

Ayurveda for All

- Ayurveda- the science of longevity

Ayurveda for All

- 5th Century C.E.- Ayurveda was one of the first systems of public health documented
- <70% of chronic diseases can be prevented with diet/lifestyle choices
- These practices are more effectively/affordably offered in group settings

About me

- UCSC Biology
- L.Ac.
- Healing Opportunities
- Clinical practice for 20 years
- Faculty of Kripalu School of Ayurveda since 2008
- Happy to be here at the IM4US conference!

Svastha Vritta

- Establishing good habits
- Daily
- Seasonal

Daily Routine

- Maintain our current health and prevent disease
- Support the organs of digestion and elimination
- Assist in alleviating any current state of imbalance or disease
- Morning routine is considered especially important

Wake Up!

- This quiet time of the day is ideal for prayer and meditation, which alleviates mental dullness, emotional heaviness, and allows time to inspire us with reverence for life and our day ahead.

Wake Up!

- This time of day is optimal for encouraging a thorough evacuation of the bowels and bladder. Try drinking a glass of warm water upon waking to encourage this process. If you are prone to sluggish bowels or constipation soaking figs or prunes overnight in water and then eating them slowly in the morning can also be useful. Reading while in the bathroom is discouraged because it takes your mind off of the task at hand.

Sense Organs

- ***Mouth*** - It is wise to clean the tongue by gently scraping it with a silver spoon slowly from front to back five to ten times. This removes unwanted or dead bacteria, viruses, and mucus from the mouth, freshens breath.
- Brushing the teeth and gargling with a soothing solution such as untoasted sesame oil or licorice tea is beneficial to the gums and the throat.

Nose

- Ayurveda recommends rinsing the sinuses with saline solution and then placing a few drops of sesame oil or olive oil to lubricate the sinuses. This technique reduces inflammation, allergies, sinus infections, and congestion.

Ears

- Massage, gently swab the ears with a Q-tip, and then apply a small amount of oil with your finger.

Eyes

- The eyes can be washed with rose water or another neutral solution.

Skin

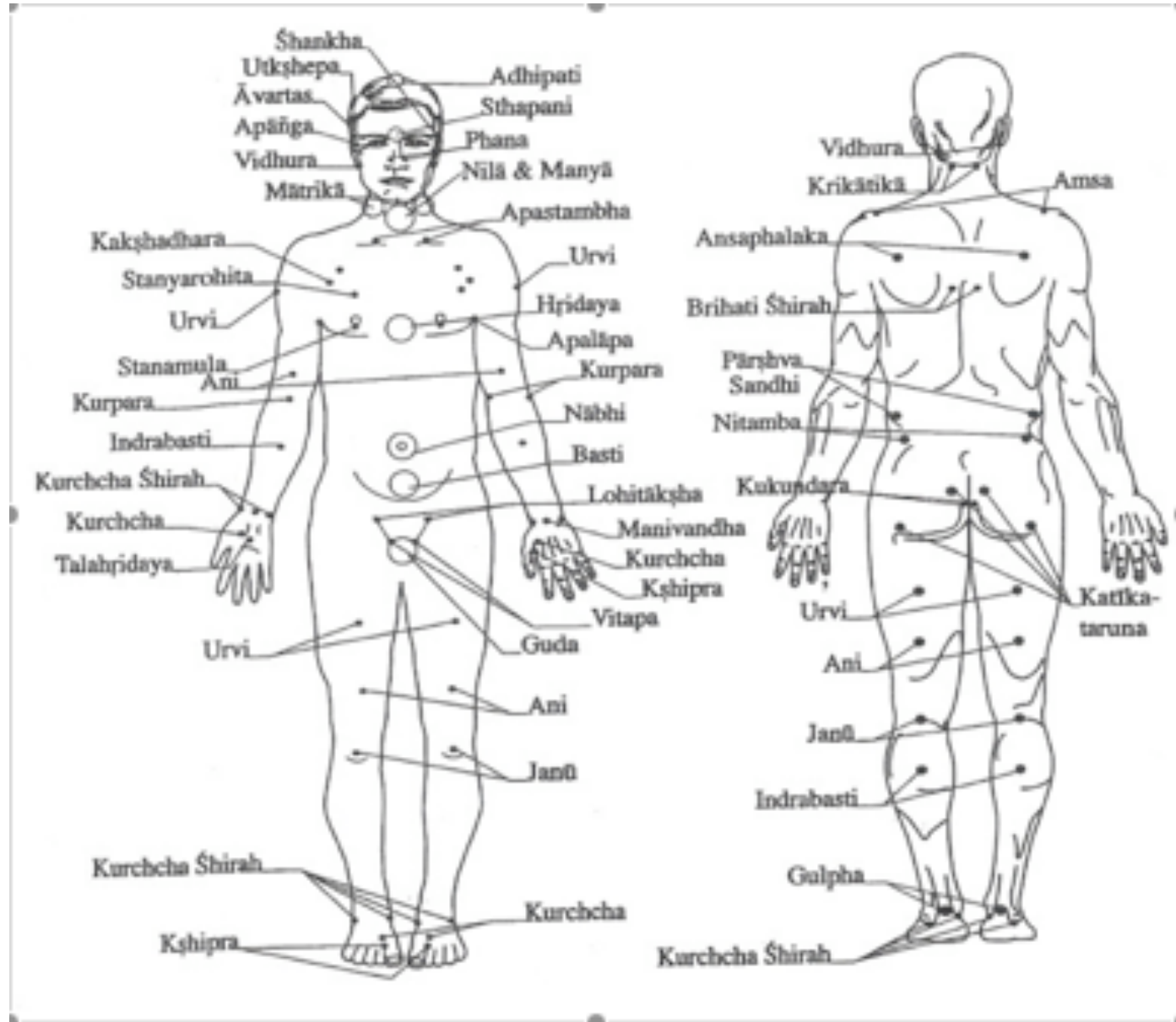
- Apply warmed untoasted sesame oil, sunflower, or olive oil over the entire body followed by a hot shower and a cold rinse. This helps to stimulate the lymph circulation, soothes and grounds the mind and emotions, and generally improves immune functioning.
- Hot/Cold therapy is the basis of Naturopathic medicine

Self-massage



Self -massage

- Marma points
- Find the hollow spots, joints, and connective tissue junctions



Self-massage

- Head points
- Neck
- Tapping Chest
- Rubbing arms and legs

Nutritious Movement

- Do some
- Nutritious movement vs. Exercise- constellate the body in novel ways
- Katy Bowman

Nutritious Movement

- Doing some gentle exercise after bathing is very helpful for stabilizing and integrating the body and mind.
- Choose exercises that will improve circulation, range of motion of the joints, strength and balance.
- It is very important to allow a few minutes for relaxation at the end of your exercise routine.

- Leg circles
- Nose circles
- Shoulder Circles
- Wrist Circles
- Standing Twist
- Hip Circles
- Ankle Circles
- Standing Body Wave
- Wet Dog Shake



Joint
Rolls

Work

- Visualization/Intention setting
- Mindfulness bell
- Work in different positions
- Maintain a routine during the work week

Food

- “Eat food, mostly plants, not too much.” - Michael Pollan
- Anything that promotes digestion is medicine and anything that is digestible is food.
- Set a context for being nourished

Food

- The rhythm method- eating, resting, and activity
- Breakfast and Lunch are the most important
- Dinner is supplemental

Earth-Fiber



Water-Hydration



Fire-Sunlight



FIRE

Air-Breath



Weird breathing

- Rhythmic breath
- Position yourself to feel the breath sensation in your belly

Space -Intermittent Fasting



Space-Intermittent Fasting

- Start with 8 hours and build toward 12+

Work transition

- Movement
- Intention setting
- Interoception

Sleep

- Glowing rectangles
- Feed the other four senses
- Prayer/Meditation

Other ideas/questions?

- Dr. Svoboda- “like disease, health is contagious”

Thank You!

