

RabBoar Studio Update

September-October 2011

Yoga & Ayurveda

How are Yoga & Ayurveda Related?



“Ayurveda is the Vedic science of healing for both body & mind. Yoga is the Vedic science of self-realization that depends on a well-functioning body & mind. Both disciplines developed together and have always been used together”. This is how the book “Yoga & Ayurveda begins. (David Frawley, Lotus Books)

When I think of Ayurveda I think of it as the “healthy eating” side of a Yogic life-styles, but its focus is more encompassing. Thru an Ayurvedic assessment you will discover your particular “Dosha” so you can eat the foods which will help bring you back to balance and better health.

Here is a link to a brief questionnaire to discover your Dosha/constitution: <http://www.ayurveda.com/pdf/constitution.pdf>

For example, if you are primarily a Kapha, you would be susceptible to respiratory infections; a Pitta would be more prone to heart disease & high blood pressure & Vata to skin and neurological ailments. These, of course, are generalities since we are all a combination of Doshas.

According to Ayurvedic teaching, to be healthy, we need to balance all the Doshas, calming or stimulating a particular Doshas depending on where we are at any particular time. If we find we have too much Pitta, for example, we would want to encourage Kapha & Vata by eating foods that support those Doshas, and lessening foods that support Pitta until we are back to health and balance.

In Ayurvedic teaching it is believed that all ill-health is because of Doshas being out of balance.

In the same regard, even the style of Yoga one practices can create an imbalance in the Doshas. For example, a Pitta would be more inclined to practice Power Yoga, overstimulating the Pitta Dosha. More beneficial for a overstimulated Pitta person would be to include a slower, gentle or restorative Yoga as part of their practice. Kapha would benefit from more Pranayama & a more vigorous practice, etc.

Often moving back into balance involves spending time out of our “comfort zone” — both as to the foods we eat as well as the Yoga we practice. With a regular practice, Kundalini Yoga balances all 3 Doshas. However, varying your Hatha practice is also beneficial.

You can find information about Ayurveda on-line, and Pamela can help you discover your Dosha/constitution & design a practice to balance your Doshas.

Class/Schedule Changes

Our Slow Flow Yoga on Mondays will include 30 minutes of a flowing sequence to increase blood flow/oxygen to the muscles, then we'll do some deep stretching

to release toxins and stress. Some Yoga experience is helpful. Thursday will now be Kundalini Yoga & Meditation. There will no be a Fri-

day evening class until further notice. Visit our website for more information.

www.rabboar.com/studio (Please check on-line schedule for class descriptions)

Yoga

Monday (Flowing/Stretching)	5:30—6:45PM
Tuesday (Kundalini of Sound)	5:30—6:45PM
Thursday (Kundalini & Meditation)	5:45—7:00PM
Saturday (Core Strengthening)	10AM-11:15PM
Sunday (Kundalini & Meditation)	9:00—10:00AM

Tai Chi Chuan

Monday (Basics)	5:30—7PM
Monday (Forms)	7—8:30PM
Wednesday (Basics)	5:30—7PM
Wednesday (Forms)	7—8:30PM
Pilates Wednesday	5:45—6:45PM

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