



Ayurveda & Yoga

Description

The Business of Teaching

In this lesson, we introduce considerations related to the business aspect of yoga teaching.



Purchase

Ujjayi Pranayama

In this lesson, we systematically present Ujjayi Pranayama.



Anatomy of the Spine: Spinal Regions & Vertebrae

In this lesson, we introduce the anatomy of the spine.



Sanskrit: Introduction

In this lesson, we introduce the Sanskrit language.

My Courses

Koshas / Panchamayakosha Model: Introduction & Overview

In this lesson, we introduce the kosha model as a way of describing human beings and mapping our experience of the self.

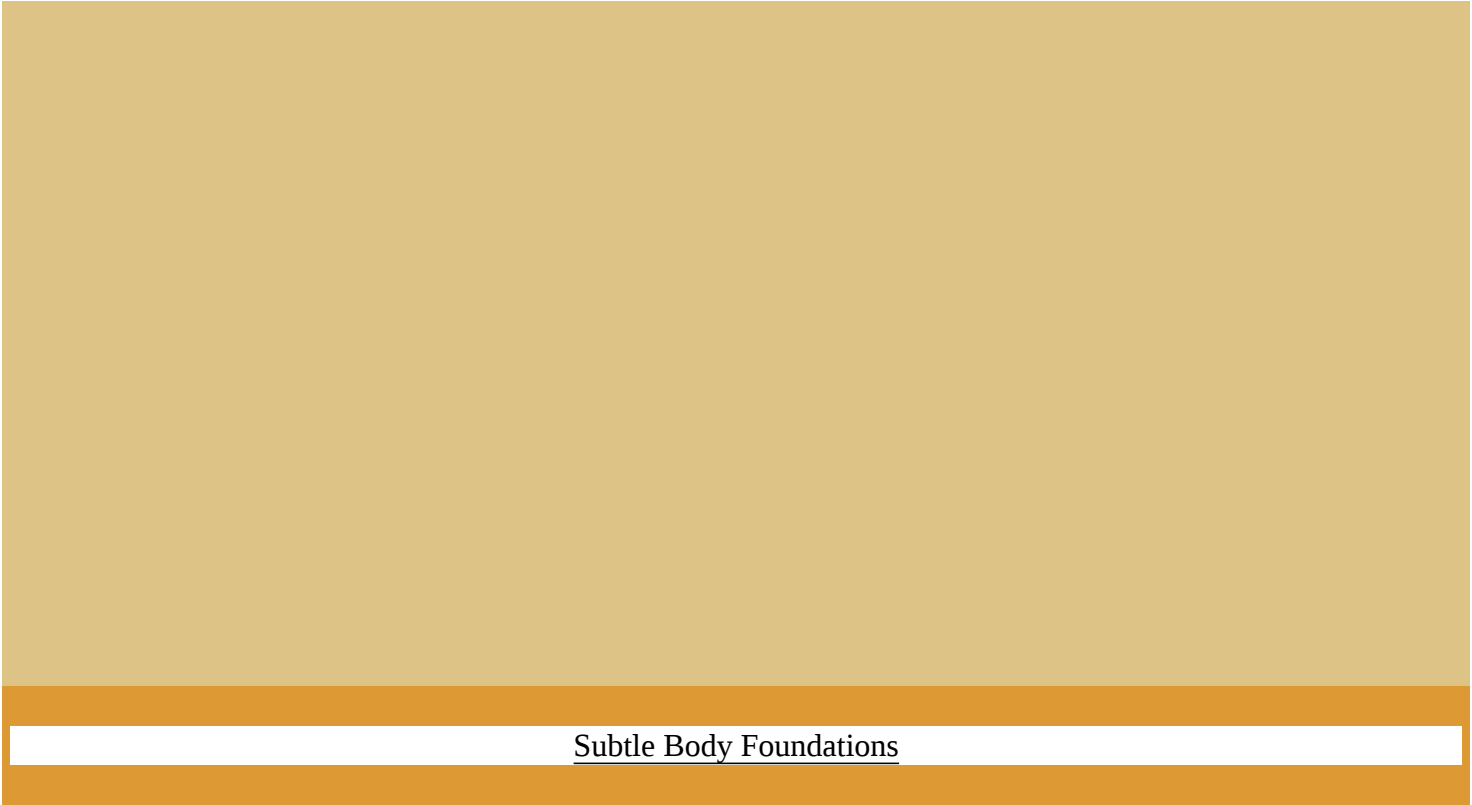


History



Origins & Sources of Yoga

In this lesson, we introduce the source texts of yoga.



Subtle Body Foundations

More 

Objectives at a Glance



1. Ayurveda & Yoga Introduction

Become familiar with the foundational theory and purpose of Ayurveda and how this relates to yoga.

2. Doshas

Be familiar with Ayurveda's perspective on *doshas* and how to use this knowledge to identify and correct imbalances that can lead to illness in body, mind or spirit.

3. Diet & Lifestyle



Become familiar with some foundational suppositions and considerations from an Ayurveda point of view regarding potential imbalances and dietary recommendations for each *dosha*.

4. Vata-Balancing Asana

Be prepared to teach poses in a way that optimizes *vata*-balancing.

Pitta-Balancing Asana

Be prepared to teach poses in a way that optimizes *pitta*-balancing.

6. Kapha-Balancing Asana

Be prepared to teach poses in a way that optimizes *kapha*-balancing.

[Ayurveda & Yoga Intro](#)



Lesson Overview

In this lesson, we introduce the philosophical foundations of Ayurveda and its relationship to yoga.

Objective

Become familiar with the foundational theory and purpose of Ayurveda and how this relates to yoga.

Description

Provide the original source and definition of Ayurveda. Explain how the goals of Ayurveda and yoga are related and describe more about the link between Ayurveda and yoga. Describe Ayurveda philosophy and practice in a nutshell. Explain how the *doshas* are experienced when theyâ??re in optimal balance. Describe how the theory of elements is related to Ayurveda and explain the role of each. Give examples of each element in the outer world and in the human body. Note how knowledge of Ayurveda can support yoga teachers.

Doshas



vata



pitta



Lesson Overview

In this lesson, we introduce Ayurveda's perspective on *doshas*, the vital energies that make up the cosmos.

Objective

Be familiar with Ayurveda's perspective on *doshas* and how to use this knowledge to identify and correct imbalances that can lead to illness in body, mind or spirit.

Description

Describe the primary principle of Ayurveda as it relates to individuals. Provide an overview of the three vital energies or *doshas* of Ayurveda. Explain how *doshas* relate to *prakriti*. Explain the goal of Ayurveda treatment and the fundamental factors regarding individualizing treatments and practices. What elements and characteristics are associated with *vata*? With *pitta*? With *kapha*? Provide examples of yogic tools to balance each *dosha*. Explain how *doshas* may be said to relate to the stages of practicing an *asana*.

Diet & Lifestyle



Lesson Overview

In this lesson, we review some foundational considerations regarding potential health imbalances and dietary recommendations for each *dosha*.

Objective

Become familiar with some foundational suppositions and considerations from an Ayurveda point of view regarding potential imbalances and dietary recommendations for each *dosha*.

Description

Provide an overview of the scope and perspective of Ayurveda. Describe lifestyle and habit recommendations to balance each *dosha*. Provide Ayurvedic dietary recommendations that apply to all *doshas*. Explain how *agni* relates to diet and lifestyle according to Ayurveda. Provide Ayurvedic dietary recommendations for each *dosha*. Give examples of conditions said to relate to particular *dosha* imbalances. Provide a dietary consideration for digestive disorders and for irritable bowel syndrome.

Vata-Balancing Asana





Lesson Overview

In this lesson, we consider an approach to practicing *asana* and specific poses that may help to decrease *vata*.

Objective

Be prepared to teach poses in a way that optimizes *vata*-balancing.

Description

Provide a succinct overview of the type of practices recommended for those with a *vata* constitution, *vata* imbalance, and/or during the *vata* season. Describe qualities and characteristics of *vata dosha* in balance. Explain the general approach to *asana* recommended for decreasing *vata*. Provide points of focus and pose examples in each *asana* category that may help to decrease *vata*.

Pitta-Balancing Asana



Lesson Overview

In this lesson, we consider an approach to practicing *asana* and specific poses that may help to decrease *pitta*.

Objective

Be prepared to teach poses in a way that optimizes *pitta*-balancing.

Description

Provide a succinct overview of the type of practices recommended for those with a *pitta* constitution, *pitta* imbalance, and/or during the *pitta* season. Describe qualities and characteristics of *pitta dosha* in balance. Explain the general approach to *asana* recommended for decreasing *pitta* . Provide points of focus and pose examples in each *asana* category that may help to decrease *pitta*.

Kapha-Balancing Asana



Lesson Overview



In this lesson, we consider an approach to practicing *asana* and specific poses that may help to decrease *kapha*.

Objective

Be prepared to teach poses in a way that optimizes *kapha*-balancing.

Description

Provide a succinct overview of the type of practices recommended for those with a *kapha* constitution, *kapha* imbalance, and/or during the *kapha* season. Describe qualities and characteristics of *kapha dosha* in balance. Explain the general approach to *asana* recommended for decreasing *kapha*. Provide points of focus and pose examples in each *asana* category that may help to decrease *kapha*.

Author

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