



# A Time for You: Self-Care for Wellness

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# Welcome

- ▶ This Ayurvedic-centered session guides participants to engage in relaxing, joyous and ancient wellness practices suited for their unique dosha (vata, pitta, or kapha). Enjoy a pranayama breathing meditation, light movement to music for your dosha, meal planning, and more.
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# Session Goals



- ▶ Learn the aspects of wellness
- ▶ Experience a grounding pranayama meditation
- ▶ Define Pranayama, Ayurvedic, *Mahabhuta*, Dosha
- ▶ Determine your predominant Dosha
- ▶ Balance your Dosha (sight, sound, touch, taste, smell)
- ▶ Learn 15 Ayurvedic/Yogic habits for any Dosha



# What is Wellness?

- ▶ All aspects of a person's physical, psychological, spiritual, and social well-being affect their essential wellness—which involves a self-directed and evolving process to achieve one's full potential.
- 




# What is Pranayama

- ▶ Pranayama is the ancient practice of controlling your breath. You control the timing, duration, and frequency of every breath and hold. The goal of pranayama is to connect your body and mind. It also supplies your body with oxygen while removing toxins.
- ▶ Rhythmic Breathing
  - ▶ Diaphragmatic box breathing: In 5, hold 5, out 5, hold 5 repeat
  - ▶ Find heart beat
  - ▶ Align your breathing with your heart beat




# What is Ayurveda?

- ▶ According to Chopra, Ayurveda is a healing system that uses ancient Eastern philosophies to help people thrive physically, emotionally, and spiritually.
  - ▶ The word Ayurveda comes from the Sanskrit words ayus, meaning "life", and veda, meaning "science" or "knowledge".
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# What is Ayurveda?

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- ▶ Ayurveda is based on the idea that humans are connected to nature and that nature can help with healing. It teaches that good health comes from the body's ability to metabolize life, taking in what nourishes it and eliminating the rest.
  - ▶ Ayurveda teaches us that the universe, including our body, is made up of five elements, or Mahabhutas.




# Mahabhutas

- ▶ Space (potential)
  - ▶ Air (movement)
  - ▶ Fire (transformation)
  - ▶ Water (cohesion)
  - ▶ Earth (matter)
- 






# What is a Dosha?

- ▶ Doshas are the three energies that define every person's makeup. Knowing your predominant dosha can help you live a healthier, more balanced life.
  - ▶ The mahabhutas—space, air, fire, water, and earth—are the building blocks of the doshas and of life.
  - ▶ The manifestation of the mahabhutas through the doshas is what gives rise to your unique constitution or basic nature
- 



# Doshas and the elements

- ▶ Vata is associated with space and air
  - ▶ Pitta is associated with fire and water
  - ▶ Kapha is associated with water and earth.
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# Doshas and the elements

## Doshas and the elements

The five elements—space, air, fire, water, and earth—give rise to the three doshas—Vata, Pitta, and Kapha. They combine in an infinite number of ways to determine each person's unique dosha type.

**Pitta** is made up of **fire** and **water**.

HOT INTENSE OILY  
SHARP LIGHT MOIST



Space

Air

**Vata** is made up of **space** and **air**.



LIGHT COLD DRY  
MOBILE IRREGULAR  
ROUGH



Fire

Water

Earth

**Kapha** is made up of **water** and **earth**.



COOL STABLE SOLID  
SMOOTH HEAVY SLOW

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 chopra



# 1:10 Dr. Sheila Patel from Chopra Global: What are Doshas?

➤ <https://www.youtube.com/watch?v=C732JubO-KM>





# Determining your Dosha




Prakruti Quiz



# 1:30 Pitta

- ▶ The fiery and intense Pitta type may enjoy the occasional power trip. She will devour a mountain of food with ravenous hunger and yet be ready to eat again when it comes to the next meal.



## Balancing Pitta


Pitta's qualities are hot, light, intense, oily, moist, and sharp. To balance Pitta, bring in opposite qualities through the five senses.

### Sound

Choose sounds that are cool, sweet, and calming.

### Sight

Cool, soft colors such as light blues, whites, and greens will help to balance the hot Pitta dosha.



### Touch

Begin your morning with a **self-abhyanga**. Start with the head, scalp, and ears, then slowly make your way down the body.


- Use gentle, upward strokes on the face.
- Use long strokes on the major muscle groups.
- Use round strokes on the joints.

For Pitta, use cooling and soothing oils, such as coconut, sunflower, and olive. Pitta will benefit from a deep, penetrating massage.

After the massage, shower or bathe as usual, but only use soap where necessary—leaving a layer of oil on most of your skin.

### Taste

While it's important to include all six tastes in every meal, favor foods with these tastes:


 **SWEET**

 **BITTER**

 **ASTRINGENT**

### Smell

To balance Pitta, choose cooling, soothing, and sweet aromas, such as sandalwood, mint, rose, jasmine, and lavender.



# Pitta Music

## Cool, sweet, calming

➤ <https://www.youtube.com/watch?v=t5ABeKhDmrM>





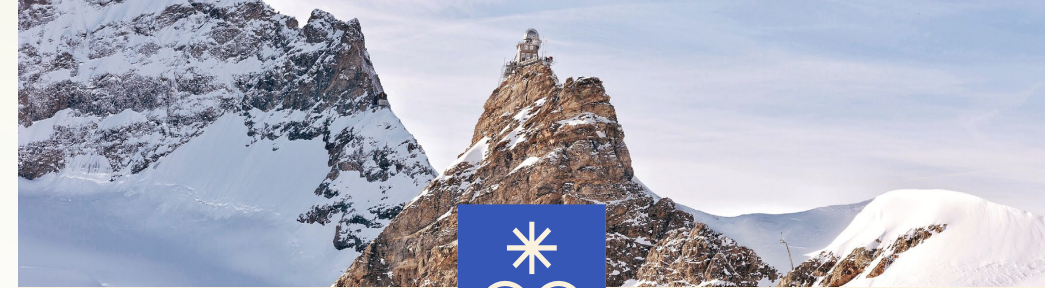
# Pitta diet

- Favor sweet, bitter, and astringent tastes
  - Reduce hot and spicy foods
  - Add these herbs to your diet: sandalwood, jasmine, mint, lavender, fennel, and chamomile
- 



# Vata

• In contrast, a delicate Vata can never seem to get warm. She will nibble, snack, and graze her way through the day, and she may feel the need to rest often. She's also inclined to talk about a number of diverse subjects, probably repeating herself more than once.



## Balancing Vata

Vata's qualities are light, cold, dry, irregular, mobile, and rough. To balance Vata, bring in opposite qualities through the five senses.

### Sound

Choose sounds that are warm, relaxing, slow, and grounding.

### Touch

Begin your morning with a **self-abhyanga**. Start with the head, scalp, and ears, then slowly make your way down the body.

- Use gentle, upward strokes on the face.
- Use long strokes on the major muscle groups.
- Use round strokes on the joints.

For Vata, choose heavier, heating oils like sesame and almond, using a light massage and a slow, gentle touch.

After the massage, shower or bathe as usual, but only use soap where necessary—leaving a layer of oil on most of your skin.

### Sight

Favor relaxing colors such as mild pastel shades, earth tones, blues, and browns



### Taste

While it's important to include all six tastes in every meal, favor foods with these tastes:



### Smell

To balance Vata, use floral, fruity, sweet, and sour aromas, such as basil, orange, geranium, clove, lavender, vanilla, and patchouli.



# Vata Music


Warm, relaxing, slow, grounding

➤ <https://www.youtube.com/watch?v=UI-1MrjVTc>





# Vata diet

- Favor sweet, salty, and sour tastes
  - Eat warm, oily, or heavy foods
  - Minimize cold and raw foods
  - Add these herbs to your diet: basil, bay, cinnamon, citrus, cloves, frankincense, lavender, pine, sage, and vanilla
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# Kapha

- ▶ The contented Kapha type may, with great deliberation, consume three pieces of cake. She will spend quality time curled up on a couch making phone calls to loved ones with uplifting, motherly advice.



## Balancing **Kapha**

Kapha's characteristics are slow, stable, heavy, cool, smooth, and solid. To balance Kapha, bring in opposite qualities through the five senses.

### **Sound**

Choose energetic sounds and music with a driving beat and melody.

### **Touch**

Begin your morning with a **self-abhyanga**. Start with the head, scalp, and ears, then slowly make your way down the body.

- Use gentle, upward strokes on the face.
- Use long strokes on the major muscle groups.
- Use round strokes on the joints.

For Kapha, choose a fast, vigorous massage with light, warming oils like safflower and mustard.

After the massage, shower or bathe as usual, but only use soap where necessary—leaving a layer of oil on most of your skin.

### **Sight**

Kapha can be balanced through bright, bold, invigorating colors, including reds and oranges.




### **Taste**

While it's important to include all six tastes in every meal, favor foods with these tastes:



### **Smell**

To balance Kapha, choose stimulating, spicy, and aromatic scents—such as eucalyptus, camphor, clove, juniper, marjoram, and rosemary.



# Kapha Music


## Driving beat and melody

➤ <https://www.youtube.com/watch?v=73Cwq9iSO9o>





# Kapha diet

- Favor pungent, bitter, and astringent tastes
  - Minimize heavy foods, salt, and dairy products
  - Add these herbs to your diet: warm, stimulating aromas, including cloves, cinnamon, juniper, and marjoram
- 





# Dosha-balancing Resources




- <https://svasthaayurveda.com/pitta-kapha-dietary-guidelines-and-food-chart/>
- <https://www.banyanbotanicals.com/info/ayurvedic-living/learning-ayurveda/vata-pitta-and-kapha/>
- [https://www.joyfulbelly.com/Ayurveda/body-type/Dosha-Quiz?gad\\_source=1&gclid=CjwKCAjwjeuyBhBuEiwAJ3vuoTZhM\\_UBfre\\_23pY6EsItbWufZVi4hJTBw2FBC0p9UAlbbX58NR6choCjFQQA\\_vD\\_BwE](https://www.joyfulbelly.com/Ayurveda/body-type/Dosha-Quiz?gad_source=1&gclid=CjwKCAjwjeuyBhBuEiwAJ3vuoTZhM_UBfre_23pY6EsItbWufZVi4hJTBw2FBC0p9UAlbbX58NR6choCjFQQA_vD_BwE)



1:45

# 15 Ayurvedic/Yogic habits for any Dosha

- ▶ Wake up by 6AM
  - ▶ No technology until after breakfast
  - ▶ Drink a cup of warm water on an empty stomach 30 minutes before food
  - ▶ Don't skip meals
  - ▶ Eat your biggest meal at lunch
  - ▶ Meditate first thing in the morning
  - ▶ Incorporate 5 minutes of deep, gentle breathing
  - ▶ Commit to daily self-massage with oil
  - ▶ Read for 15 minutes instead of technology
  - ▶ Garden each day
  - ▶ Practice loving-kindness meditation – promotes genuine compassion
  - ▶ Set an intention at the start of each day
  - ▶ Go to sleep before 10pm
  - ▶ Drink warm, spiced milk 1 hour before bedtime
  - ▶ No technology in the bedroom
- 





# Indian Spiced Milk



- 3 cups whole milk
- 1 1/2 teaspoons ground turmeric
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon ground cloves
- 1 whole stick cinnamon
- Raw honey, to taste



# Session Review



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Thank you for coming!

