

## **AYURVEDA FOR YOGA STUDENTS AND TEACHERS**

Yoga is a sister science of Ayurveda.

Ayurveda is a 5,000 year old science that originated in India. It is the science of life; ayu means life, veda means knowledge. The five elements of space, air, fire, water and earth are the foundations to the study of ayurveda. The five elements combine to form doshas, the basic functionalities that operate our dhatus (tissues), malas (by-products of digestion) and kriya (processes). The unique physical and mental constitutions are ruled by the five elements giving unique physical and emotional characteristics and responses to the individual.

While Ayurveda gives the knowledge and wisdom about the intake of prana via oxygen, food and thought, yoga prevails over the physical prevention of disease and the gentle restoration of balance. Understanding the physical and mental constitution of clients is critical is using yogic asanas to balance the physical and emotional bodies.

Yogic postures are heating or cooling, they massage the internal organs to bring about change with non-invasive effort while regulating the flow of oxygen and blood supply. Ayurveda helps understand and determine the imbalance the client is experiencing in order to better teach and formulate a series of asanas and pranayama that will address the imbalance.

Understanding the mental constitutions of sattva, rajas and tamas is key in understanding how yoga transforms food and exercise into thought processes while active meditations bring the body into a state of non-doing and no-thought.

**This is a 3 hour informative class and a part of the yoga teacher training program offered by Michael Baez at the Black Dog Yoga studio in Sherman Oaks.**

**For further information, please call at 310.562.8181**

**TO register, please email us at [danatilak@oshancenter.com](mailto:danatilak@oshancenter.com)**

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