

Yogic Philosophy Class #5



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

Review

Elements, Dosha &
Vital Essences

Five Elements

1. Earth (Prithvi or Bhumi)
2. Water (Jala)
3. Fire (Agni)
4. Air (Vāyu)
5. Ether (Ākāsha)



Dosha's are the
Factors of Disease

Term Review

- Guna - Sattva, Rajas & Tamas
- Dosha - Vata, Pitta & Kapha
- Subtle Essences - Prana, Tejas & Ojas

What is Balanced Yoga?

Yoga that does not deplete
Ojas by over using Prana

Prana, Tejas and Ojas burn like Candle



Life Supporting Activity (Vihara)

- ▷ For Cultivation of Sattva
 - ▷ Meditation
 - ▷ Rest
 - ▷ Proper Diet
 - ▷ Exercise that helps us gain life force energy
 - ▷ Surya Namaskar - Sun Salutations
 - ▷ Asana - Yoga Poses
 - ▷ Pranayama - Breath Practices

General Guidelines for Dosha and Yoga Practice

Vata

- ✧ Move slowly in asana
- ✧ Sustained focused
- ✧ Firmness of body and gaze
- ✧ Moderation
- ✧ Consistency
- ✧ Practice calmness
- ✧ Not forceful
- ✧ Gentle slow and avoid abrupt movements

Vata

- ✧ Stay in the present
- ✧ Know your mental fantasies are.... fantasies
- ✧ Keep mind calm by using focus with mantra or breath observation

Pitta

- ✧ Keep body and mind cool
- ✧ Practice asana with surrender
- ✧ Reduce mental tension and striving
- ✧ Let the breath be relaxed and diffused
- ✧ Exhale through mouth when need to reduce heat
- ✧ Let the mind be detached
- ✧ Let go of being sharp, critical and judgmental

Kapha

- ✧ Use effort in asana
- ✧ Move with speed and determination
- ✧ Keep the body light
- ✧ Consciously move life force
- ✧ Creating upward moving energy
- ✧ Use sharp rapid breathing patterns to stimulate
- ✧ Stay awake
- ✧ Cultivate more fire

General Effects of Asana on Dosha

- ✧ Vata
 - ✧ The pressure of asana on muscles is good for keeping vata moist and dry which brings soothing action to the body.
- ✧ Pitta
 - ✧ Abdominal work (twist) stimulates liver helping bile to process better.
- ✧ Kapha
 - ✧ Increased heart rate and perspiration clear mucus in chest and head.

Signs of Success in Yoga for Dosha Types

- In General
 - Better digestion
 - Pleasant body fragrance
 - Improved complexion
 - Mental and physical lightness
 - Physical and mental flexibility
 - Clarity
 - Calmness

Signs of Success in Yoga for Dosha Types

- Vata
 - Reduced stiffness in joints (site of vata)
 - Increased strength and steadiness of body
 - Reduction of tremors
 - Calmness
 - Grounded

Signs of Success in Yoga for Dosha Types

- Pitta
 - Feeling of coolness
 - Calmness
 - Patience
 - Tolerance
 - Reduction of inflammation and acidity

Signs of Success in Yoga for Dosha Types

- ✧ Kapha
 - ✧ Normalization of body weight
 - ✧ Reduced congestion
 - ✧ Greater sense of detachment
 - ✧ Mucus and water reduced
 - ✧ Energized
 - ✧ Less sleeping

Dosha Imbalance

Sings of Improper Practice
are only relevant to people with regular
practices or in extreme cases.

Signs of Improper Practice (Dosha Imbalance)

- ✧ General
 - ✧ Pain
 - ✧ Tension
 - ✧ Injury
 - ✧ Exhaustion
 - ✧ Unmanageable psychic experiences
 - ✧ Agitation

Signs of Improper Practice Vata

- Pain
- Stiffness
- Anxiety
- Indigestion
- Ungrounded
- Fear
- Paranoia

Signs of Improper Practice Pitta

- Tension
- Anger
- Irritability
- Heat and fever
- Argumentative
- Critical
- Physical injury

Signs of Improper Practice Kapha

- Lethargy
- Drowsiness
- Dullness
- Congestion



Conclusion

- Yoga done for ones body type brings mind body balance increasing Sattva to mind and reduces Dosha from compiling and over flowing from their site.
- Balanced Guna (attributes of practice) and Dosha approach allow Prana, Tejas and Ojas to develop properly
- Balanced energetics brings peace of mind, body and relationship with self and others (Sattva).

Philosophy Class #5 Homework

- Read Yoga and Ayurveda Chapter 12 and 14 (chapter 13 is optional)
- Review Dr Lad's food list for Dosha Types <https://www.ayurveda.com/pdf/food-guidelines.pdf>
