Yogic Philosophy Class #5



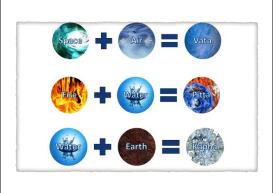
Yoga & Mindfulness Teacher Training
a 200-hour program at SCHOOLCRAFT COLLEGE

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 Essenes - 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

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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

> Increased heart rate and perspiration clear mucus in chest

process better.

and head.

Kapha

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