

ASTROLOGY
& AYURVEDA

*Body
Mind
Soul*

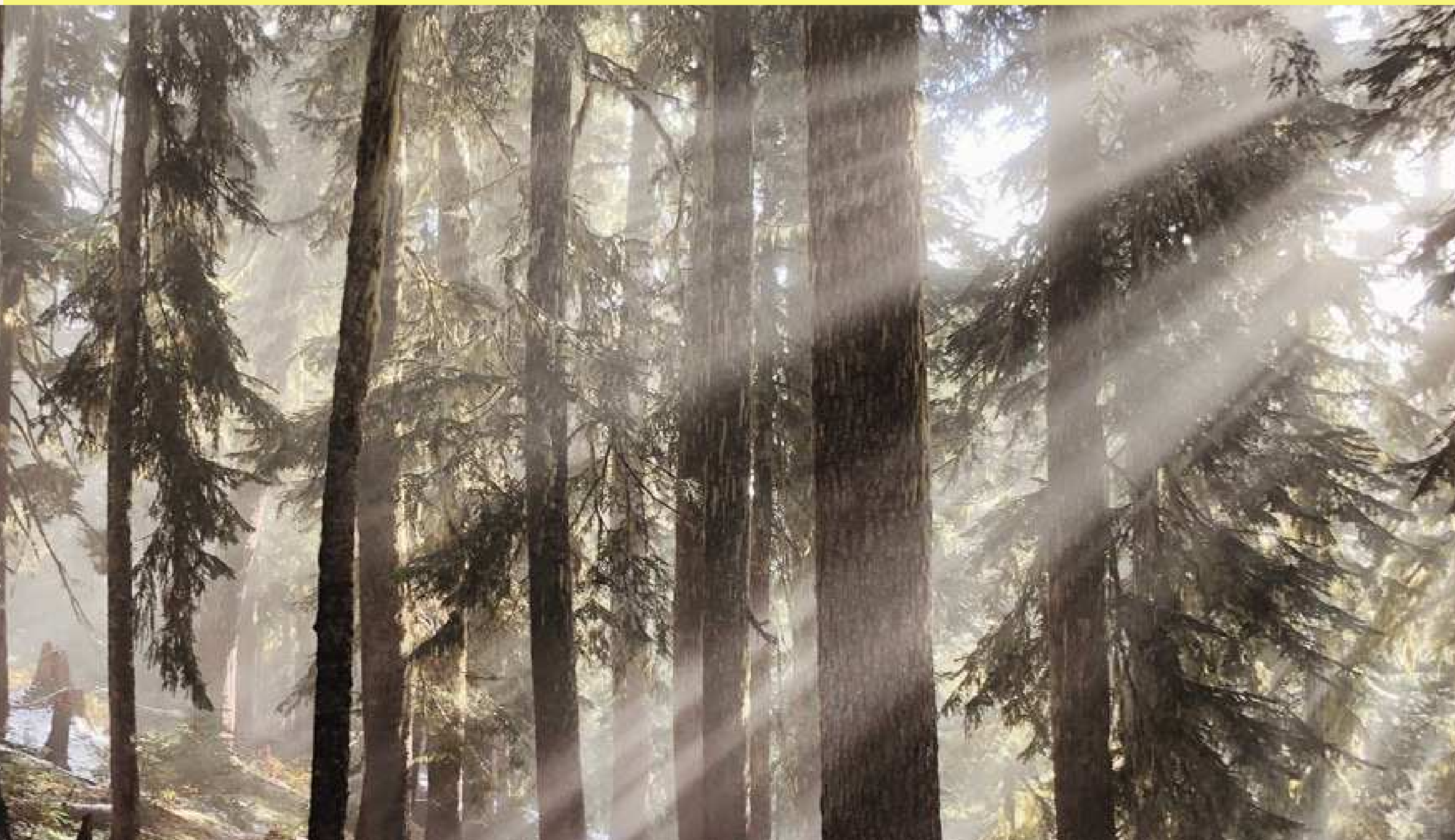
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Body Mind & Soul

Balancing with Astrology & Ayurveda

Balancing begins by identifying our current imbalances (VIKRUTI). Having an honest look at any wounded area, be it physical or emotional and accepting it, is where the healing begins.

Therefore, cultivating Awareness and Self Care is the path to optimal health, vitality, and happiness.



NUTRITION

As a result of cultivating a sattvic lifestyle, the body remains vital, and the mind becomes alert and clear, balancing overthinking or inflexibility. A sattvic diet focuses on:

- Light, soothing food that is easily digested.
- Fresh produce and seasonal foods
- A balance of the six tastes (sweet, sour, salty, pungent, bitter, and astringent)
- Moderate portions- the meal is done when stomach is 80% full.
- Food, prepared with attention, love, and care.

MINDFUL MOVEMENT

Exercising should be part of your daily routine, yet the type of exercise will depend on your dosha. While light exercise is the right choice for Vata types, it is insufficient and unattractive for Kapha types. Breathing goes hand in hand whether you practice Yoga, Tai Chi, Qi Gong, Walking, Pilates, or swimming. Choice of exercise depends on the combination of elements in your dosha type.

SLEEP

A better night's sleep requires aligning with nature's daily and seasons' clocks. It also requires proper digestion, movement, and time spent in nature, mental and emotional stability. Six to eight hours of uninterrupted sleep is what the body requires to rest, depending on your mind- body constitution.



INNER PHARMACY

The body-mind can heal and nurture itself through its five senses: sight, sound, smell, taste, and touch. Our five sense organs – ears, eyes, nose, tongue, and skin are the gateways through which we receive information from the world around us. Not only do we perceive the environment through our senses, but we also digest it.

DAILY ROUTINES

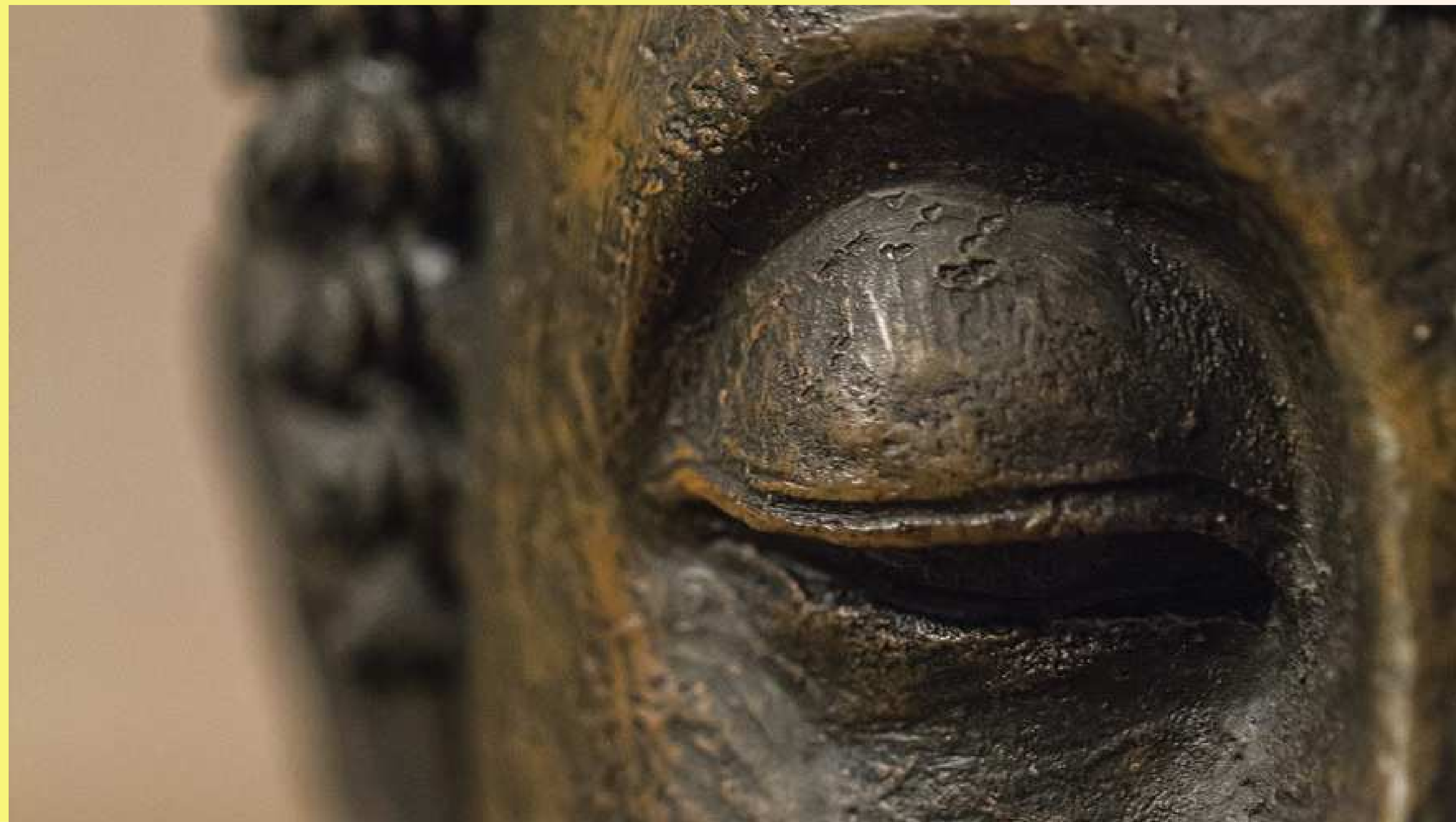
Self-love is showing up for yourself every day in all aspects of life and health. Self-love is not about self-indulging or boosting your ego. Self-love is making a conscious effort to understand and accept yourself. Developing awareness and conscious choices also implies seeking unconditional (self-referred) happiness. It involves keeping your body vital and your mind alert and clear.

MEDITATION

Meditation is the simplest form of healing. Meditation is about tuning into yourself and raising your awareness and intuition. Meditation with Primordial Sound Mantra is a practice to train our attention and awareness. An opportunity to de-stress the mind and access your inner self.

EMOTIONAL FREEDOM

Ayurveda takes into consideration your inherent emotional predisposition as per your dosha type (Prakruti) and your current imbalance (Vikruti). Vikruti test is designed to assess imbalances in the body and the mind. Therefore, between your primary and your secondary dosha there can be imbalances in either body or mind. This helps determine what is the priority and what techniques should be applied in your individual program.





Ayurvedic self-care program typically includes:

- Nutrition recommendation
- Mindful movement exercise type
- Pranayama technique
- Meditation with Primordial mantra sound
- Recommendation for the 5 senses therapy
- Additional recommendations (Chopra™ 7 steps Emotional Clearing, Conscious Communication, EFT, Chakra Healing therapy or other) depending on individual evaluation.

How do I get started?

You can start developing your Ayurvedic Lifestyle routine by taking the Prakruti and Vikruti quizzes. To initiate your consultation you can contact me as your Certified Chopra Health™ Instructor at

po@astrologyayurveda.com



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