



ASTROLOGY
& AYURVEDA

What is *Ayurveda*?

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Ayurveda, “the science of life”, offers a proven path to happiness, vitality, love, and purpose in life. The ancient healing system Ayurveda is derived from the Sanskrit words *ayus*, meaning life, and *veda*, meaning wisdom.

Nutrition, Sleep, Mindful Movement, Emotional Wellbeing, Meditation, and Self-Care are key pillars of Ayurveda. Vata, Pitta, and Kapha are the three primary mind-body personalities, and there are six possible body-mind predispositions.

Our Ayurvedic constitution is defined by the two most prominent dosha combinations, known as PRAKRUTI. We are all a combination of all three doshas, but our Prakruti refers to the two dominant doshas.

Key Pillars of Ayurveda

Ayurveda will guide you on all key pillars of your wellbeing. You will learn how to select foods that are nourishing for your mind-body, how to move or exercise in a way that benefits you, and how to use your senses Touch, Taste, Smell, Sight, and Sound in order to bring balance to your body-mind.

Through the ancient wisdom of Indian rishis, Ayurveda also teaches us mindfulness, as well as meditation, yoga, pranayama, mantras, etc., to raise awareness and nourish our spirits.

Gunas provide information on your energetic balance and your spiritual nature.

- Sattva dominates the mind and the *five sense organs*: hearing, feeling, seeing, tasting, and smelling.
- Rajas dominates the five *organs of action*: speaking, feeling, moving, procreating, and eliminating.
- Tamas dominates the *five elements*: space, air, fire, water, and earth.



How will the Ayurvedic lifestyle affect my life?

Ayurveda pays a great deal of attention to our emotional wellbeing. It is important to release emotions in a healthy way, so that they don't build up in your body. When you eliminate stress, your mind-body functions with maximum efficiency, resulting in health, vitality, and happiness.

According to Ayurveda, we are not only what we eat but also what we digest, and we digest much more than food: our thoughts, emotions, beliefs, and experiences. You will learn Conscious Communication and Emotional Freedom techniques.



According to Ayurveda, there are three layers of life:

- Physical body (environment and gross body);
- Subtle Body (intellect, mind, ego);
- Causal (personal, collective and universal soul).

This is also known as Body, Mind, and Soul.

All layers are interconnected: therefore Ayurveda is holistic, complementary, and natural in its approach.



In what ways can an Ayurvedic lifestyle program and self-care routine benefit you?

In Vedic Astrology and Ayurveda, we can find a wealth of information about our physical, mental and spiritual potential.

Astrology provides answers about your potentials, purpose, and karmas, while Ayurveda keeps you healthy, vital, and balanced.

When our bodies and minds are in balance, we can make optimal conscious choices in life.

- Balance the body and mind,
- Enhance nutrition,
- Reduce emotional turbulence,
- Re-awaken the senses.

How do *I* get started?

To take your next step towards developing your personal Ayurvedic lifestyle practice, please email me as your Certified Chopra Health™ Instructor at

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