

# Yogic Philosophy

## Class #7



*Yoga & Mindfulness Teacher Training*  
a 200-hour program at SCHOOLCRAFT COLLEGE

Review From Class #6

## Pairs of Opposites

	10 Qualities	Opposites
1	Heavy	Light
2	Dull	Sharp
3	Cool	Hot
4	Oily	Dry
5	Smooth	Rough
6	Dense	Liquid
7	Soft	Hard
8	Stable	Mobile
9	Subtle	Gross
10	Clear	Cloudy (sticky or slimy)

## Vata Qualities

dry, rough, light, cold,  
subtle & mobile

## Pitta Qualities

oily, sharp/penetrating,  
hot, light, mobile,  
liquid

## Kapha Qualities

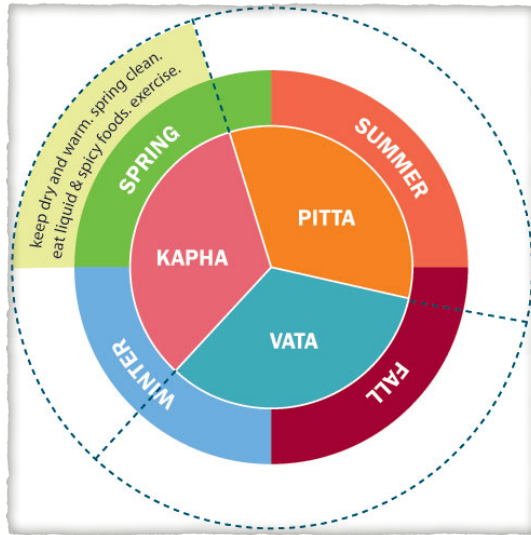
oily, cold, heavy, slow,  
slimy, dense, soft,  
stable, cloudy

## Day Cycles

- Vata 2am - 6am
- Kapha 6am - 10am
- Pitta 10am - 2pm
- Vata 2pm - 6pm
- Kapha 6pm - 10pm
- Pitta 10pm - 2am

## Life Cycles

- Kapha 0 - 18 (25)
- Pitta 18 - 55 (65)
- Vata 55 - End of incarnation



## Micro to Macro

- Dinacharya - Daily Routine
- Dosha and Times of Day
- Doshas and Seasons
- āsrama - Life Phases
- Puruṣārtha - Aims of Human life
- Yuga - Epoch or time period

## Dinacharyā

Your personalized daily routine that helps align our bodies with the daily rhythms of nature. Dinacharya is the use of various daily self-care practices including personal hygiene, exercise, yoga, mantra and meditation as well as meals, and sleeping patterns.

## Dinacharyā

- Follow general prescription given by organization or Guru.
- Develop based upon body type, life phase, general lifestyle needs etc.
- Study your self or consult with Ayurvedic specialist.

# Dinacharyā

- Waking time
- Elimination
- Hygiene (bathing, teeth brushing etc)
- Self Massage
- Exercise (Yoga postures)
- Meditation and Mantra (prayer) Pranayama
- Meals
- Sleeping

# Dinacharyā

## ➤ Waking time

- Focused Yogi 2 hours before sunrise or around 4 or 5am
- For modern yogis and non yogis
  - Vata - After Sunrise
  - Pitta - Close to Sunrise
  - Kapha - Before Sunrise

# Dinacharyā

## ➤ Elimination

- Urinate and try to have a bowel movement first thing in the morning.
  - Sinking fecal matter sign of ama or toxicity in G.I.
  - Kapha - Abundant, damp wet or with mucus. Due to large quantity can take longer for the bowels to relieve themselves.
  - Pitta - Moderate amount, loose or with red color or bright colors. Blood in stool or burning anus all signs of high Pitta. Fast and easy to pass bowel movements.
  - Vata - Scanty amounts that are dry and hard. Can be difficult to pass bowel movement due to dry and hard qualities or lack of abundance.

# Dinacharyā

## ➤ Oral Hygiene

- Brush teeth - Use natural toothpaste or powders with no chemicals
- Tongue Scrape with “Yogic Gag”
  - With a tongue scraper massage "root of tongue" till you heave
    - Clears mucus that comes up from mouth
    - Increases udyana vayu clears the eyes and sinuses
    - Great to clear kapha in the morning
- Oil Pulling
  - Coconut oil is best

## Dinacharyā

### ➤ Self Massage

- Dry brush
- Taulk powders
- Oileation aka abhyanga

## Dinacharyā

### ➤ Self Massage

- Oileation aka abhyanga
  - Massage whole body then relax with oil on your body for 10 minutes or more
  - Rub all over body including in the nostrils, ears, genitals and anus.  
(<https://www.youtube.com/watch?v=HQLsfZh5js>)

## Dinacharyā

### ➤ Self Massage

- Oil for your type
  - Vata - sesame, almond, olive oil
  - Pita - sunflower, coconut
  - Kapha - mustard, safflower

## Dinacharyā

### ➤ Exercise

- Surya Namaskar
- Yoga postures
- General Energization Exercises

## Charaka Samhita On Exercise

31. Such a physical action, which is desirable and capable of bringing about bodily stability and strength is known as physical exercise.

## Charaka Samhita On Exercise

32. Physical exercise brings about lightness, ability to work, stability, resistance to discomfort and alleviation of doshas (especially kapha).

It stimulates the power of digestion..... perspiration, enhanced respiration, lightness of the body, inhibition of the heart and such other organs of the body are indicative of the exercise being performed correctly

## Charaka Samhita On Exercise

36. Exercise is contraindicated for people who are emaciated due to excessive sexual activity, weight lifting and by traveling on foot and those who are in the grip of anger, grief, anxiety, fear exhaustion, and for children, for old person and for persons having Vata constitution and profession of speaking too much. One should not do exercise while he is hungry and thirsty also.

## Dinacharya

➤ Meditation and mantra, pranayama

➤ Meditation can be done in various ways which we will be exploring throughout the course.

## Dinacharyā

### ➤ Meals

- Regular time
- Per dosha
- Seasonal (doshic)
- Eat till 3/4 full
- Avoid cold beverages
- Don't drink more than a cup or two of water during your meal

## Dinacharyā

### ➤ Sleeping

- Regular times
- Foot massage
- Warm teas
- Calming oils on feet, belly, and forehead
- Avoid screens for 1 to 2 hours before bed
- Dark room allow natural light to come in the morning

## Four āśrama

- Brahmacharya (student)
- Grihastha (householder)
- Vanaprastha (retired)
- Sannyasa (renunciation)

## Puruṣārtha

aims of human life

- Dharma - Righteousness, life path, moral values
- Artha - Prosperity, economic values
- Kāma - Pleasure, love, psychological values
- Mokṣa - Liberation, spiritual values

## Philosophy Class #7

### Homework

- Start trying to add a few of the yogic lifestyle techniques to your day.
- Read Banyan Daily Routine PDF (on website)
- Watch abhyanga video (on website)
- Review Dr Lad's food list for Dosha Types.