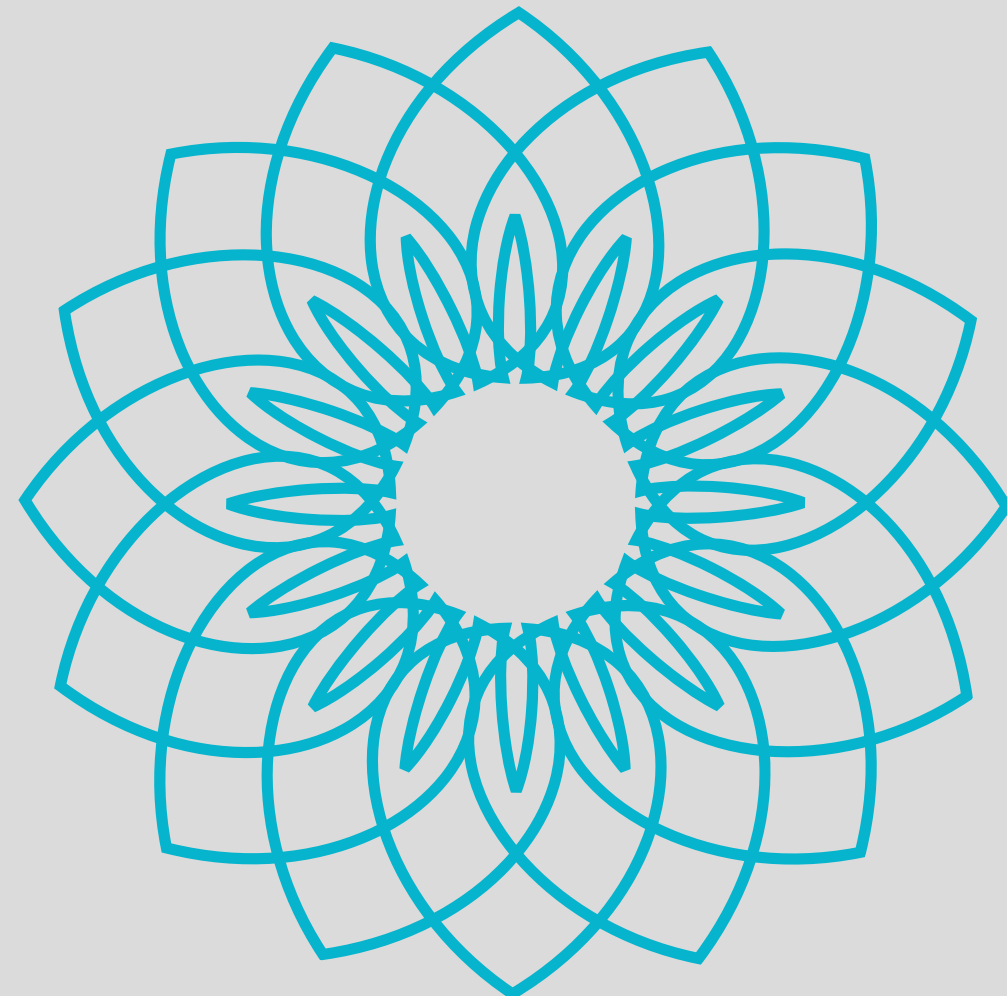


BODHI
AYURVEDA

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About You



ONE

Your Name

THREE

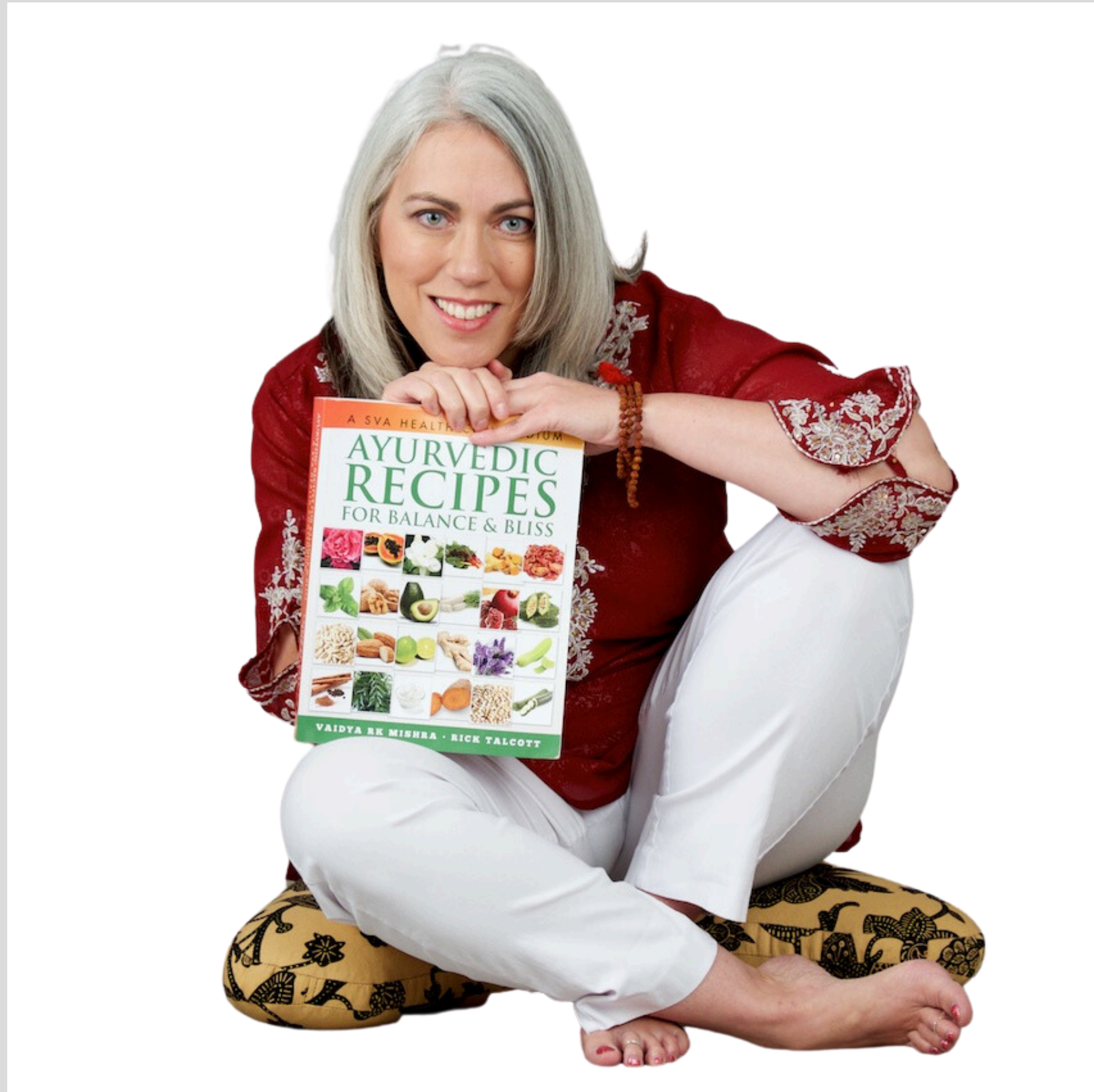
Ayurveda
Knowledge and
experience

TWO

Your Role at Kosa

FOUR

Most important
question



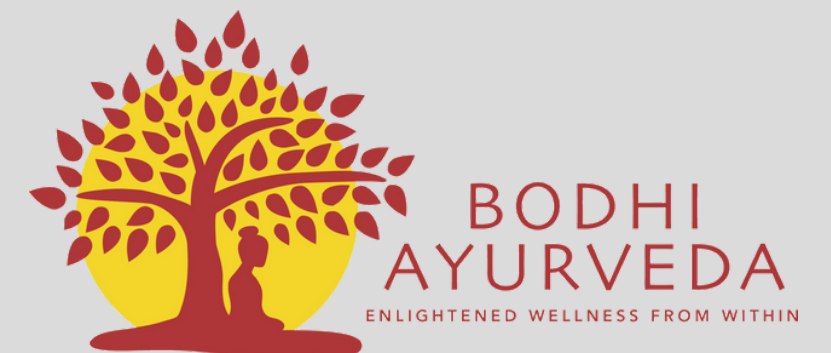
About Me

MY JOURNEY

MY EXPERIENCE

MY EDUCATION

Carol Nace



Our goal and itinerary

Our goal for these sessions is for you to confidently offer Ayurveda bodywork services with a foundation of Ayurveda knowledge.

After these sessions you will be able to:

- speak to the basics of Ayurveda
- understand the key practices of an Ayurvedic diet and lifestyle
- understand Ayurveda anatomy and physiology
- evaluate clients on a basic level from an ayurvedic lens
- customize your approach to ayurvedic services



1 DAY ONE

Introduction to Ayurveda with definitions, diet and lifestyle focus.

2 DAY TWO

Introduction to Ayurveda Anatomy and Physiology, plus how to integrate with services.

3 DAY THREE

Wrap up with a question and answer session.

DAY ONE

Introduction

9AM - 4PM CST



What is
Ayurveda?



Dhanvantari

Definition of Ayurveda

Ayur = Life

Veda = To Know

Deha prana samyoge ayuh

Teaches the nature, scope and purpose of life

Based on qualitative view

Doesn't separate the person from nature or the environment

Each life is a microcosm of the Cosmos (universe)

Goal is to live happy and healthy for 100 years

Managing the reception, flow and use of PRANA



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"Ayurveda aims to establish the ability to live every aspect of life to its fullest, in complete conscious connection to nature's infinite intelligence, a state often referred to as enlightenment."

Vaidya Sunil Joshi, MD (Ayu)



A Healthy Person is

one who is established in self

who has balanced doshas

balanced agni

properly formed dhatus

proper elimination of malas

well functioning bodily processes

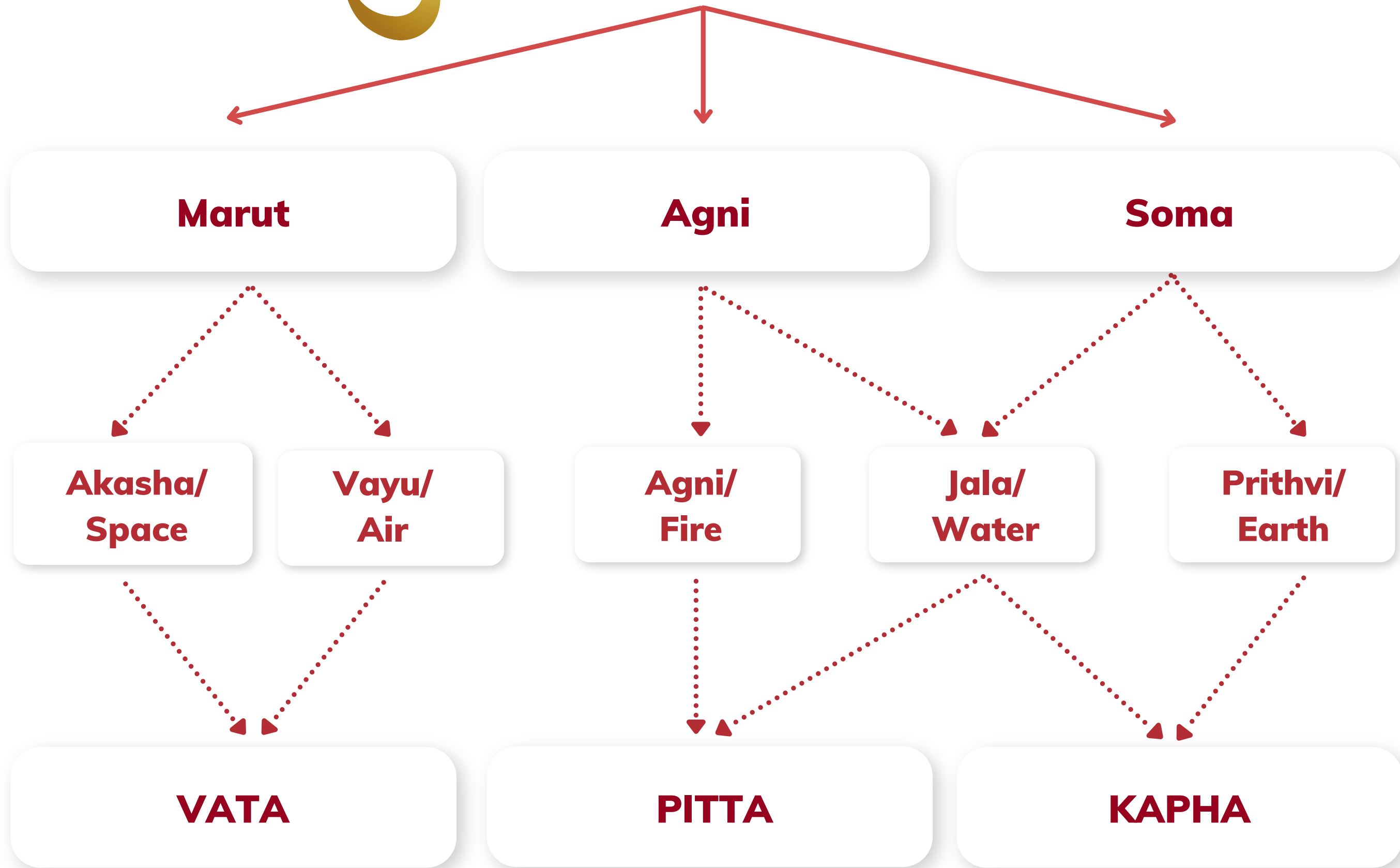
and whose mind, soul and senses are full

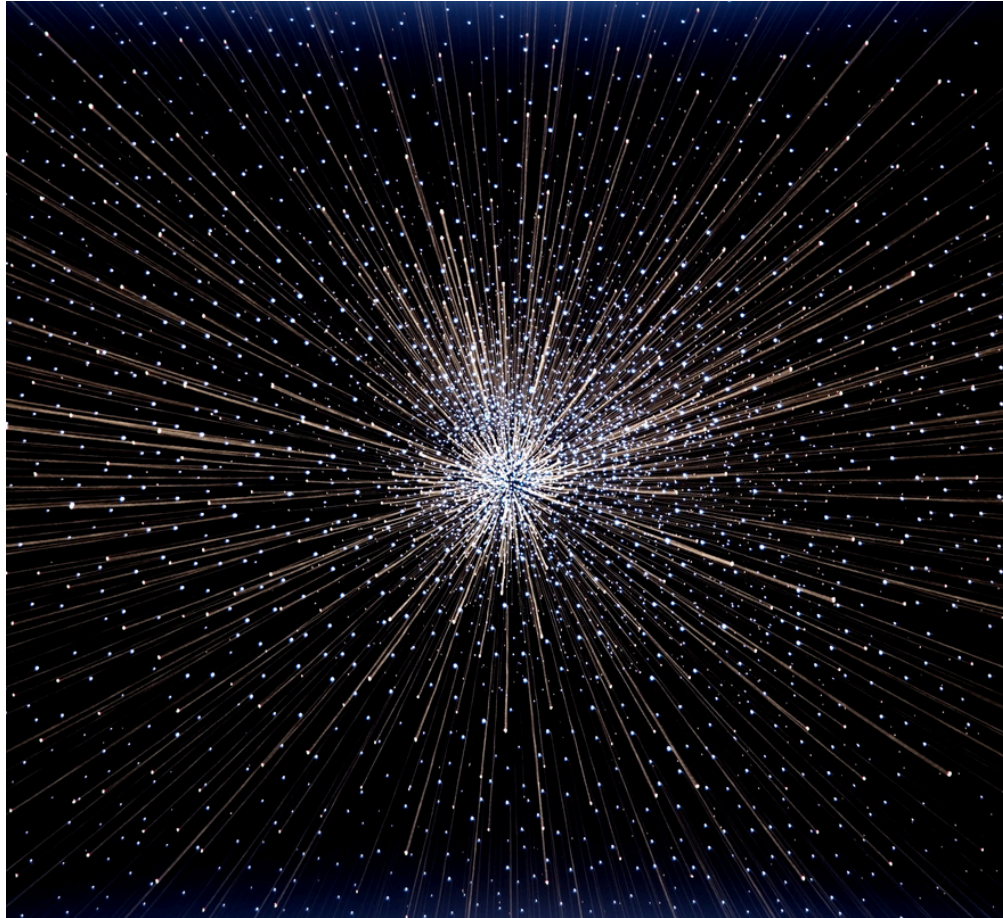
of bliss



ॐ ADITATWA

PRANA
ELEMENTS
DOSHAS



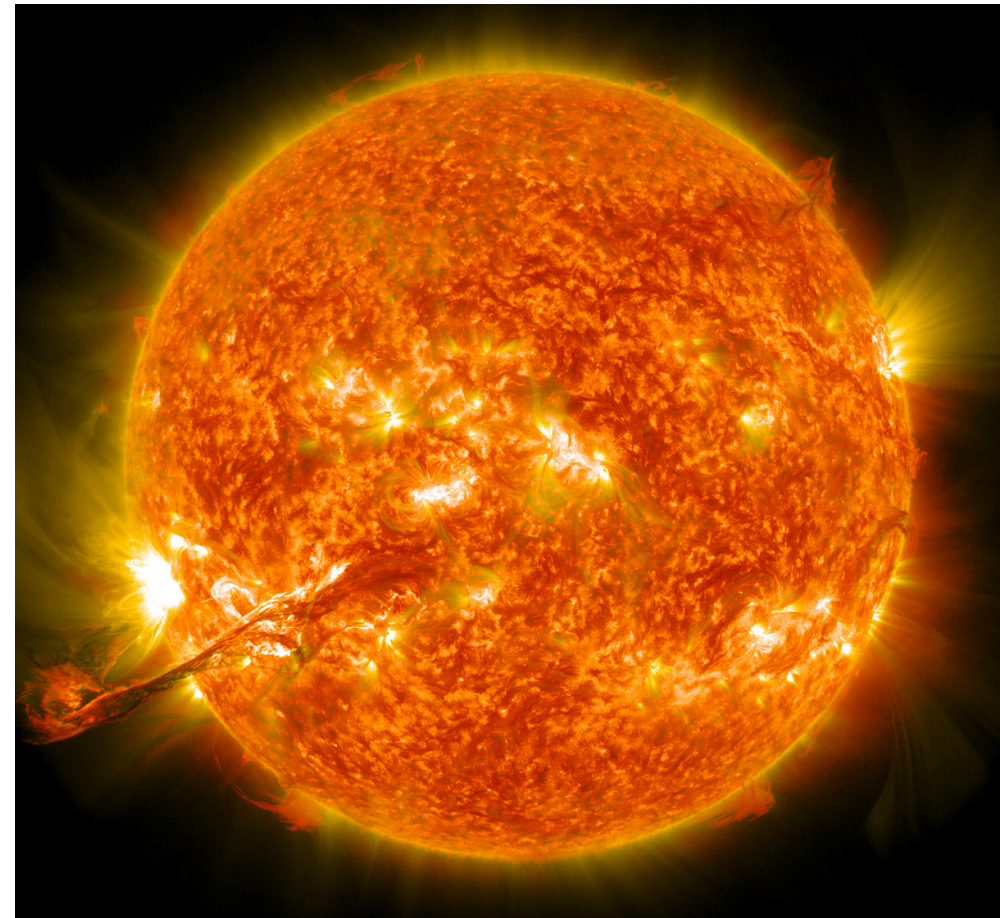


Marut
Intelligence

Soma
Nourishment

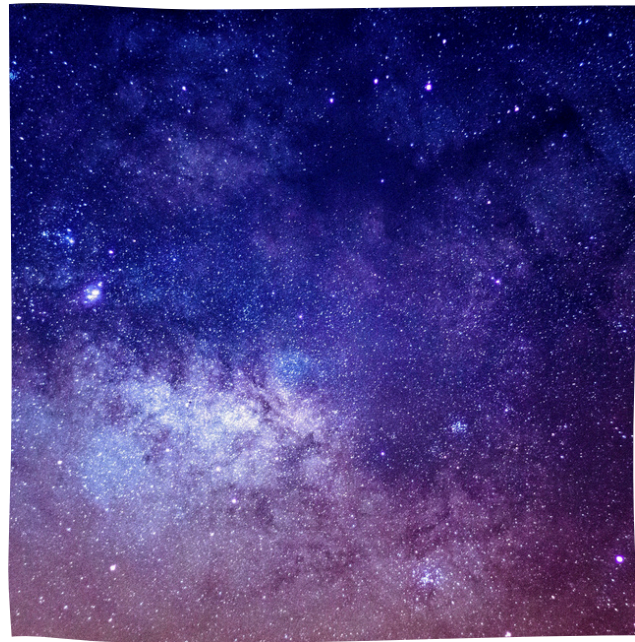


Agni
Transformation

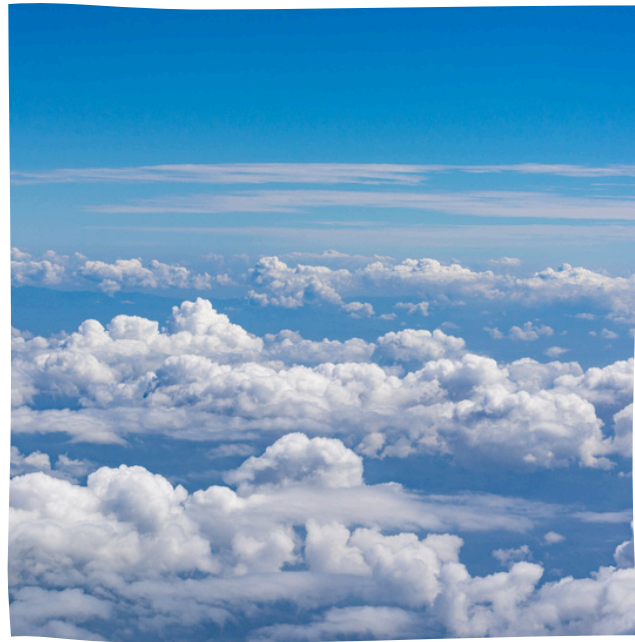


PRANA

The foundation of
all life, a happy
and healthy life.



Space/Ether
Akash



Air
Vayu



Fire
Agni



Water
Jala



Earth
Prithi





PITTA

Passionate, athletic, powerful and engaging personalities. They like to be in the lead. Naturally tone and athletic abilities with a fiery complexion and personality.

Tendencies towards heat, inflammation, anger and control issues.



VATA

Creative, intelligent, flowing personalities. Like to be on the move, creating new ideas. Slim, slight frames with thin skin and hair.

Tendencies towards dryness, anxiety, and feeling ungrounded.



KAPHA

Stable, reliable, happy and loving personalities. They enjoy the comfy indulgences in life. Naturally a curvy, softer physic, or stocky build.

Tendencies towards weight gain, depression, stubbornness and weight related illnesses.

Subdoshas

VATA

PRANA

UDANA

SAMANA

APANA

VYANA

PITTA

PACHAKA

RANJAKA

SADHAKA

ALOCHAKA

BHRANJAKA

KAPHA

TARPAKA

KLEDAKA

AVALAMBAKA

SHLESHAKA

BODHAKA

Gunras/Qualities

10 Pairs

Hot/Cold

Moist /Dry

Heavy/Light

Gross/Subtle

Dense/Flowing

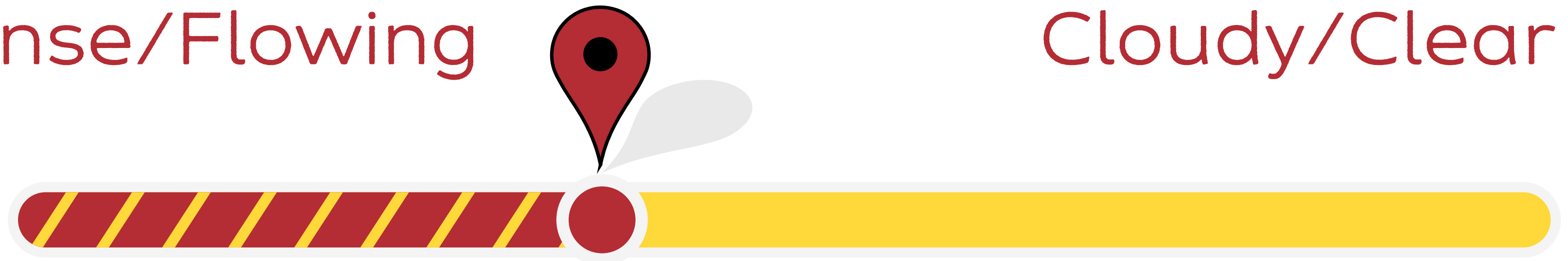
Static/Mobile

Dull/Sharp

Soft/Hard

Smooth/Rough

Cloudy/Clear



Qualities of the Doshas

Pairs of Qualities	VATA	PITTA	KAPHA
Cold/Hot			
Moist/Dry			
Heavy/Light			
Gross/Subtle			
Dense/Flowing			
Static/Mobile			
Dull/Sharp			
Soft/Hard			
Smooth/Rough			
Cloudy/Clear			



Ayurvedic Constitutions Explained

PRAKRITI

- Unique, unchanging distribution of VATA, PITTA and KAPHA
- All doshas are balanced
 - Mind
 - Functions
 - Structure
- 7 labeled combinations

VIKRITI

- Present state of the doshas
- Generally referred to as imbalanced state
- Imbalance caused by choices, actions or time
- Leads to identifiable disease



Why Vikriti happens.....



Unwholesome
conjunctions of the
senses with objects of
affection



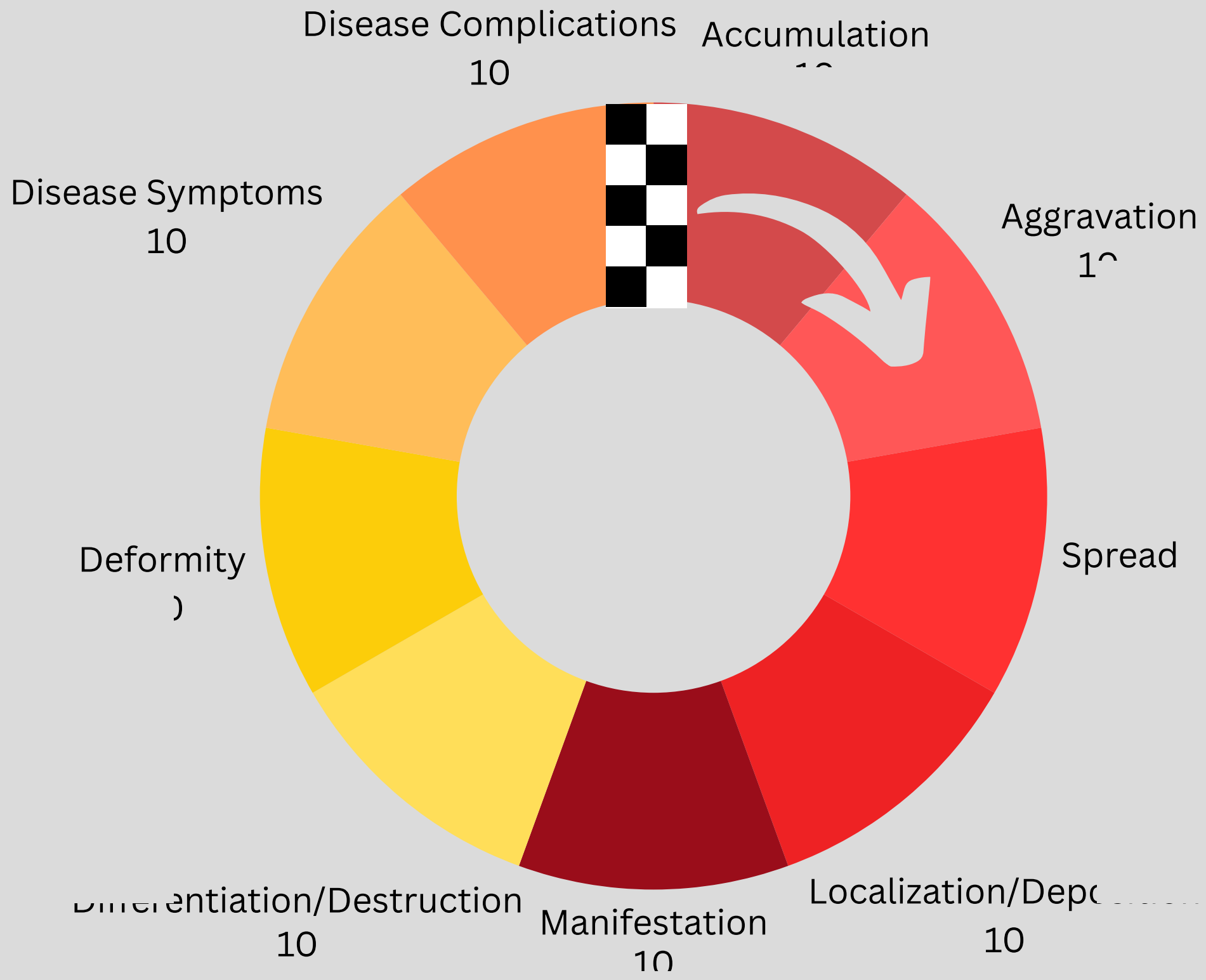
Intellectual
blasphemy or Crimes
against our wisdom



Time and motion

The basic principle of all management of Vikriti, bring back balance is that "Like increases Like" and "Opposites Reduce".

Pathway to disease



Pillars of Ayurveda





NIDRA - SLEEP

Preparing for sleep and getting to bed before 10pm.

Wake by Brahmi Muhurta (1.5 hr before sunrise).

Restful sleep with little disruption helps you digest, clears mind.



AHAR - FOOD

Food and diet affects all aspects of your life - sleep, mood, body.

Source of Prana, rebuilds body and mind and can support healing.

All other practices improve when food and digestion are right.



BHRAMACHARYA - SELF CARE

How we support the mind and body during waking hours helps keep us balanced.

Supports the doshas, removes mala, regulates agni and digestion, protects the body and balances the mind.



Ayurvedic Diet - Ahar

Ayurveda Diet 101

The 6 tastes

Mindful eating practices

Process of digestion

Agni and Ama

Ojas

AYURVEDA DIET 101

Eat whole foods, live foods, not dead or dumb foods

Avoid taking in toxins

Choose organic options

Choose fresh over leftovers

Cooked foods are well spiced

Cook with love

Foods are eaten in a peaceful, undisturbed location
and with a peaceful, undisturbed mind

Eat until you are 3/4 full

Eat meals at regular time each day

Lunch is the largest meal

Focus on a mostly vegetarian diet

Choose warm over cold food and drinks

Chew, chew and chew some more

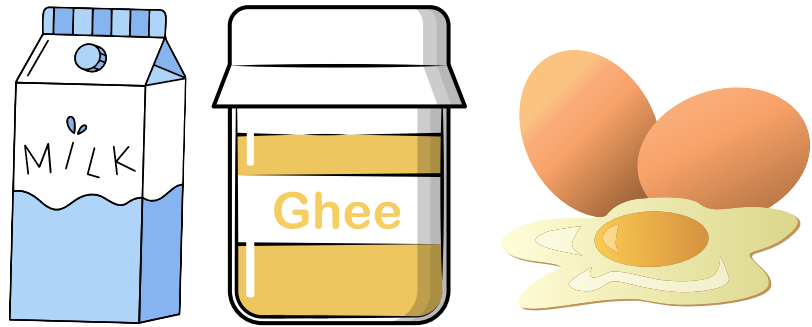


The Six Tastes

TASTE

1

SWEET



Earth|Water Elements

Heavy, cold, stable, unctuous, smooth.
Increases Kapha, decrease Pitta and Vata. Nourishes organs, builds tissues and ojas.

TASTE

2

SOUR



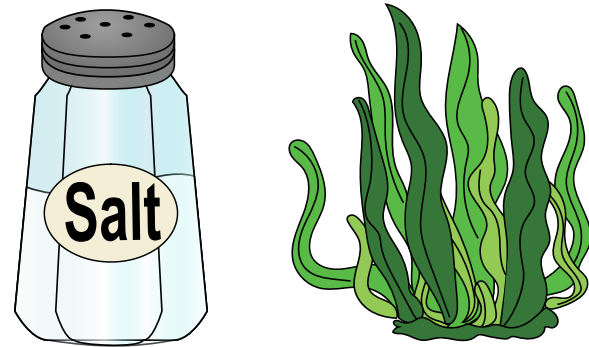
Earth|Fire Elements

Heavy, oily, sharp, hot
Increases Pitta and Decreases Vata and Kapha. Increases digestive strength, improves taste, fluid circulation and heart health.

The Six Tastes

TASTE 3

SALTY



Water|Fire Elements
Heavy, hot, unctuous, piercing.
Increases Kapha and Pitta, decreases
Vata. Creates moistness in body,
improves taste, draws in nutrients.

TASTE 4

BITTER



Air|Ether Elements
Light, dry, and sharp.
Increases Vata, decrease Pitta and
Kapha. Reduces inflammation,
detoxifying, increases agni, cleanses
blood.

The Six Tastes

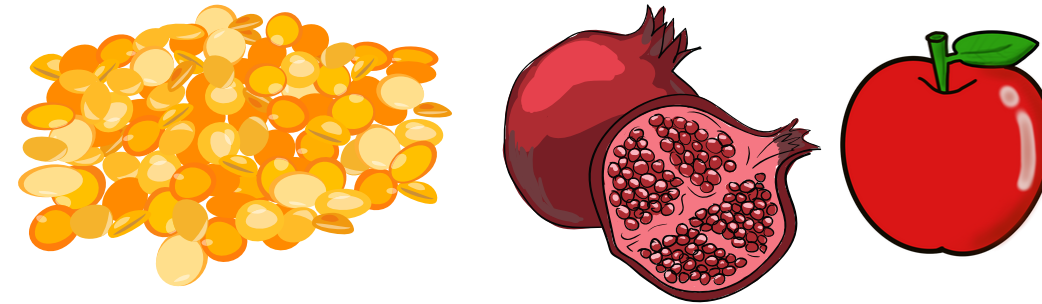
TASTE
5

Earth|Air Elements

Drying, light, cold, absorbent.

Decreases Kapha and Pitta, increases Vata. Dries up water in body, heals wounds and bones.

ASTRINGENT



TASTE
6

PUNGENT



Air|Fire Elements

Hot, light, drying, sharp.

Increases Pitta and Vata, decreases Kapha. Increases agni, weight loss, detoxifying.

I Pledge to

Take the Mindful eating pledge



1 EAT THE PROPER AMOUNT

It is time to give up the clean plate club card! Eat the amount of food that leaves you feeling satisfied, not full. General rule is to 75% of fullness, which is amount of food that fits in your palms.

2 EAT TO MY DIGESTIVE STRENGTH

Only eat when you are truly hungry and to your hunger level. If you are not hungry during normal meal times, try sipping some hot ginger tea first.

3 EAT THE PROPER QUALITY OF FOOD

Choose foods which are whole, organic and fresh. Avoid processed foods, leftovers and GMO foods. Foods should also be freshly cooked and eaten fresh, avoiding leftovers.

4 COMBINE FOODS PROPERLY

Certain food combinations may taste good, even great, but could have a negative affect on your digestion. Types of foods (yogurt with fruit) and qualities of foods (raw vs. cooked) are the two ways to consider how to combine foods for effective digestion.

5 EAT FOOD MADE WITH LOVE

The best cooked recipes have the ingredient of Love in them. Emotions carry energy. We wouldn't want to eat food that was exposed to anger, fear, violence, or sadness. Instead making food with love and devotion is key.

6 CHEW, CHEW, CHEW

Digestion starts in the mouth. Besides starting the breakdown of carbohydrates and sugars with saliva, tasting the food sends signals to the digestive system. Plus, the better chewed the food, the easier to digest.

7 DRINK MODERATELY WITH MEALS

No need to guzzle down a tall glass of liquids with your meal. Use drinks moderately to help with chewing and swallowing of your food.

8 EAT UNDISTRACTED

Where your mind goes, your digestion will follow. When taking your meal, be in a quiet, undistracted location. Avoid eating at your desk, in front of your TV or in your car. Sit at a table and put away your devices, stay present with your meal.

9 GIVE PROPER THANKS

Food is a gift that many don't have. Give thanks to each meal before starting. Thank all the people involved in your food, from the plants, animals, farmers, cook and the divine.

10 EAT WITH A CALM MIND

Emotions can sometimes be tough to digest! When you are upset, mad or sad, this may not be the time to eat the food. Instead, wait until you are in a better frame of mind. Take some time to meditate or a walk to clear your mind. Also consider the people who prepared their food and their mood.

11 REST AFTER EATING

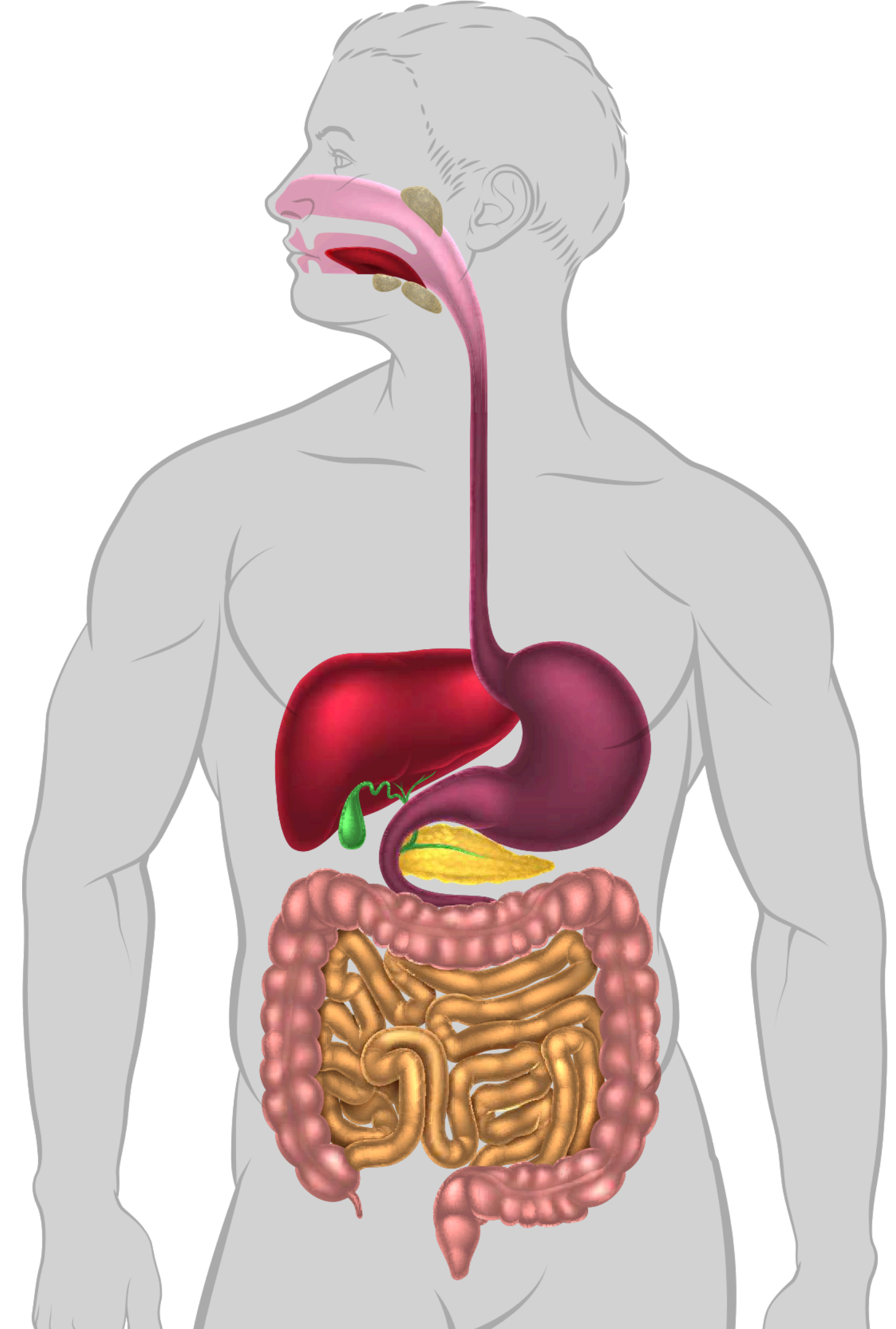
Take a few moments and enjoy what you just ate. Reflect on how it feels in your body, give thanks again for the bounty and health it will create. A light walk is a nice way to again integrate into your daily schedule.



What's involved with Digestion?

5 Phases:

- 1) Sensory
- 2) Chewing
- 3) Digestion
- 4) Assimilation
- 5) Elimination



AGNI

S

SAMAGNI | BALANCED DIGESTION

Normal appetite, digestion and elimination. Healthy tissue development and overall good health. Steady weight, good sleep and calm mind. A Blissful person.

V

VISHAMAGNI | VATA VARIABLE DIGESTION

Appetite and digestion is erratic and irregular. Often constipated or IBS. Gas and bloating after eating. Dryness in body and mind. Pain felt in joints and back. May feel anxious, fearful.

P

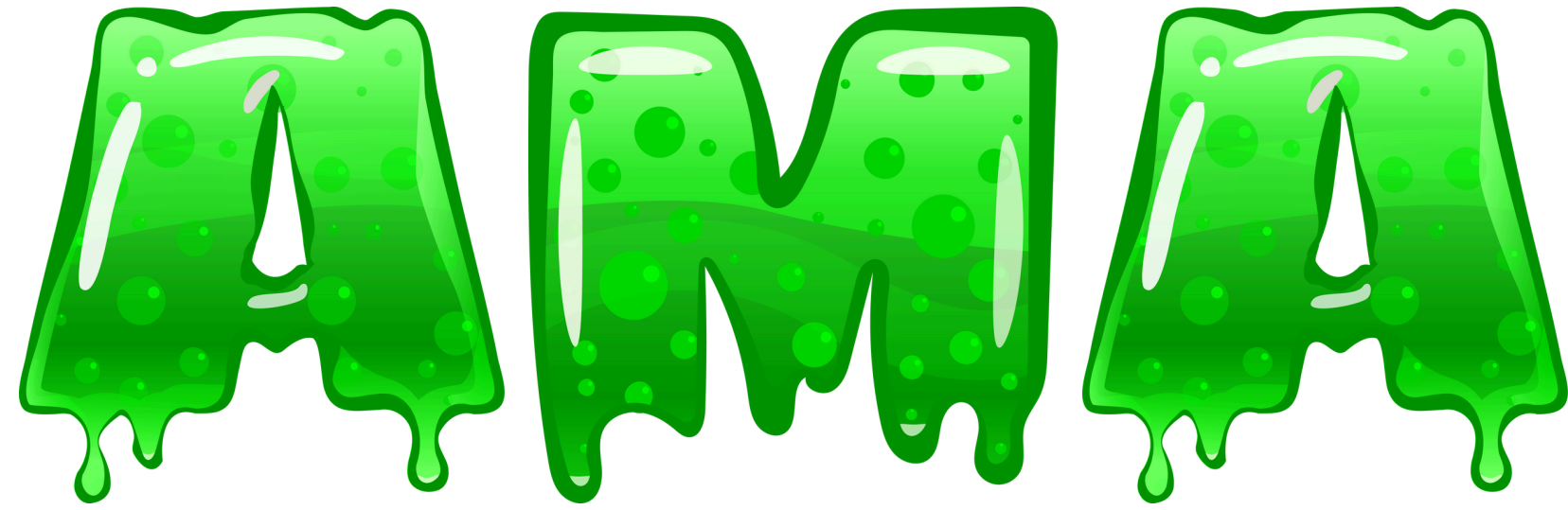
TIKSHNAGNI | PITTA FIREY DIGESTION

Strong appetite (hangries) or always hungry. Acidic indigestion, loose stools, diarrhea. May experience skin issues, such as rashes, hives, acne. Mood can be aggressive, irritable and controlling.

K

MANDAGNI | KAPHA SLOW DIGESTION

Low appetite, doesn't feel hungry. Food digests and moves slowly, leaving heaviness, lethargy and nausea. May experience weight gain, swelling and congestion. Mood can be possessive or depressive.



Ayurveda

Toxicity

AMA – result of food not being properly digested,
assimilated or eliminated

AMAVISHA – long standing AMA that has fermented
and causing symptoms of disease outside the digestive
system. Emotional Toxins

GARVISHA – result of exposure to external toxins.

INDRAVAJRAVIJANYA – EMF/EMR toxicity, caused by
electronics, radiation, microwaves, cell phones, etc.



OJAS

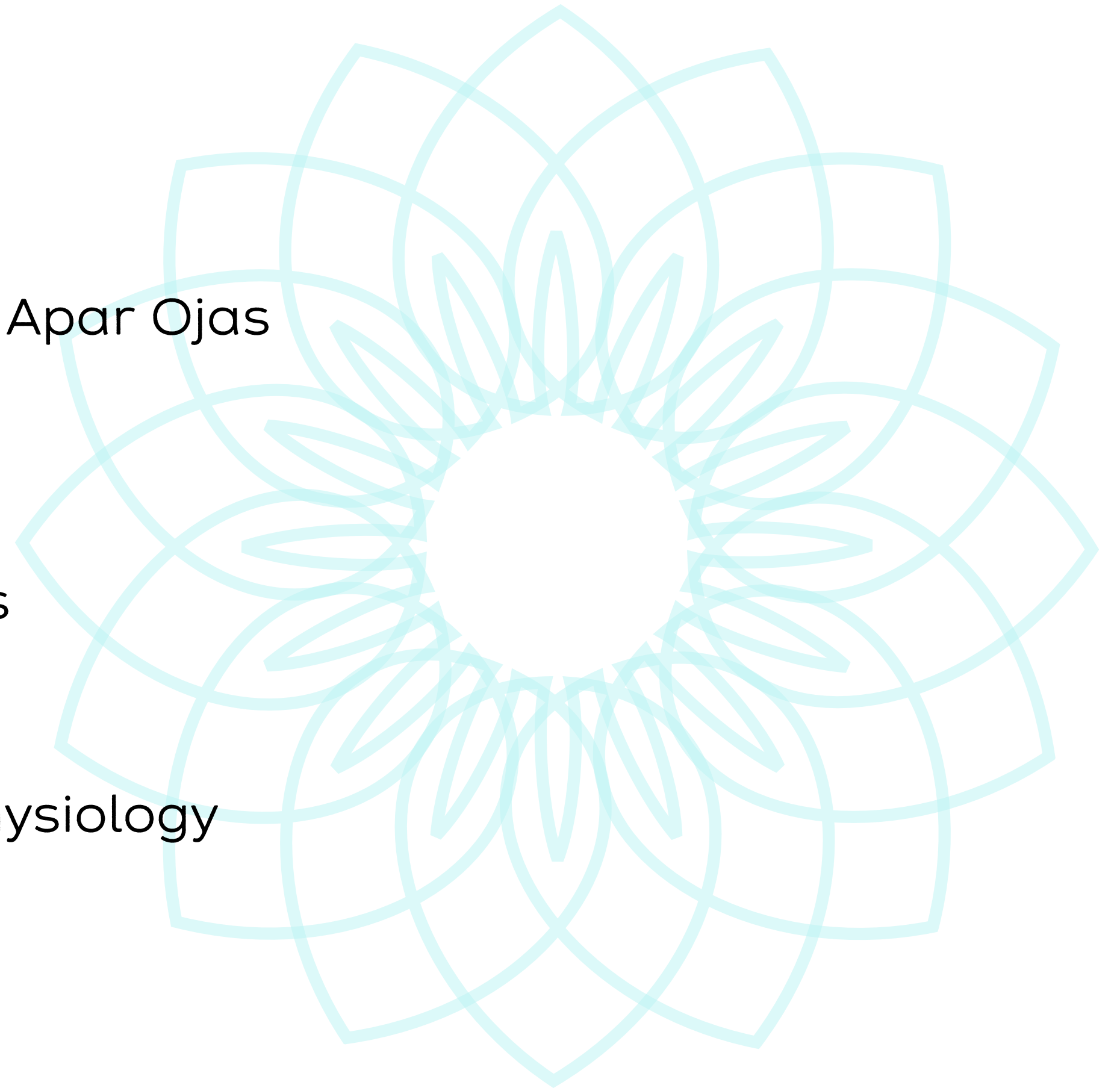
Two types: Param Ojas (8 drops) and Apar Ojas

Soma is the raw material for Ojas

Each transformation affects our Ojas

Importance of OJAS - Connection

- systems and organs within our physiology
- outer world
- our soul within our heart center
- supports dosha balance





Ayurvedic Lifestyle & Self Care

Daily Clock

Stages of Life

Dinacharyas - Daily routines

Ritucharyas - Seasonal routines

*Lifestyle becomes your legacy,
your medicine.*

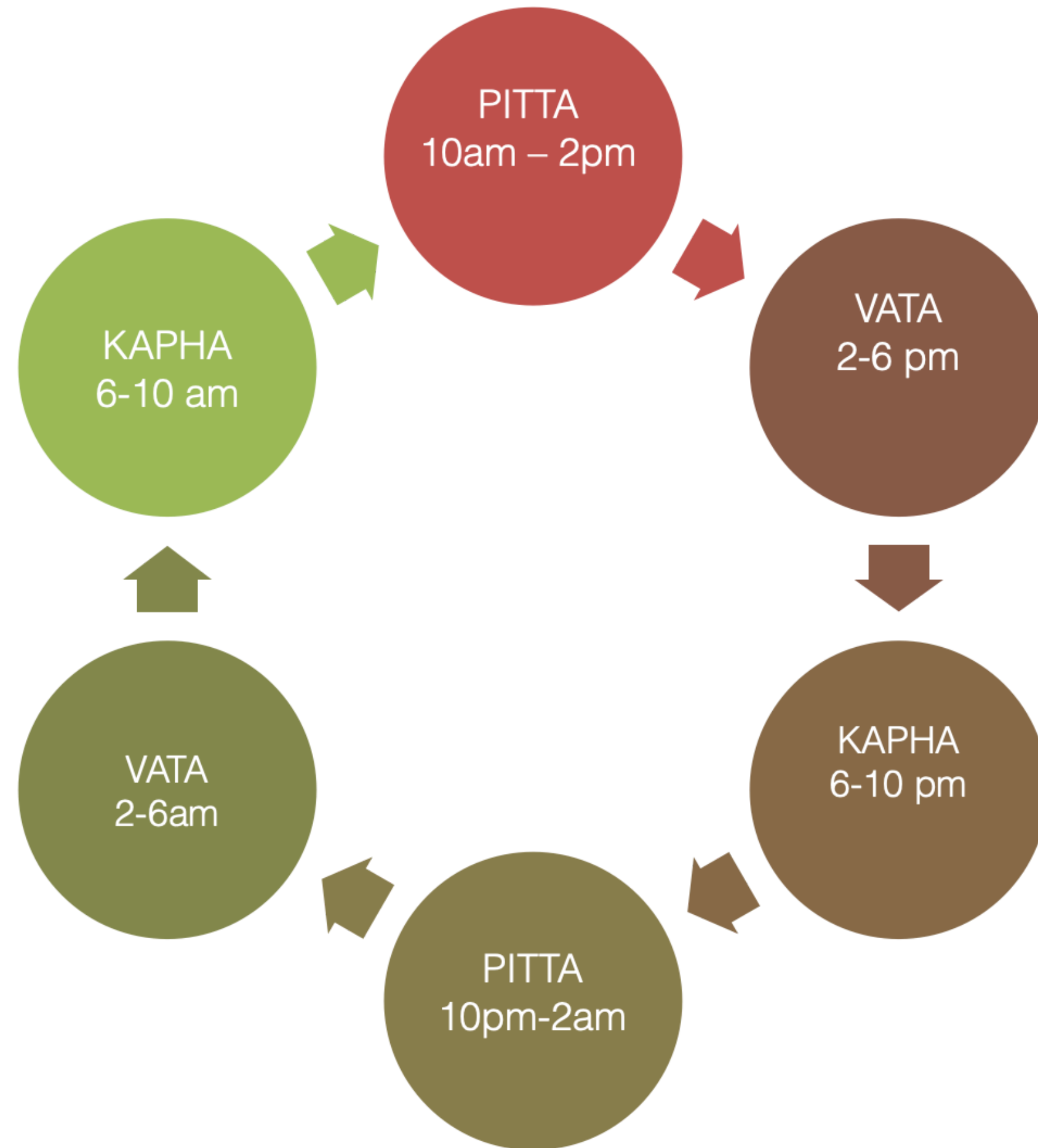
Vaidya Mishra



The Daily Clock

During each phase, the governing dosha has **accumulated** to a point of **aggravation**. It is during these hours that we should perform certain daily tasks or routines to help **alleviate** the dosha.

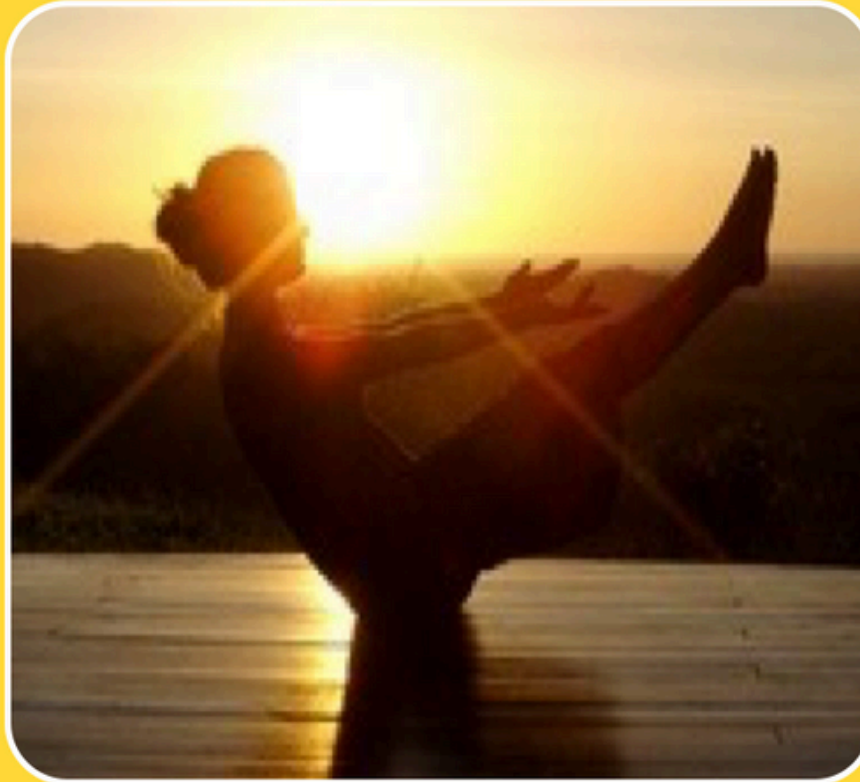
Each dosha has two cycles in a day. During the day, we recognize how these peaks dictate our actions. In the evening, they govern our body's natural means of detoxification, repair and sleep patterns.



Ayurveda Stages of Life



Dinacharya - Daily Routine



Mornings

Water
Elimination
Yoga
Meditation
Oiling
Clean senses



Mid Day

High productivity
Largest meal
Walk after meal



Evenings

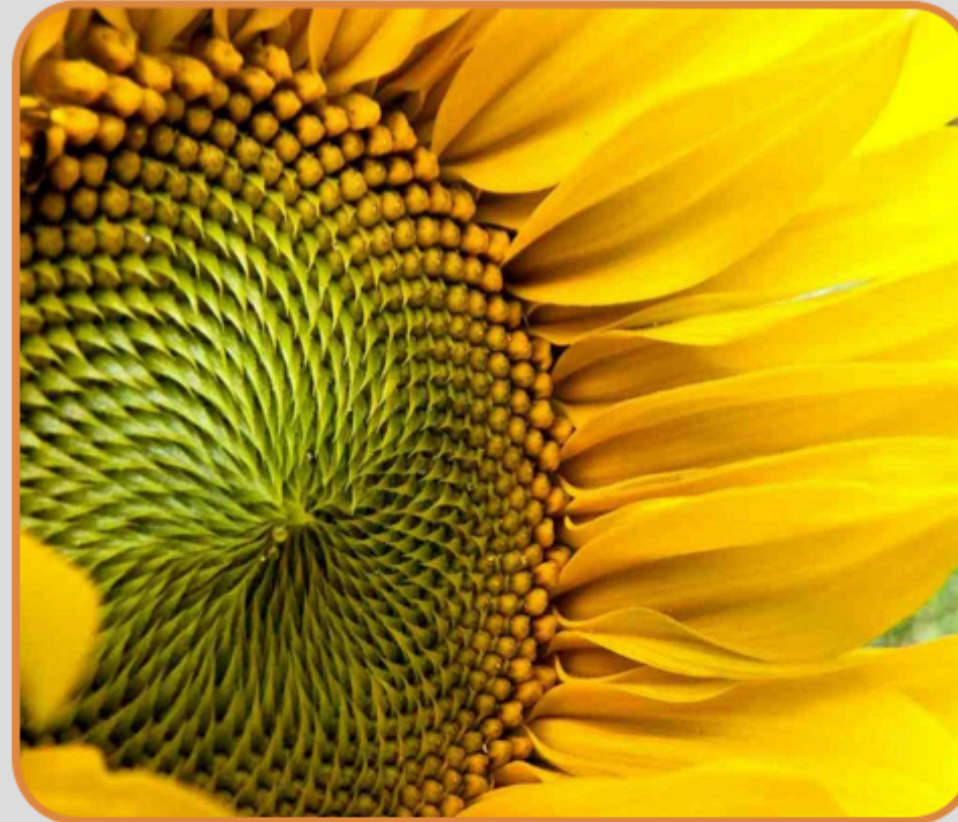
Discontinue food
Stop use of electronics
Meditation, study or prayer
Prepare for bed

Rituacharya - Seasonal Routine



KAPHA

- Accumulates: Fall to early winter
- Aggravates: Late winter to spring
- Alleviate by reducing water/earth element



PITTA

- Accumulates: Late winter to spring
- Aggravates: Summer to early fall
- Alleviate by reducing fire element



VATA

- Accumulates: Summer to early fall
- Aggravates: Fall to winter
- Alleviate by reducing air element

Day One Homework

Let's put what we learned today into practice.

Write down what your changes will be and journal your experiences.



1 ONE - OBSERVE

Pay attention to the qualities - in your food, environment, nature.

2 TWO - DIGEST

Take what we learned about an Ayurvedic Diet and make one or more changes based on your digestion. Take the mindful eating pledge and select one to practice.

3 THREE - ROUTINE

Evaluate your daily routine and then choose one change that you can integrate for a week.

DAY TWO

Ayurveda A & P

9AM - 2PM CST



Welcome *chant*

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OM SAHANA VAVATU, SAHANAU
BHUNAKTU
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Itinerary

RECAP DAY 1

KOSAS

ANNAMAYA

PRANAMAYA

MANOMAYA

VIJYANAMAYA

ANANDAMAYA

SCOPE OF PRACTICE

Day One Homework

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The Kosas



The Kosas

Annamaya

Pranamaya

Manomaya

Vijnanamaya

Anandamaya

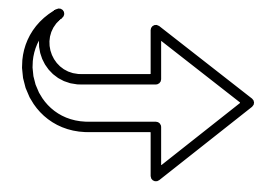


Annamayakosa

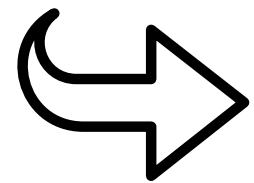


The first, outermost Kosa is the Physical sheath, sometimes referred to as the "food"-body. The skin of the body contains all the Kosas.

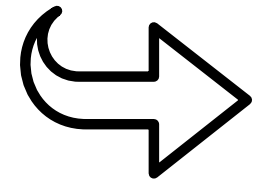
Rasa | Plasma



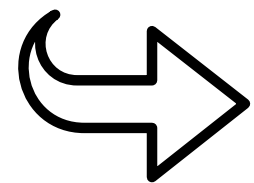
Rakta | Blood



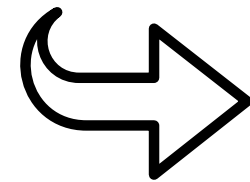
Mamsa | Muscle



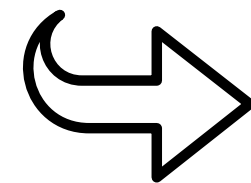
Medas | Fat



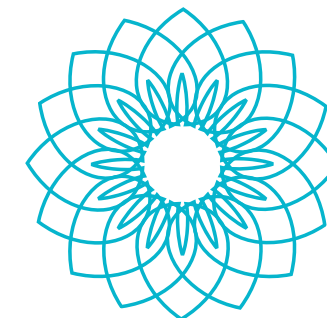
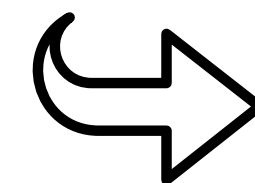
Asthi | Bone



Majja | Marrow and Nerves



Shukra | Reproductive,
Neurotransmitters
and Hormones



OJAS

Dhatus

Tissues of the physical body



Rasa - Nourishment

Dhatu

Primarily water and Kapha. Essences of digested food. Foundation for all other tissues.

Upadhatu

Breast milk and menstrual fluids.

Mala

Phlegm

Rakta - Enlivening

Dhatu

Primarily Agni/Fire and Pitta. Provides color and strength to body and mind.

Upadhatu

Blood vessels and tendons

Mala

Bile

Mamsa - Support

Dhatu

Primarily Fire and Earth with Pitta and Kapha. Forms muscles, skin and ligaments.

Upadhatu

Muscle Fat and Skin

Mala

Ear wax, eye secretion, mucous, sebum and smegma

Medas - Lubrication

Dhatu

Primarily Water and Kapha. Provides skin's luster, moisture and lubrication, especially bones and joints, and stores energy.

Upadhatu

Flat muscle

Mala

Sweat and sebum

Asthi - Stability

Dhatu

Primarily Earth and Air, Kapha and Vata.
Tissue of the bone and skeletal structure.

Upadhatu

Teeth

Mala

Nails and body hair

Majja - Filling Bone

Dhatu

Primarily Air and Vata. Referred to as Bone Marrow, it's also the tissue carrying electrical nerve impulses. It fills the empty spaces inside the bones, brain cavity, spine, and nerve channels.

Upadhatu

Hair

Mala

Sebaceous secretions from hair follicles and eyes.

Shukra - Reproduction

Dhatu

Primarily Water/Earth and Kapha.
Reproductive Tissue, Sperm and Ovum.

Upadhatu

Ojas

Mala

None

AGNIS

Digestion

1

Jathragni

Responsible for breaking down food into particles for assimilation. This digestive byproduct is called Chyle.

Liver

5

Pancha Bhutagni

One agni for each element processed in the liver. Takes the Chyle and breaks down into molecules for absorption.

Dhatus

7

Dhatu agni

One agni for each dhatu, supporting the transformation of one tissue to the next tissue, the upadhatu and mala.

BOOST AGNI

"The digestive fire in the intestines (jataragni) is the root of all the digestive fires in the body. As it causes the increase or decrease of the elemental and tissue digestive fires it should be treated with great care."

- Ashtanga Hridaya Samhita

SPICES

Ginger
Ajwain
Black Pepper
Turmeric
Cinnamon
Thai Chili
Lime
CCF

DIET

Light proteins
Easy to digest
Good quality
Warm food and drink
Probiotics
Mindful eating

LIFESTYLE

Lower stress and emotional distress
Light exercise after eating
Regulate Bowels

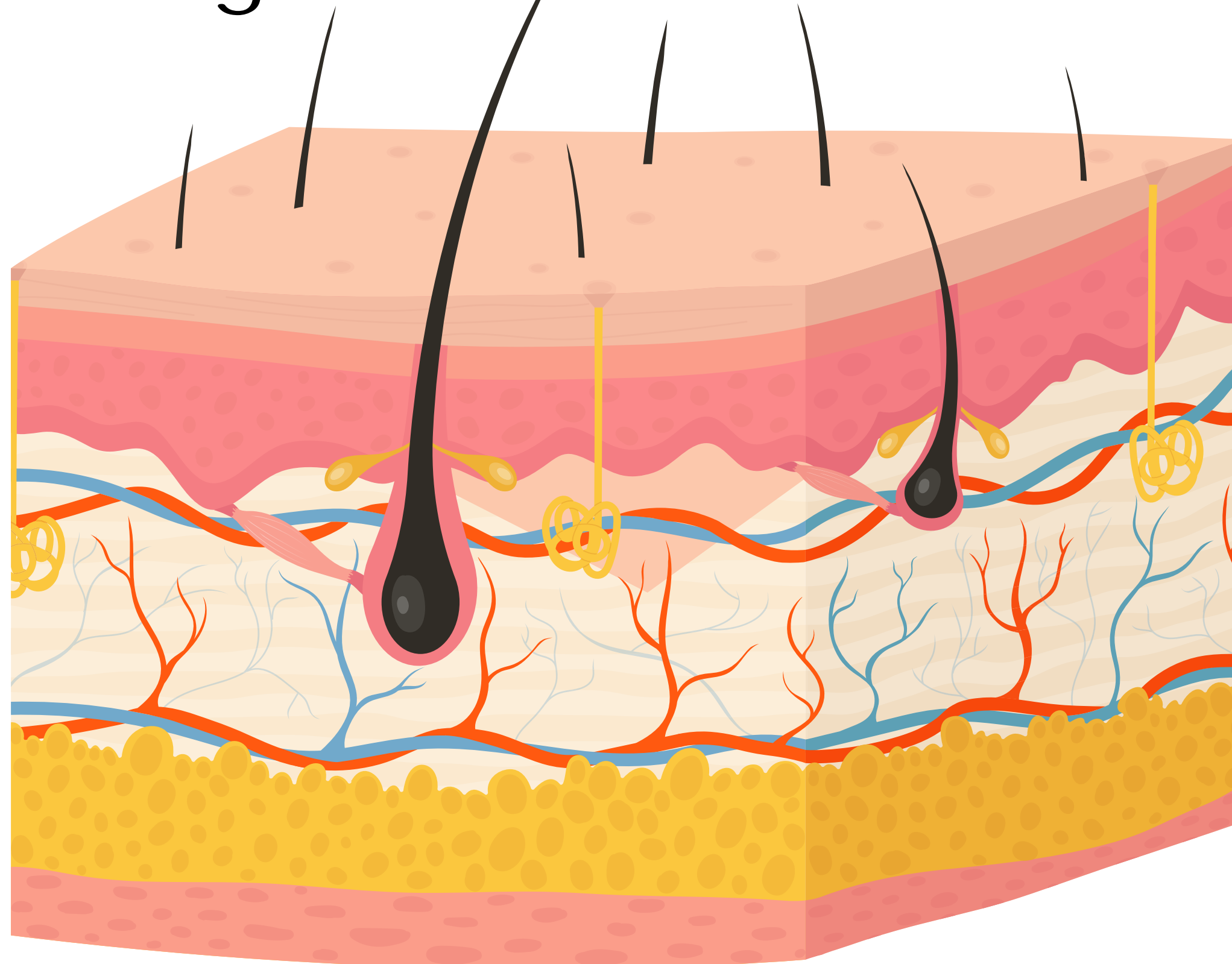


The Skin per Ayurveda

Epidermis
Rasa
Rakta

Dermis

Hypodermis



Avabhasini
Lohita
Sweda

Tamra
Vidini
Rohini

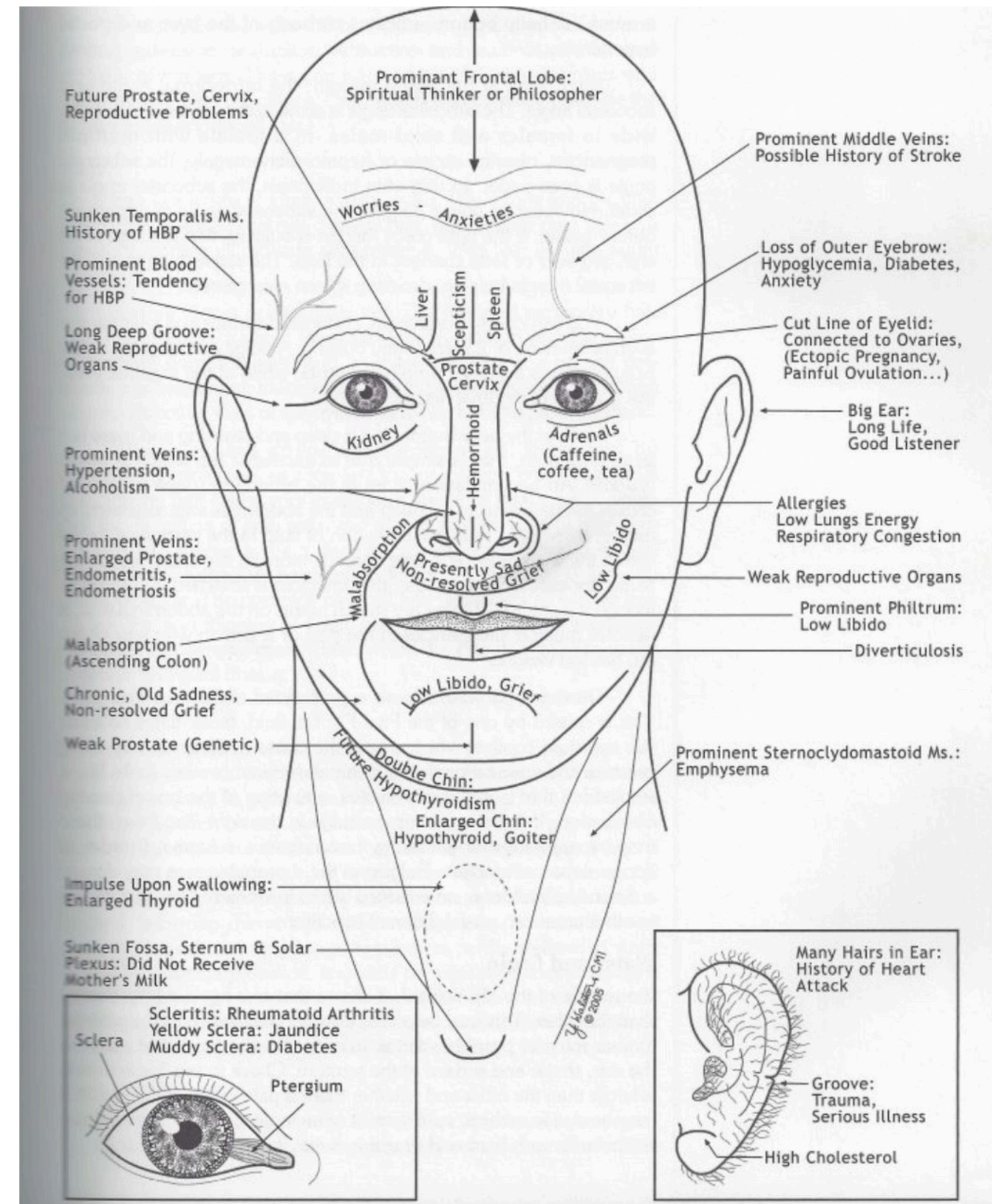
Mamsadhara

The Face per Ayurveda

Vata: Forehead and above

Pitta: Eye and cheeks

Kapha: Nose to Chin



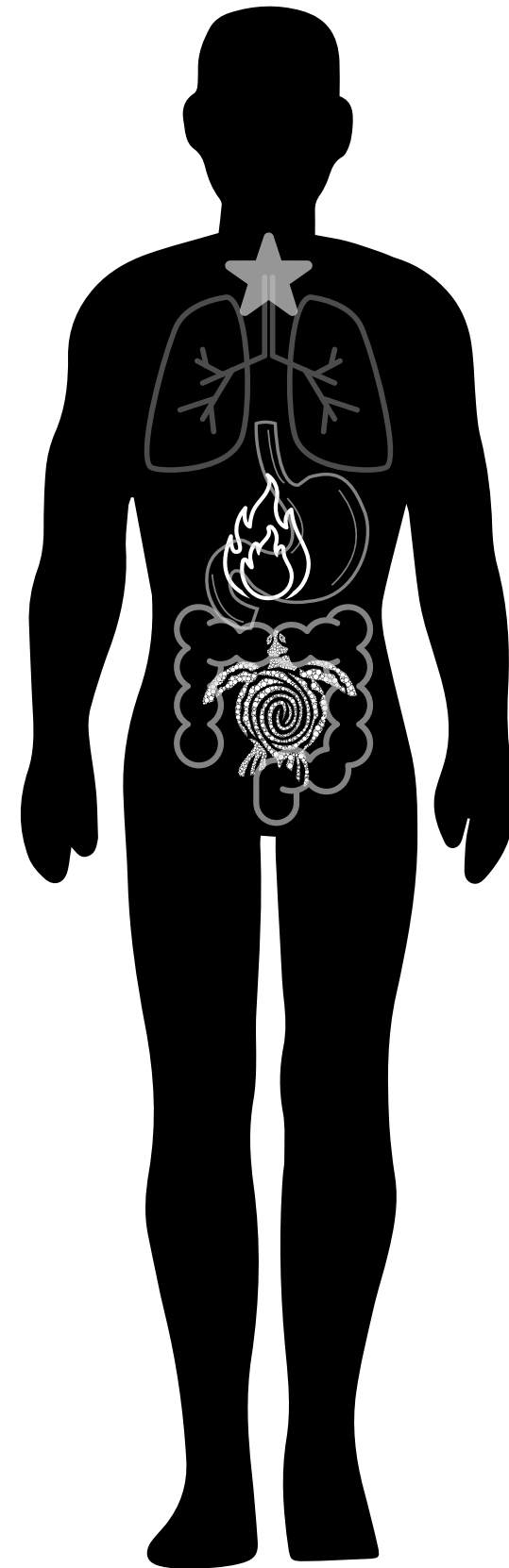
Prana and Dosha Homes

Prana Reserves

Marut

Agni

Soma



Dosha Homes

Kapha

Pitta

Vata

NOTE

The limbs of the body can also be affected and reflected by the doshas.

Kapha is at the shoulders/hips, Pitta at the elbow/knee and Vata at the wrist and hand/ankle and foot.

Physical Channels - The Strotas

Prana vaha srotas

Ambu vaha srotas

Anna vaha srotas

Rasa vaha srotas

Rakta vaha srotas

Mamsa vaha srotas

Medas vaha srotas

Asthi vaha srotas

Majja vaha srotas

Shukra vaha srotas

Atharva vaha srotas

Purisha vaha srotas

Mutra vaha srotas

Sveda vaha srotas

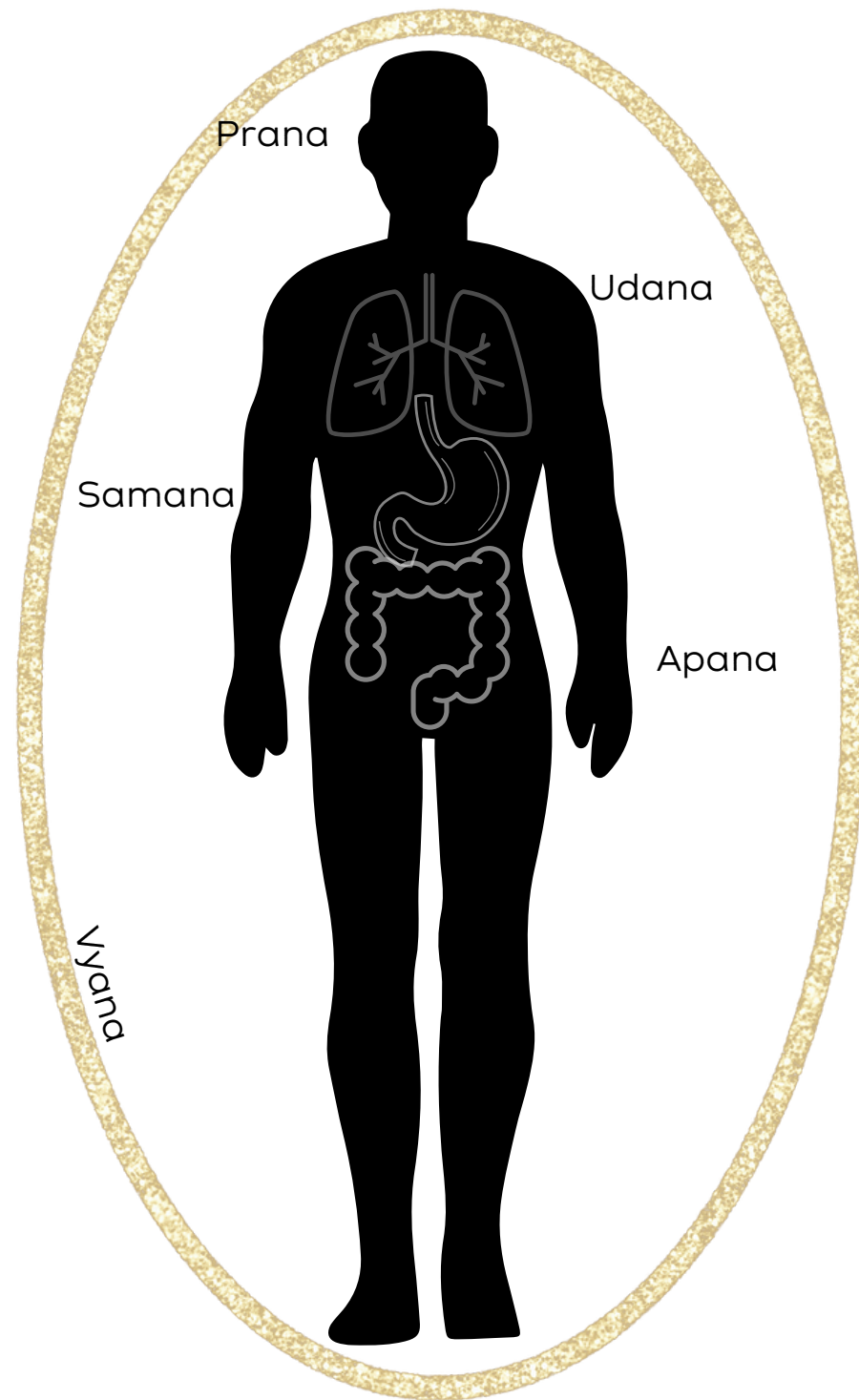
Mano vaha srotas

Sthanya vaha srotas

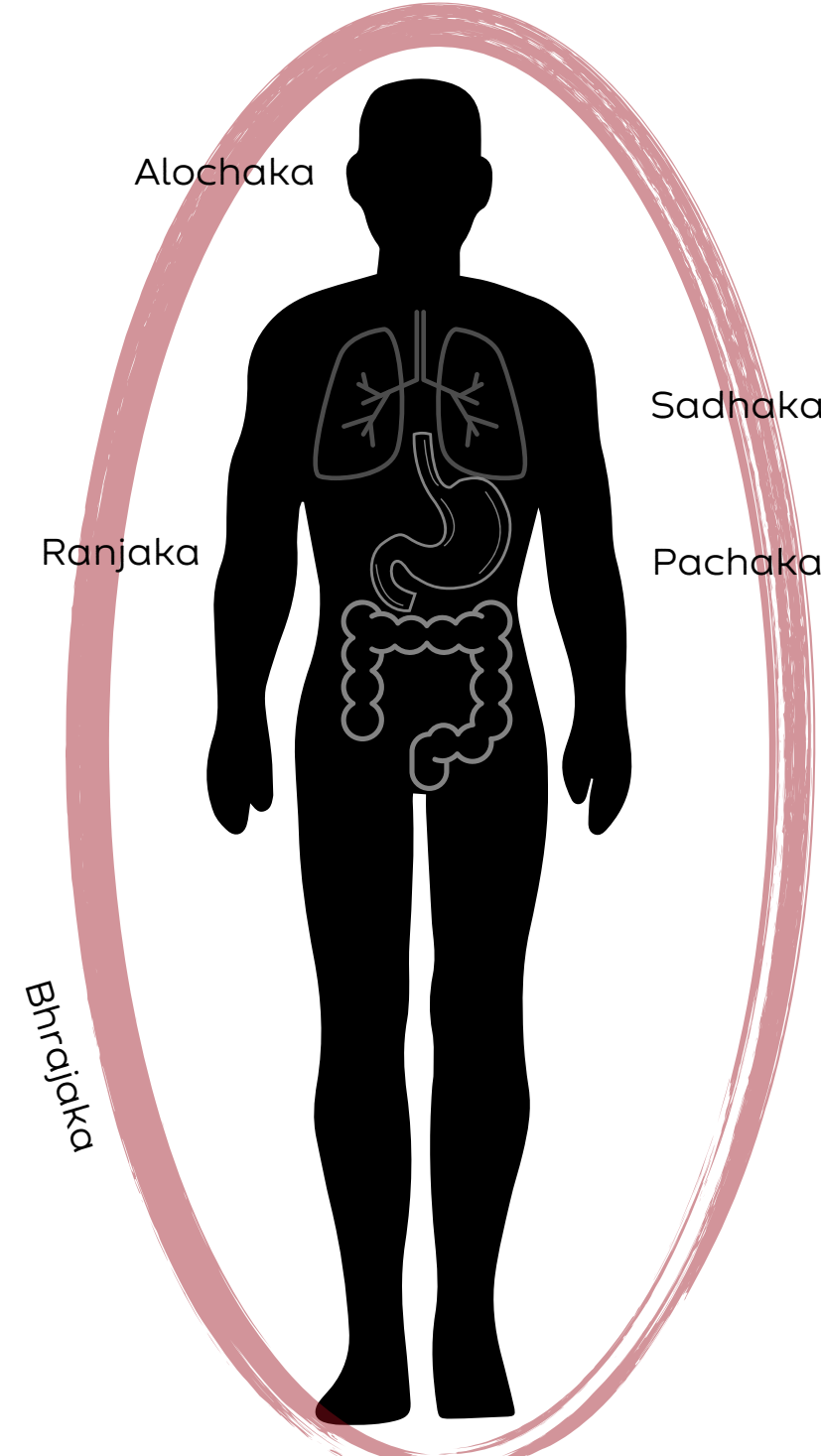


Subdosha Anatomy and Physiology

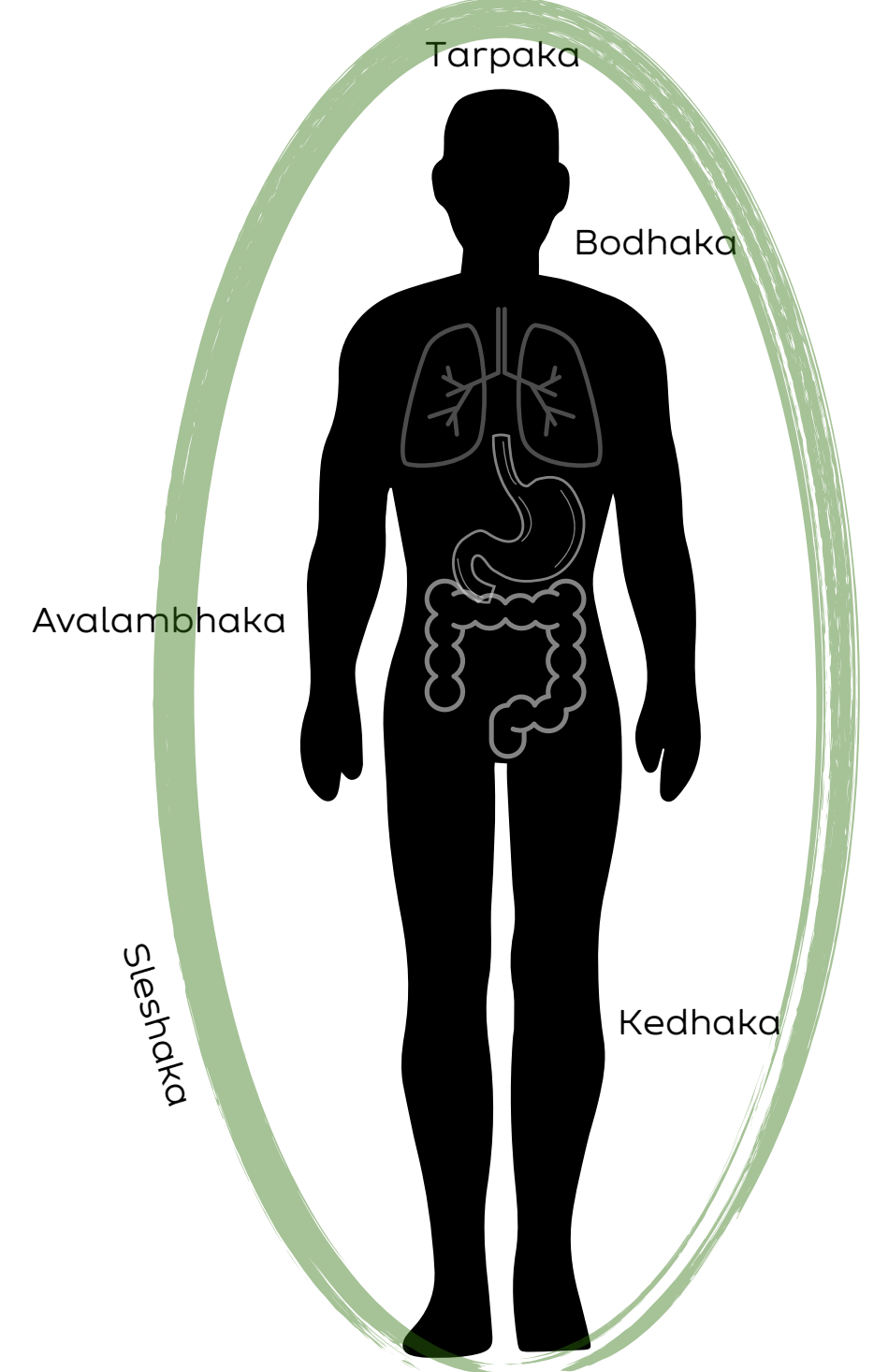
Vata Subdoshas



Pitta Subdoshas



Kapha Subdoshas



Pranamayakosa



The second Kosa is the Energy or Vibrational sheath, where the prana flows through the physical and vibrational channels.

Element and Chakras

Chakras

Sahasrara/Crown

Ajna/Third Eye

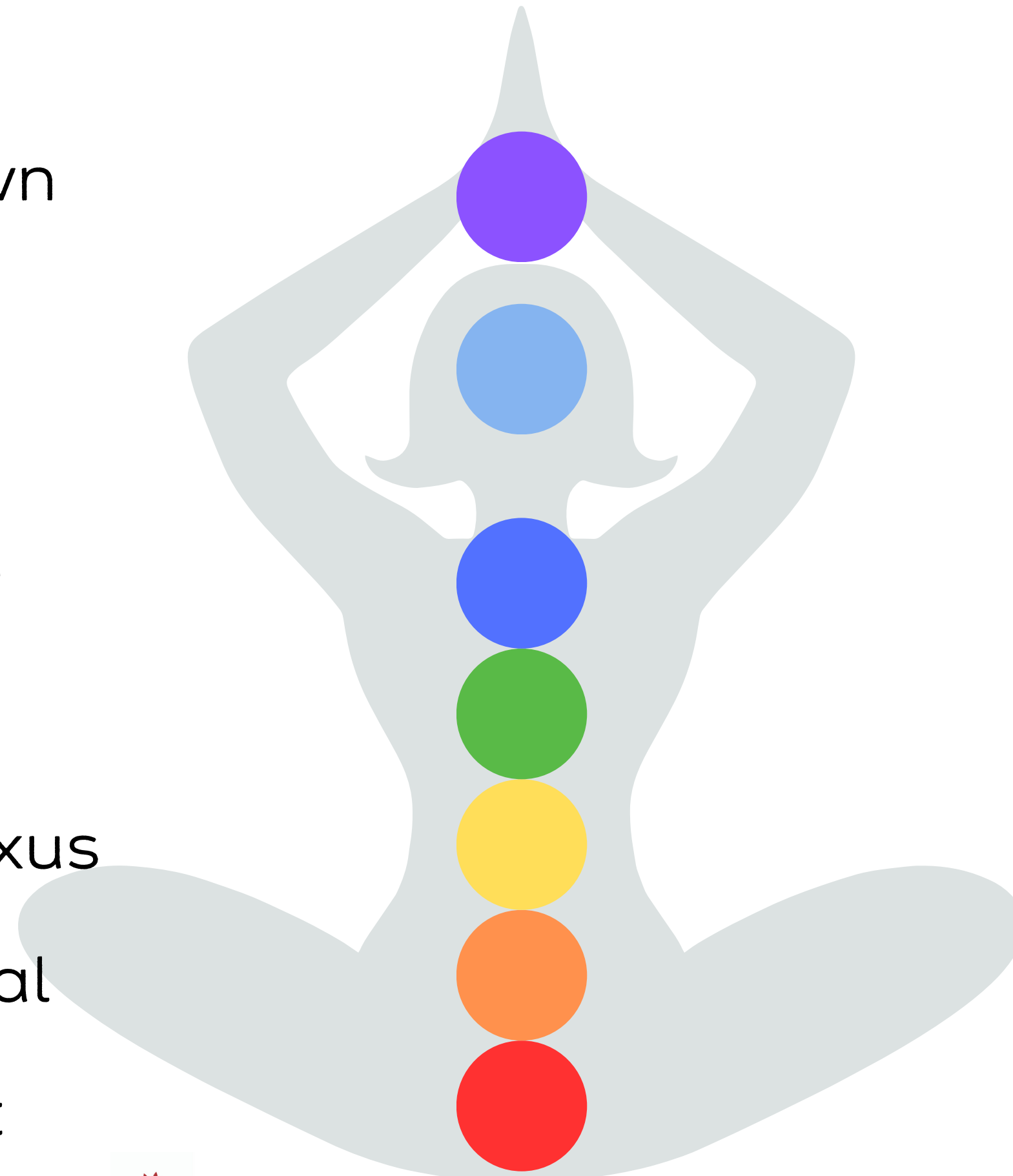
Visuddha/Throat

Anahata/Heart

Manipura/Solar Plexus

Svadisthana/Sacral

Muladhara/Root



Elements

Space

Air

Fire

Water

Earth



BODHI
AYURVEDA

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The Vibrational Channels

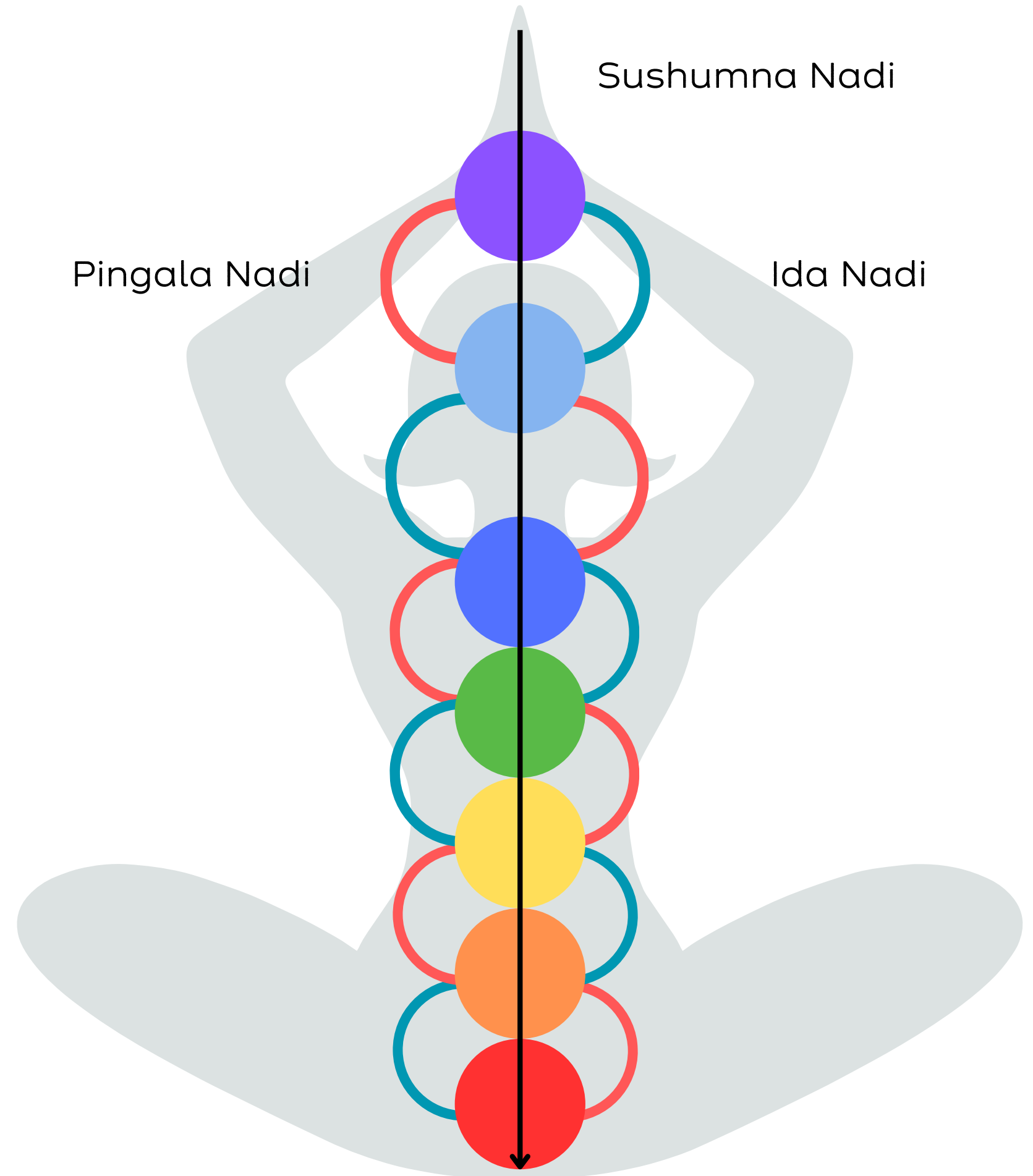
NADIS: The Pathways for Prana

Three Primary Channels

72,000 Nadis - and growing

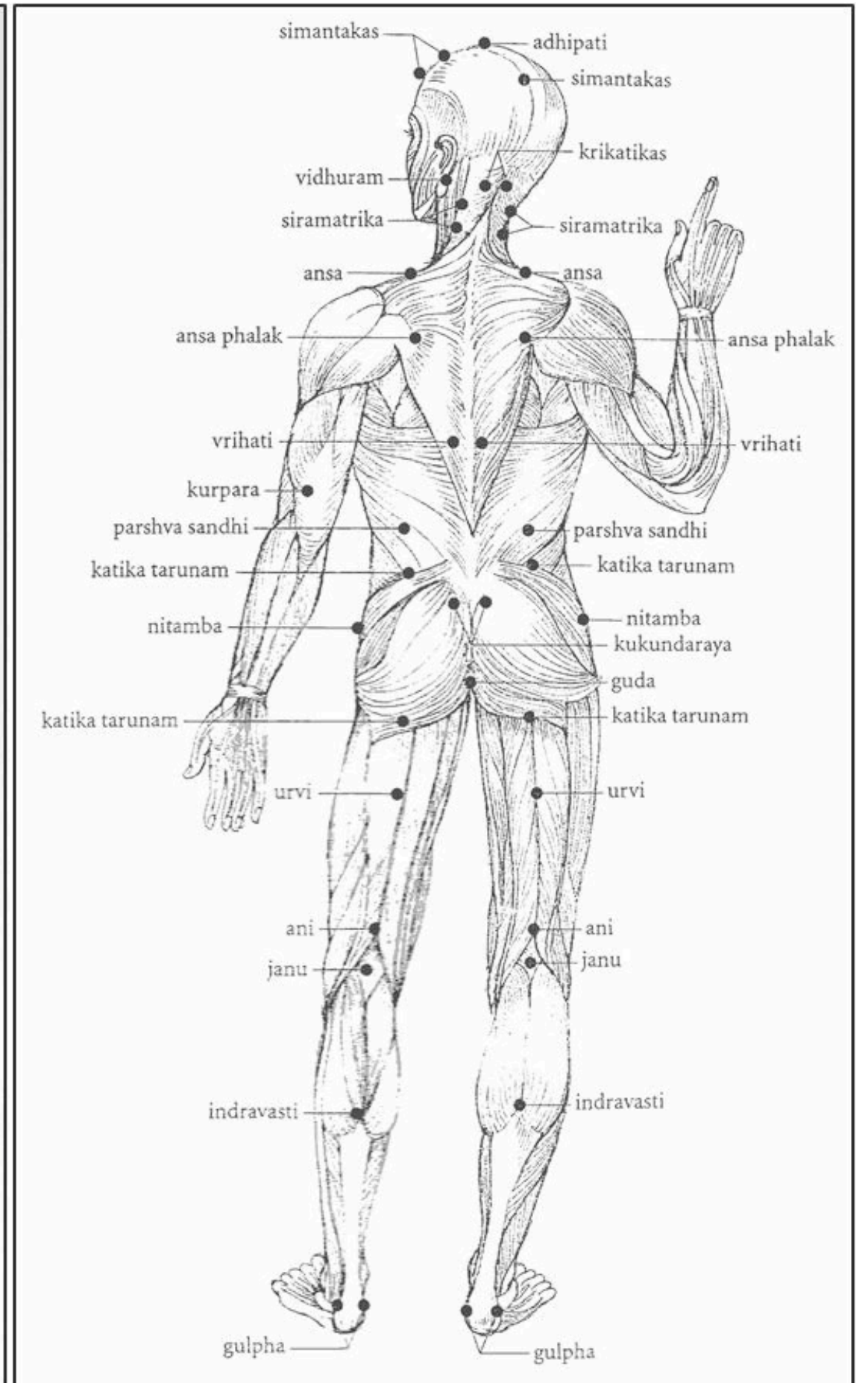
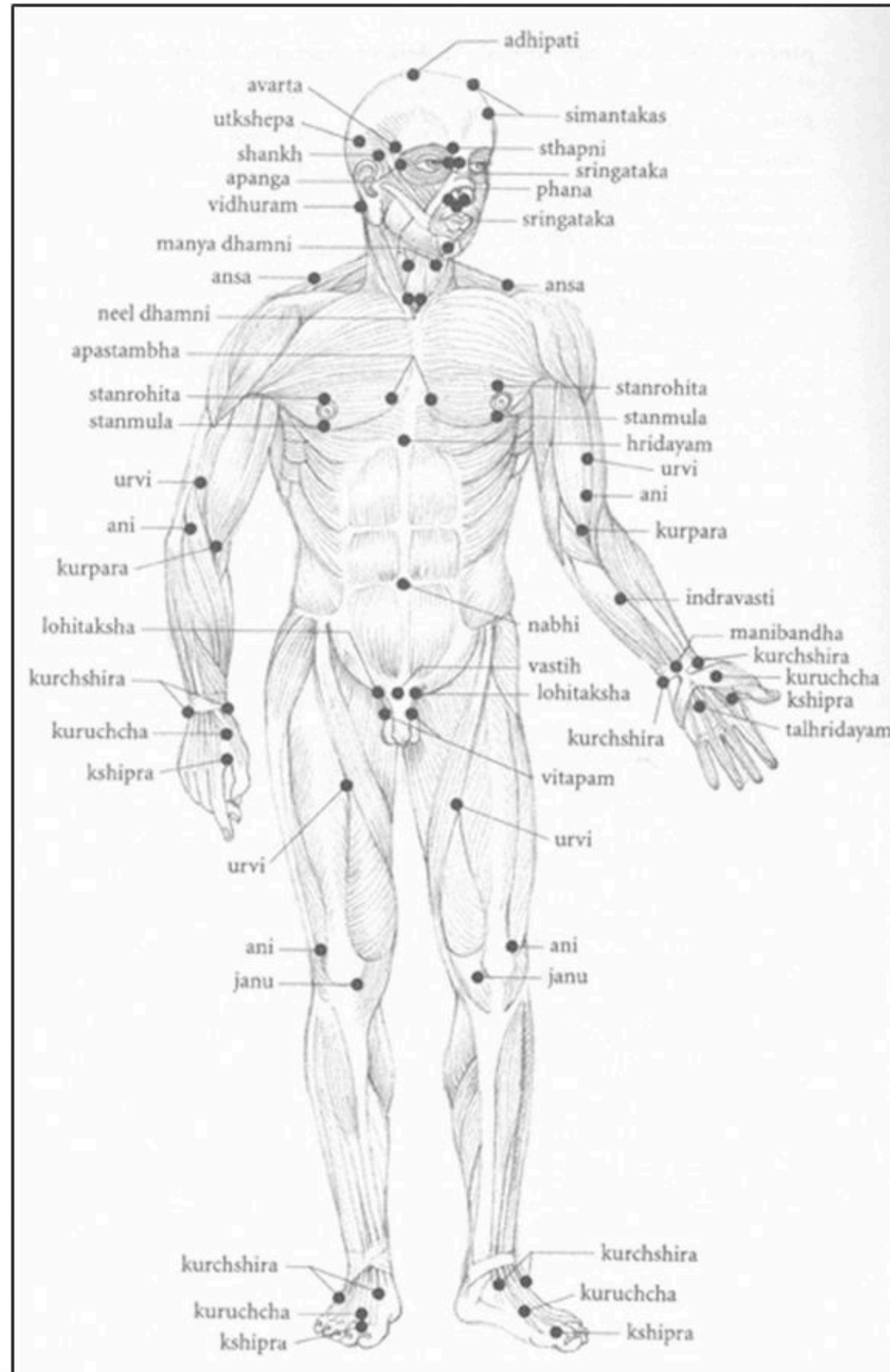
Soma, Agni and Marut
Predominance

Significant Pathways to Navel and
Heart Center



The Vibrational Channels

MARMA: How Prana transitions and transforms.



Prana from the Breath

Impacts the respiratory, circulatory, digestive, nervous, endocrine, excretory and genital systems. Can use pranayama to influence the prana to these systems.

Passage of breath through the nose connects with the elements and influences their behavior..

Practice Nadi Shodhana

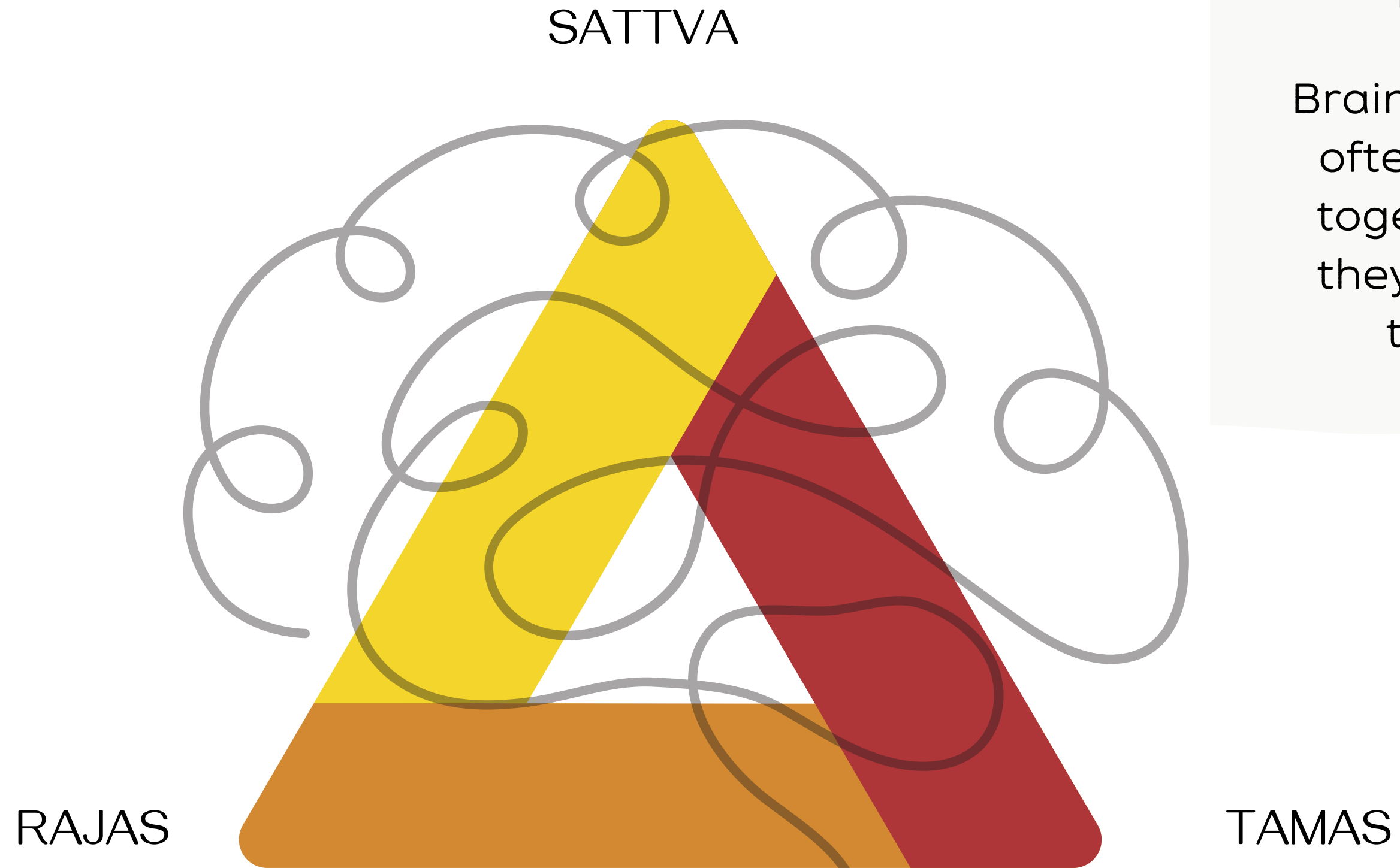


Manomayakosa



The third Kosa is the Mind sheath, affecting the sense of awareness, feelings, and motivation.

Gunash of the Mind



??

Brain and mind are often referenced together, but are they really one in the same?



Vijyanamayakosa



The fourth kosa is the Intellectual sheath. Affects intellectual processes of reasoning, judgement and connection to self.

What is Vijnanamaya Kosa



The bridge between our true and intuitive self, beyond the ego.

Connect through self-study practices:

Yoga

Meditation

Mindful practices

Art/states of Flow

Journaling

Inner sensory use

Anandamayakosa

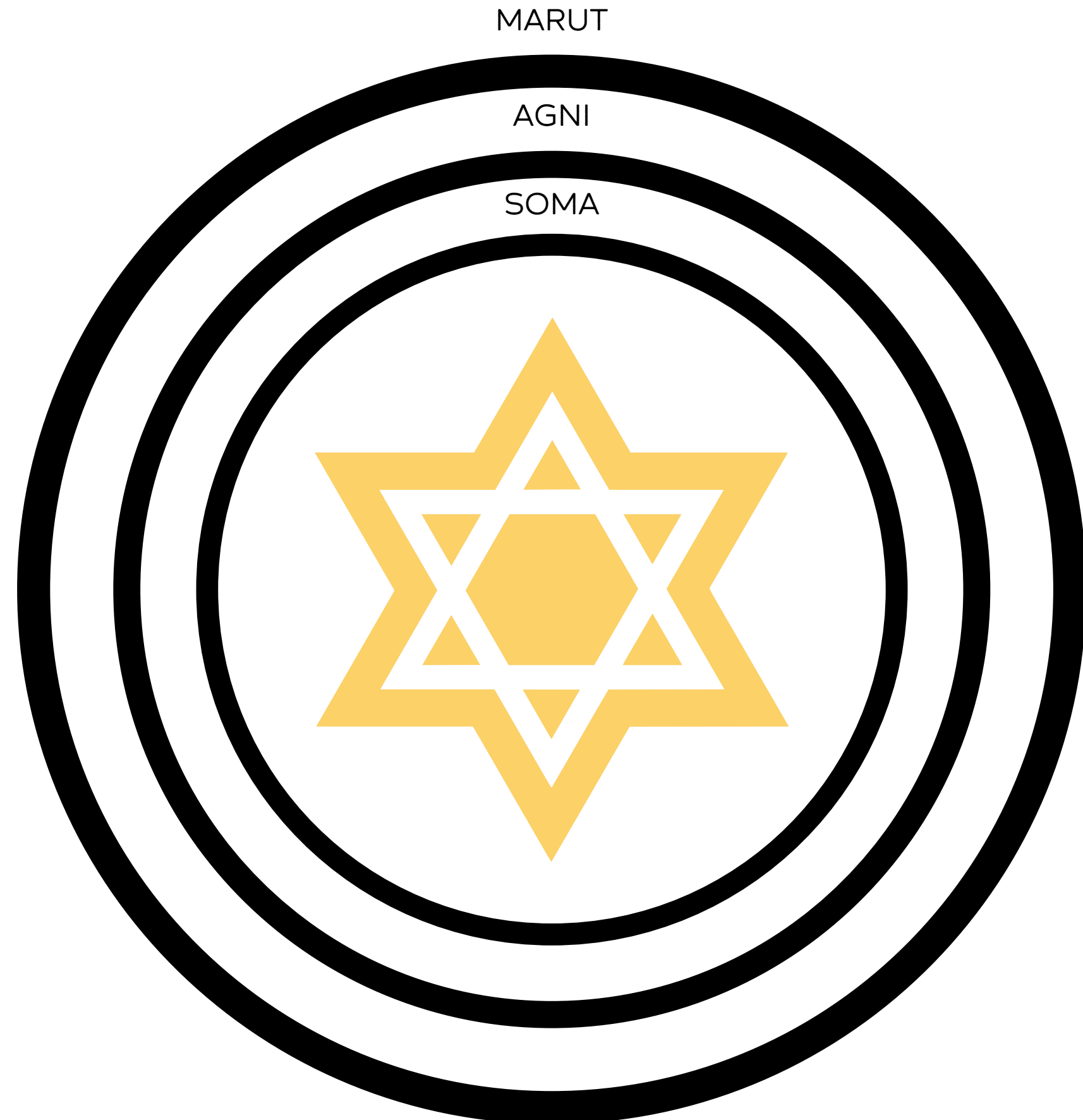


The fifth Kosa is the Bliss sheath. This inner state of awareness and joy is felt when first waking and during meditation.

THE SOUL AND PRANA

Our Soul is a gem,
radiating eternal light,
our Sattva or
consciousness.

Prana originates from
this light.





Sattva - Gunas of the Soul

Buddhi - Intellect

Prayanta - Effort

Iccha - Desire/Determination

Sukha - Bliss

Dukha - Misery

Dweshha - Aversion

Everybody carries these seeds in the light of their soul, in their sattva. What sprouts and what does not sprout, depends on what you nurture through your daily actions.

Vaidya Rama Kant Mishra



Practicing what we learned

SCOPE OF PRACTICE

EVALUATION

CONVERSATIONS

CLEANSSES



Ways to Engage



DAY THREE

Question and Answer

9AM - 12PM CST



Sugar Cravings

Causes

- Stress | Emotional and mental
- Prana Vata | Sadhaka Pitta | Tarpaka Kapha
- Need Soma

Food and Spices

- Sesame for nourishment
- Jaggery for sweet
- Bitter tastes change sweet signal
- Agni boosting spices
- Probiotic strength

Lifestyle

- Meditation
- Marma Therapy
- Abhyanga and Shirodhara



FOOD COMPATIBILITY

EATING AYURVEDICALLY HAS MANY FACETS TO IT, MUCH MORE THAN EATING TO YOUR "DOSHA-TYPE" AND FOOD COMBINATIONS.

LET'S DISCUSS WAYS WE EAT THAT AFFECTS OUR OVERALL HEALTH.

PLACE	TIME	AGNI	AMOUNT	SUITABLE	DOSHA
PREPARED	POTENCY	BOWELS	HEALTH	ORDER	CONTRA-INDICATIONS
INDICATIONS	COOKING	COMBOS	PALATABLE	EXTREMES	METHOD



INCOMPATIBLE FOOD COMBINATIONS

Within the facets of Ayurvedic eating, food combinations tend to be a significant contributor to digestive imbalances over many other facets. Here are a few key combinations to avoid.

1. Milk and Cream

- Vegetables: leafy greens, radish, nightshades
- Eggs, meat, fish/seafood
- Salt
- Sesame
- Fruits
- Sour foods: cheese, yogurt, buttermilk, citrus
- Lentils, chickpeas
- Grains
- Yeasted breads

2. Yogurt/Buttermilk

- Nightshades
- Eggs
- Milk and heavy cream
- Leafy greens
- Fresh fruit (bananas!)
- Larger beans
- High heat when cooking

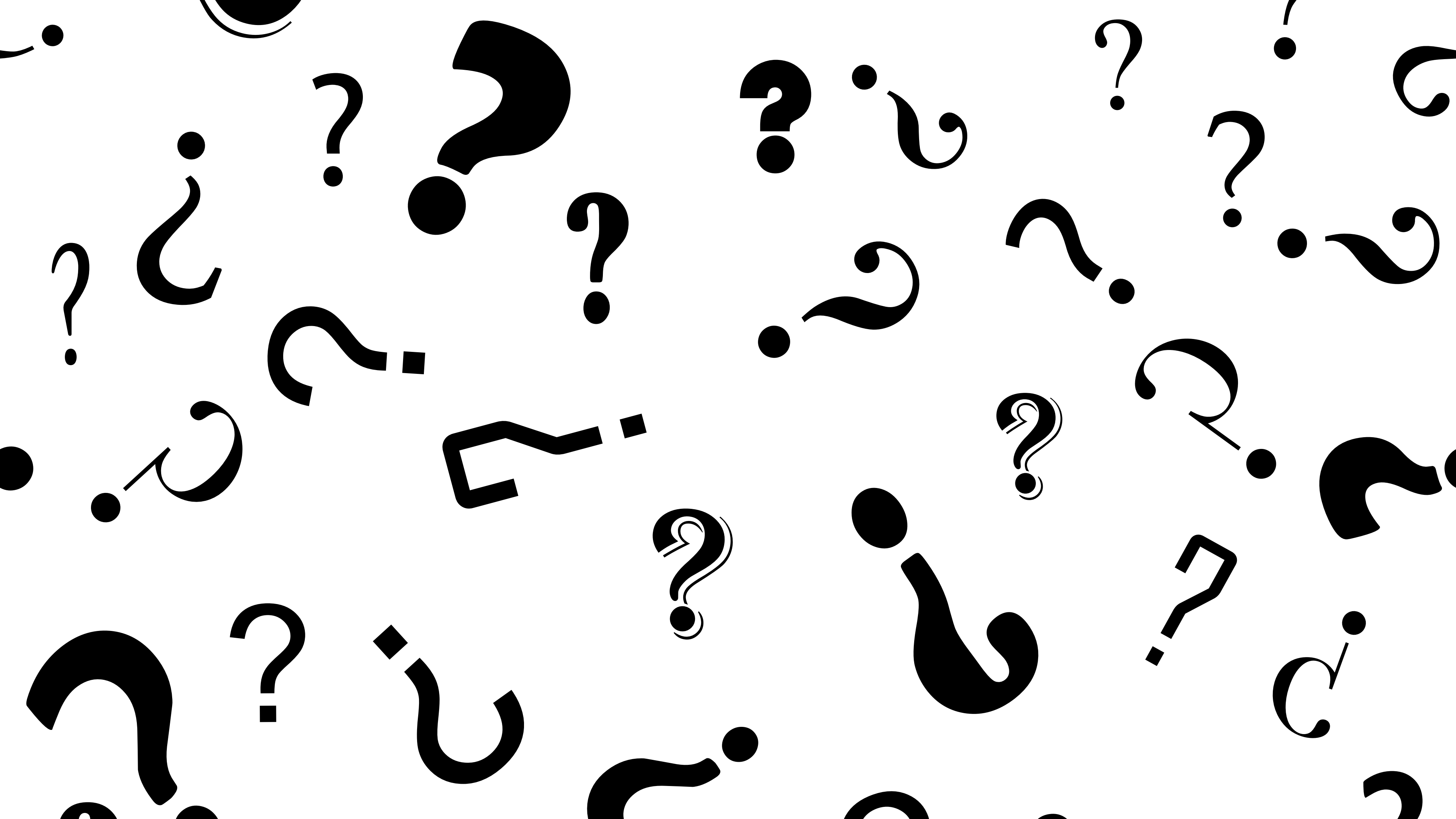
3. Cheese

- Vegetables: leafy greens, radish, nightshades
- Eggs, meat, fish/seafood
- Milk and heavy cream
- Bread, crackers, pasta (when digestion is weak)
- Raw Fruits
- Larger beans

4. Meat, Fish or Eggs

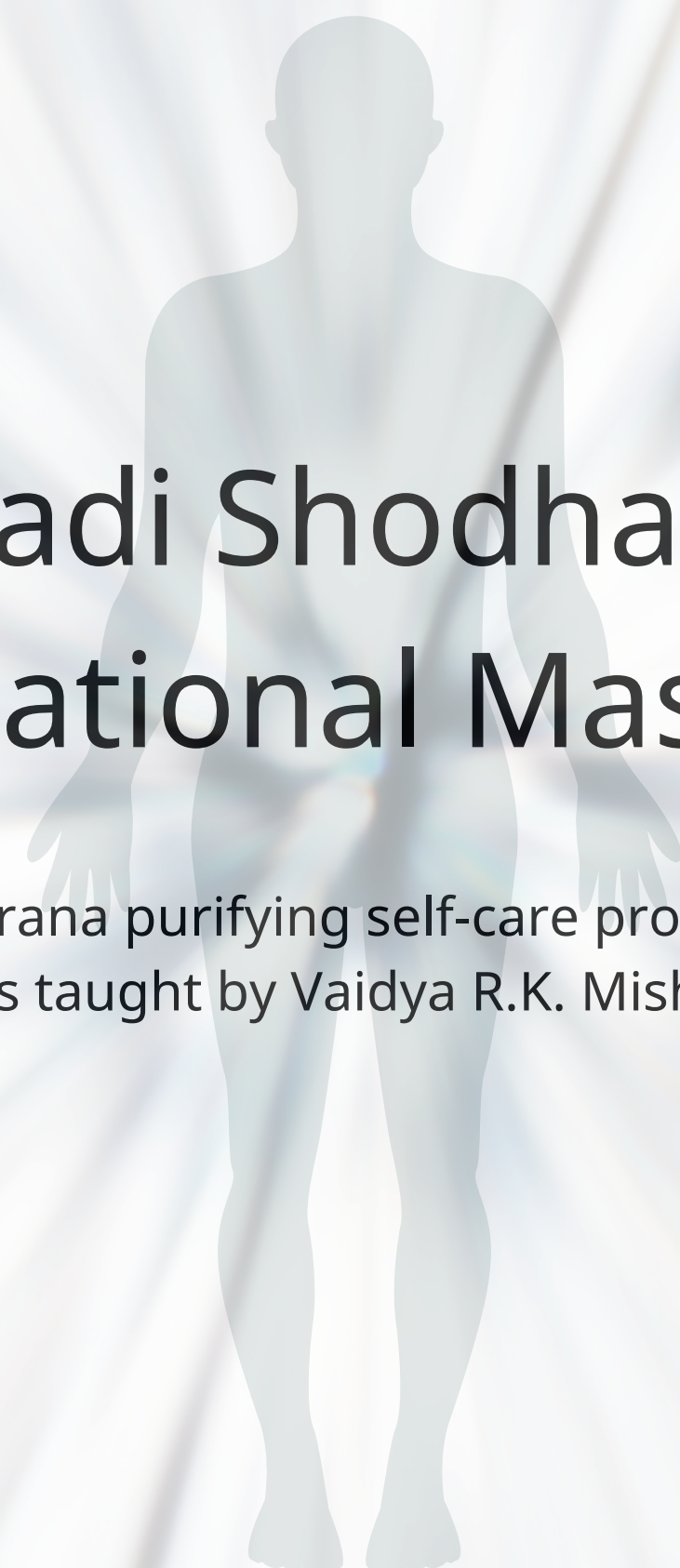
- Dairy: Milk, cream, yogurt or cheese
- Heavy foods: potatoes, pasta, bread, tortilla, beans
- Honey
- Sprout pulses or grains
- Other meats, fish or eggs
- Alcohol





The Nadi Shodhana Vibrational Massage practice helps improve circulation through your physical and vibrational channels, reduce EMF/EMR accumulation and enhance the flow of Prana.

You may practice this prana purification practice multiple times a day as you feel needed.

A silhouette of a human figure is centered on the right page, surrounded by a vibrant rainbow aura that radiates outwards. The background consists of light blue and white rays emanating from behind the figure, creating a sense of energy and light.

Nadi Shodhana Vibrational Massage

A Prana purifying self-care protocol
as taught by Vaidya R.K. Mishra

