



ASTROLOGY
& AYURVEDA

What is *Ayurveda*?

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Ayurveda, the '*science of life*,' provides a proven path to happiness, vitality, love, and purpose. This ancient healing system comes from the Sanskrit words *ayus*, meaning life, and *veda*, meaning wisdom.

Nutrition, Sleep, Mindful Movement, Emotional Wellbeing, Meditation, and Self-Care are essential pillars of Ayurveda. These practices align with our unique mind-body types—Vata, Pitta, and Kapha—and the possible body-mind predispositions. Our Ayurvedic constitution, or Prakruti, is defined by the two most dominant dosha combinations, shaping our individual path to balance and well-being.

Key Pillars of Ayurveda

Ayurveda will guide you in all key pillars of your well-being. You'll learn how to choose nourishing foods for your mind and body, move or exercise in ways that benefit you, and use your senses—Touch, Taste, Smell, Sight, and Sound—to bring balance to your body and mind.

Drawing on the ancient wisdom of Indian rishis, Ayurveda teaches us mindfulness along with practices such as meditation, yoga, pranayama, and mantras. These tools help raise awareness and nourish our spirits.

Gunas offer insights into our energetic balance and spiritual potential.

- Sattva represents clarity and calmness, influencing the mind and the senses of hearing, touch, sight, taste, and smell.
- Rajas brings activity and desire, affecting mental processes associated with action, speech, movement, and engagement.
- Tamas leads to inertia and confusion, impacting mental states related to the elements of space, air, fire, water, and earth.



How will the Ayurvedic lifestyle affect my life?

Ayurveda places significant emphasis on emotional well-being. It's crucial to release emotions healthily to prevent them from accumulating in the body. By managing stress effectively, your mind and body can function at their best, leading to improved health, vitality, and happiness.

Ayurveda teaches that we are not only what we eat but also what we digest—including our thoughts, emotions, beliefs, and experiences. You will also learn techniques for Conscious Communication and Emotional Freedom to support holistic digestion and well-being.



According to Ayurveda, life comprises three layers:

- Physical Body: Includes the environment and the gross physical body.
- Subtle Body: Encompasses intellect, mind, and ego.
- Causal Body: Represents the personal, collective, and universal soul

This is also known as Body, Mind, and Soul. All layers are interconnected, making Ayurveda a holistic, complementary, and natural approach to health



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 vital, and balanced.

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

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

How do *I* get started?

To advance your personal Ayurvedic lifestyle practice, reach out to me, a Certified Ayurvedic Health Counselor, at po@astrologyayurveda.com



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