***YOGA AND AYURVEDA WORKSHOP SERIES AGENDA***

*Presented by Jennifer Lenders, Yoga Therapist*

Required: **Completion of the Ayurvedic Dosha Assessment Form found at** <https://softstoneyogatherapy.com/payment-%26-forms> before the workshop.

Please bring a yoga mat, 2 yoga blocks, strap (some yoga blocks are available on site if you don’t have 2), 1 yoga blanket (such as a tightly-woven wool), water

Suggested: 1-2 sandbags, eye pillow, yoga bolster

Review the following videos by Dr. Vasant Lad, Ayurveda.com

Under Education, Videos, 2019, Ayurvedic Art of Spiritual Healing For Mind and Body

Reference: Yoga & Ayurveda: Self-Healing and Self-Realization, by David Frawley

October 16th

**1) Meditation to Experience the Qualities of Earth, Water, Fire, Air, and Space**

**2) Background of Yoga and Ayurveda as a System of Health:** Integral Vision of the Universe and the Individual Human Being

**a) Personal Experience of Ayurvedic Balancing for Better Health and Well-Being**

**b) Vision of the Universe (Dharma)-** the universal laws of nature that refer to the truths that govern the universal elements. The underlying principles that keep all things in harmony and sustain their higher growth and development. D. Frawley, (1999)

**c) Organizational Forms (Tattva) of the Macrocosm and the Microcosm-** the 24 cosmic principles are the structure of the universe on all levels. They are the basis for the 5 elements (earth, water, fire, air, and ether), three bodies, the five koshas and seven chakras of our individual existence as well as the universal.

**d) Ayurvedic Personal Constitution (Dosha) and Yoga Practice to Balance**- the ways we are imbued with the qualities of energy, light, and matter, and the relationship to balance and health by which dosha predominates. The ways yoga can serve to balance the doshas to create inner and outer harmony.

Yoga and Ayurveda both seek to bring harmony to the body-mind in alignment with the underlying principles of the natural world.

**3) Yoga Practice to Balance the 5 Elements**

-asana, pranayama, and meditation to balance the qualities of earth, water, fire, air, and space

October 23rd

1) **Techniques of Inner Transformation**

a) **Born constitution and ongoing health balance: Prakruti vs. Vikruti**- Understanding the difference between your original born nature of being, and your health current imbalances.

Seek to balance by increasing the qualities of the less dominant doshas. Balanced qualities of prana, ojas, and tejas as the elements in an balanced and illumined state.

b) **Balancing Health with the Cycles of Time or Season** – balance the 5 elements in your body with the elemental properties of the season or time of day.

2) **Practices to Balance Excess Vata (Air and Space Elements) Dosha**

-Asana

-Pranayama

-Meditation

3) **Practices to Balance Excess Kapha Dosha (Earth and Water Elements)**

-Asana

-Pranayama

-Meditation

October 30th

1) **Increasing Metabolism and Reducing Toxicity: Agni and Ama**

a) How Ayurvedic Yoga can serve to support agni or metabolic fire serving to build healthy cells and tissues through proper digestion,

b) and decrease the buildup of toxicity in our bodies and minds (ama) from inability to digest or assimilate not only food but experiences or emotions.

**2) Practices to Increase Metabolism and Reduce Toxicity**

**3) Ayurvedic Diet**

**4) Practices to Balance Excess Pitta (fire element) Dosha**

-Asana

-Pranayama

-Meditation

5) **Creating a Personal Practice or Group Yoga Classes with a Sensitivity to the Deeper Balance of Ayurveda**

a) A Little of What They Want and A lot of What They Need

b) Observing Your Students, Observing Yourself