

The resilience of life

Ojas!

Arise Arjuna and stand in your Yoga

Foundational Principles of Ayurveda

- Everything in this nature is made up of the same fundamental materials, energies and consciousness.
- All the digestive, metabolic, immune and healing systems are within the patient and hence patient is the healer
- Nature has all the resources to heal, nurture, nourish and maintain the living systems.
- Mind and body are functioning together as a single unit and hence we can heal body through mind and mind through body

"ALL MATERIAL AND SPIRITUAL PHENOMENA OF
THE UNIVERSE ARE PRESENT IN THE INDIVIDUAL.
SIMILARLY, ALL PHENOMENA PRESENT IN THE
INDIVIDUAL ARE ALSO CONTAINED IN THE UNIVERSE.
THIS IS HOW THE WISE DESIRE TO PERCEIVE."
~ CHARAKA SAMHITA

Tat Tvam Asi

Everything in this nature is made up of the
same fundamental materials, energies and consciousness.

Yatha Pinde Tatha Brahmande

Health & Wellness

समदोषः समाग्निश्च समधातुमलक्रियः ।
प्रसन्नात्मेन्द्रियमनाः स्वस्थ इत्यभिधीयते ॥

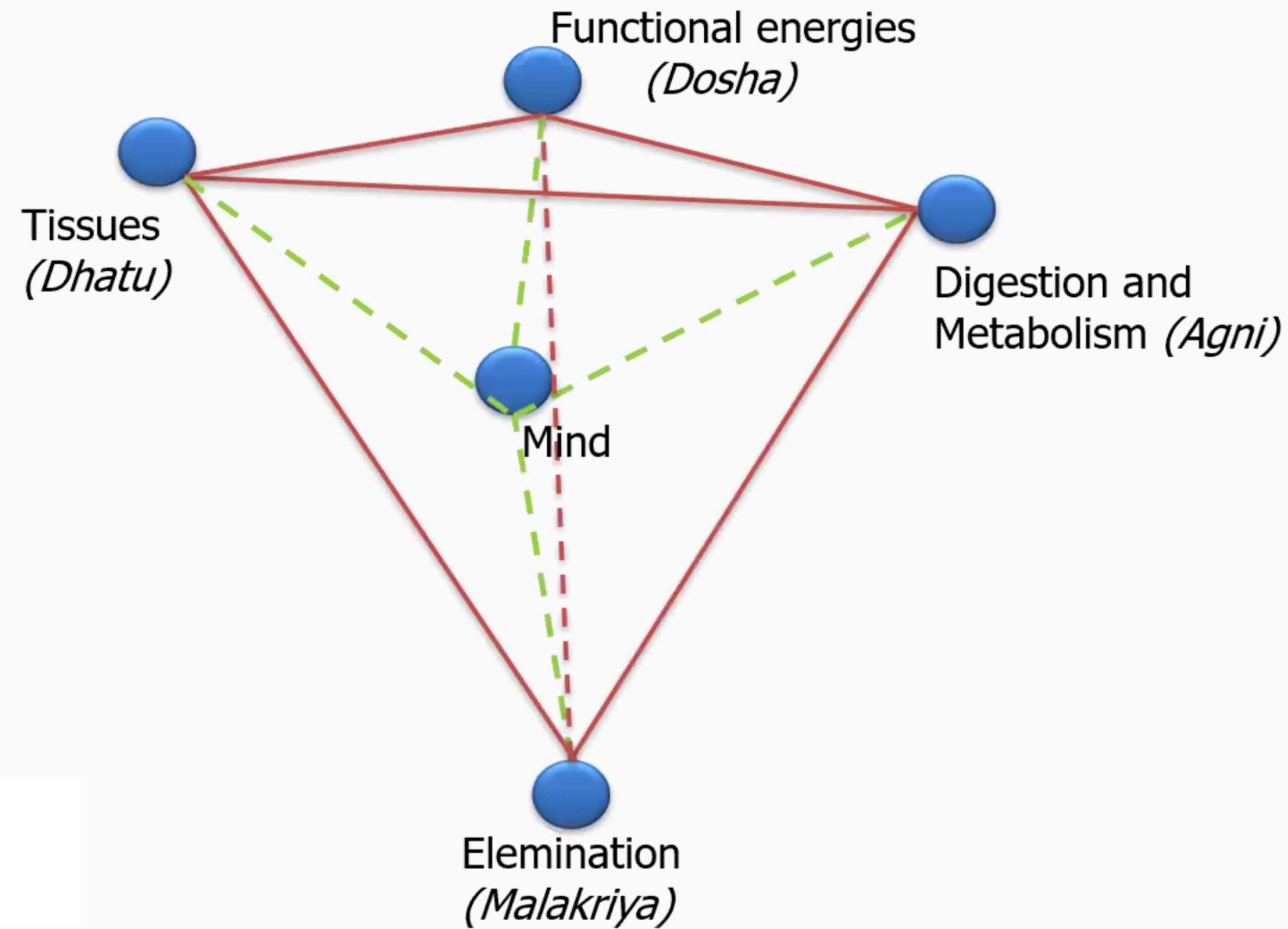
Samadoshaha samagnischa samadhatumalakriyaha I

Prasannatmendraiyamanaha swastha ityabhidheeyate II

Susruta Samhita: 600 BCE

Wellness is defined as the state of **Balance** of functional energies, metabolic fires, tissues and excretions **with pleasant senses, mind** and the soul.

The Perfect Union – for health



Mind

Mind is the sense beyond the senses which perceives the emotions like happiness and sadness and respond accordingly



Mind

Health

Disease

Mindful Practices

Sleep/Rest

Awareness

Fear, Uncertainty,
Insecurity.....

Negative thoughts

Irregular sleep

Stress



Management of Mind



Vitality (*Ojas*) – The supreme glow of health



Ojas is the expression of optimum balance of all the nutrition, elimination and mental harmony. It is synonymous to aura, glow, radiance, vitality, vibrancy, immune strength, protective shield.



Three Pillars of Health

Ahara, Nidra, Brahmacharya

Trayostambh





Breathe

The protection of life

Ojas

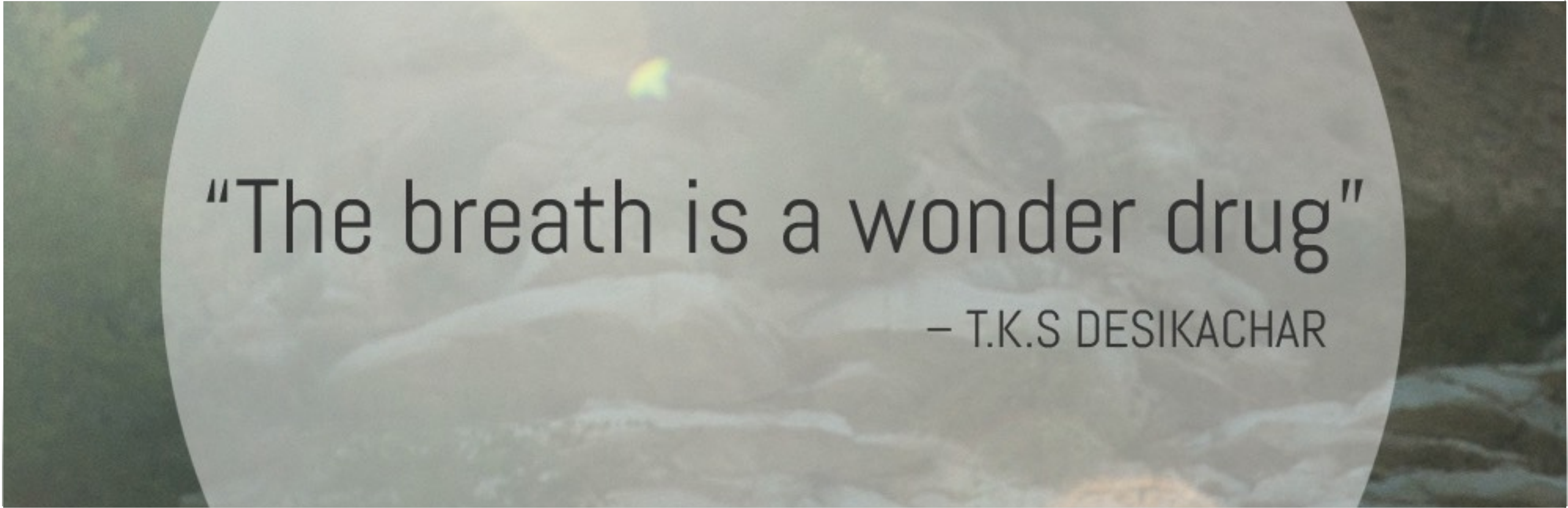
Rest & Digest

Ayurvedic Tips for Respiratory Health

- Avoid exposure to cold
- Eat more easily digestible cooked food
- Sip warm water or tea made with spices like Ginger, Cumin and Turmeric to keep the digestion and respiration healthy
- Continue regular balancing breath practices like the abdominal/diaphragmatic breath
- Avoid late nights and daytime sleep



Tulsi



“The breath is a wonder drug”

– T.K.S DESIKACHAR

Ojas

Breath

Pratyahara

“An individual whose life style rests on balanced nutrition, devoid of over indulgence and addictions to vices, with cheerful countenance derived from optimal exercise and relaxation, whose attitudes are conditioned by philanthropy, who has truthful character to look after others and is compassionate, forgiving deficiencies of others, will be immune from diseases. Knowledge, Meditation, Practice of Yoga- are the ingredients of prevention of disease and sustained good health. “ Cha. Sha. 2.46-47

The nectar of life

Ojas

The body, spirit, intellect and thoughts are all dependent upon the heart. ~ Charaka Samhita

The body, spirit, intellect and thoughts are all
dependent upon the heart. ~ *Charaka Samhita*

The protection of life

Ojas

Eight drops of nectar dwelling at the heart

The body, spirit, intellect and thoughts are all
dependent upon the heart. ~ *Charaka Samhita*

Breath

Pratyahara

The body, spirit, intellect and thoughts are all
dependent upon the heart. ~ *Charaka Samhita*

Mantra

Pratyahara & Dharana

The body, spirit, intellect and thoughts are all
dependent upon the heart. ~ *Charaka Samhita*

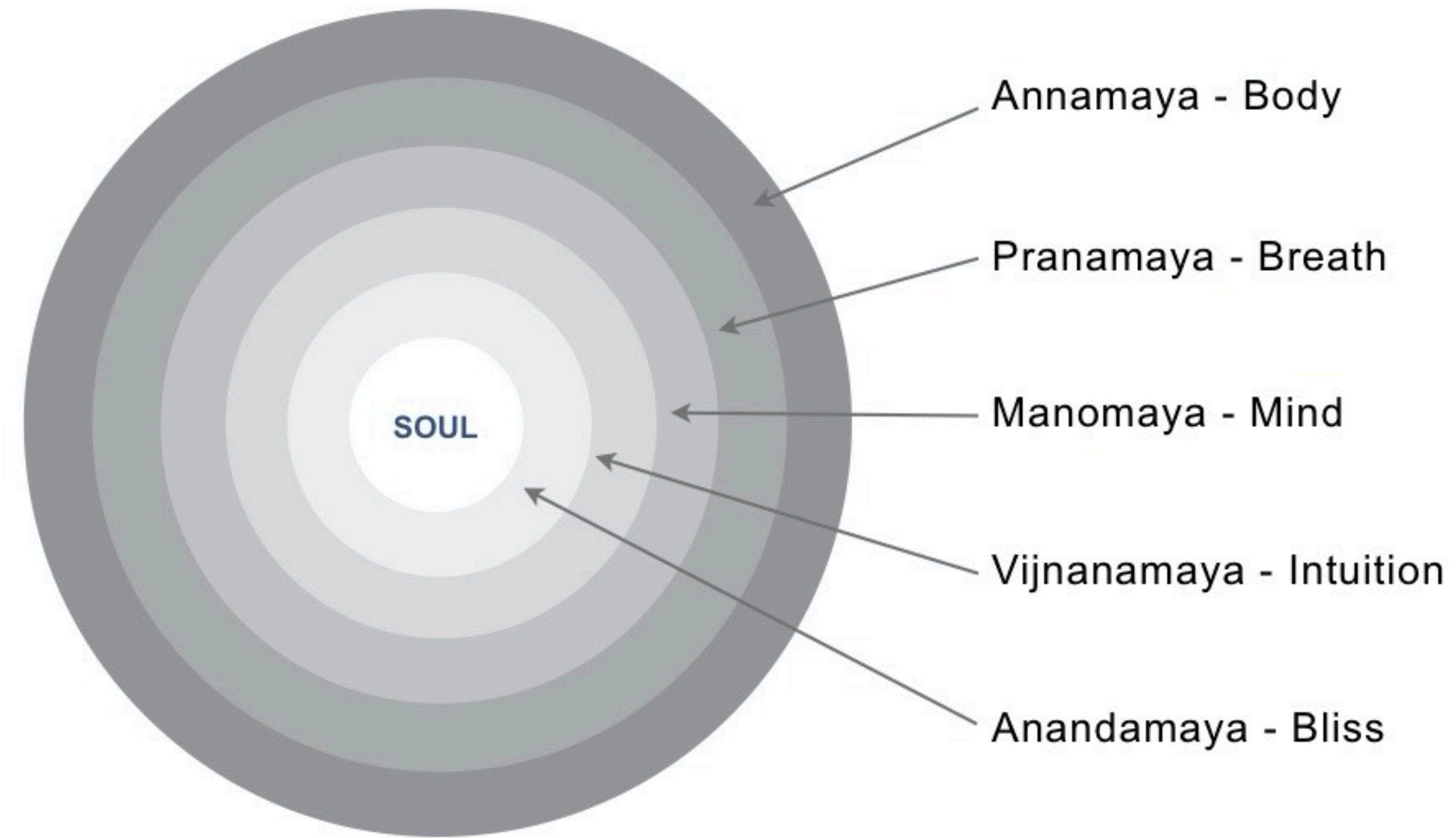
Yantra

Dharana



Body

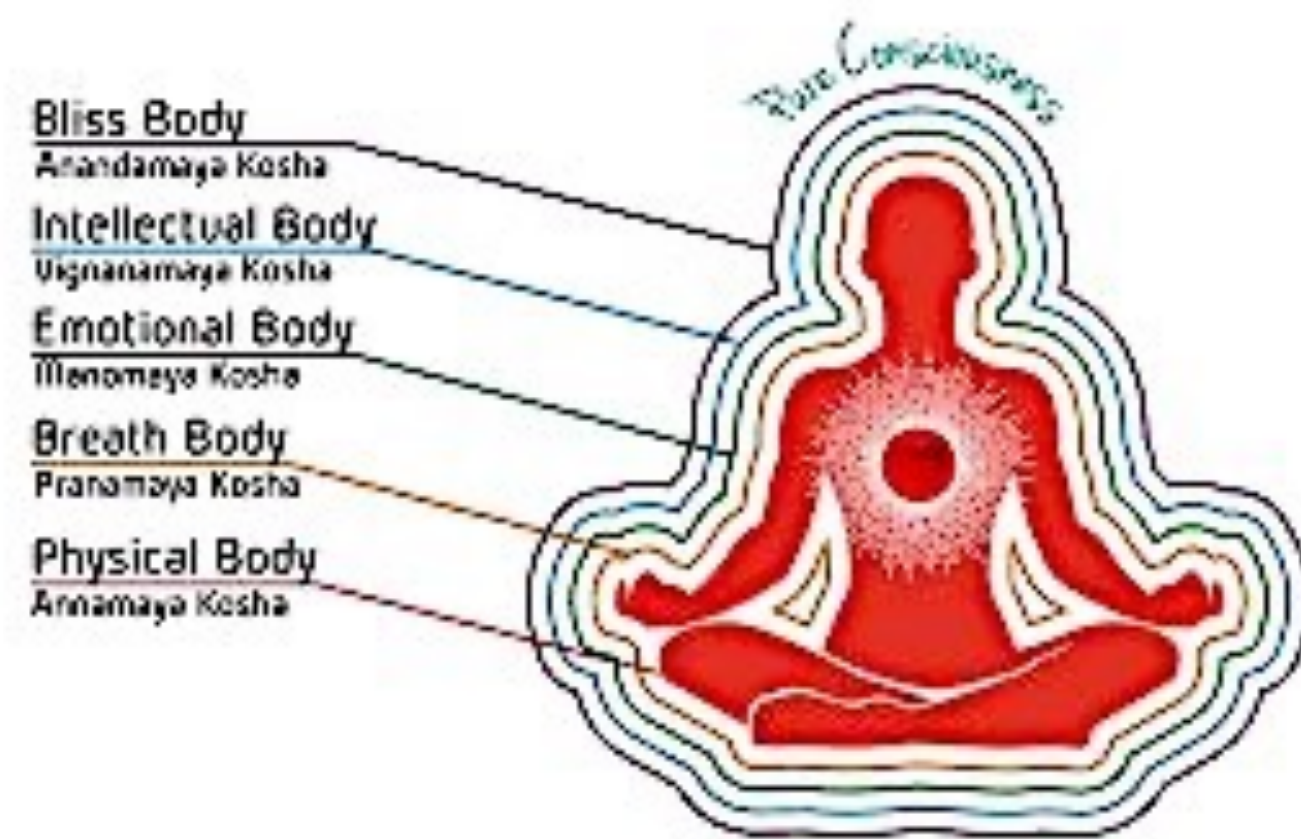
Three Sharir



Koshas

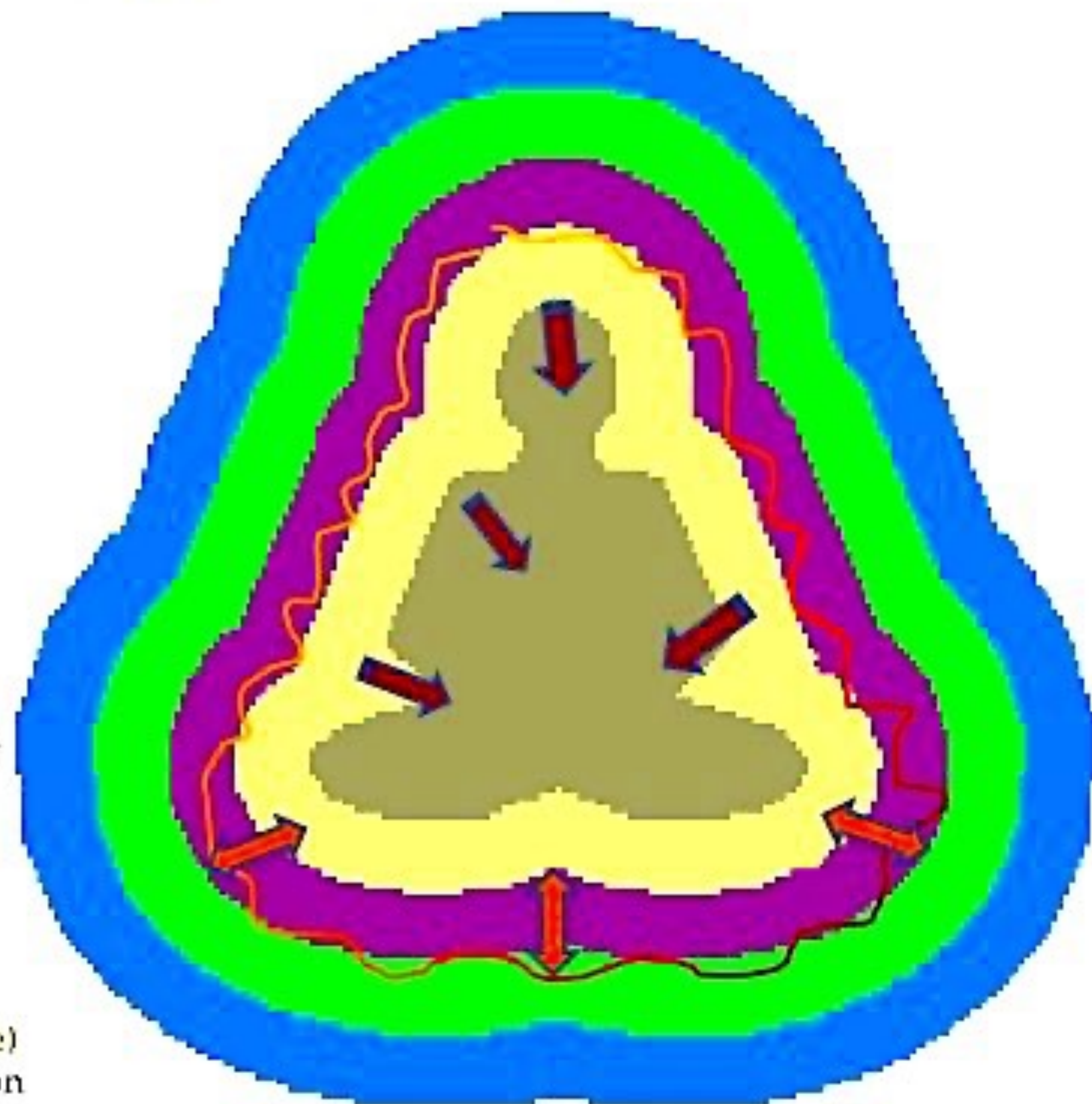
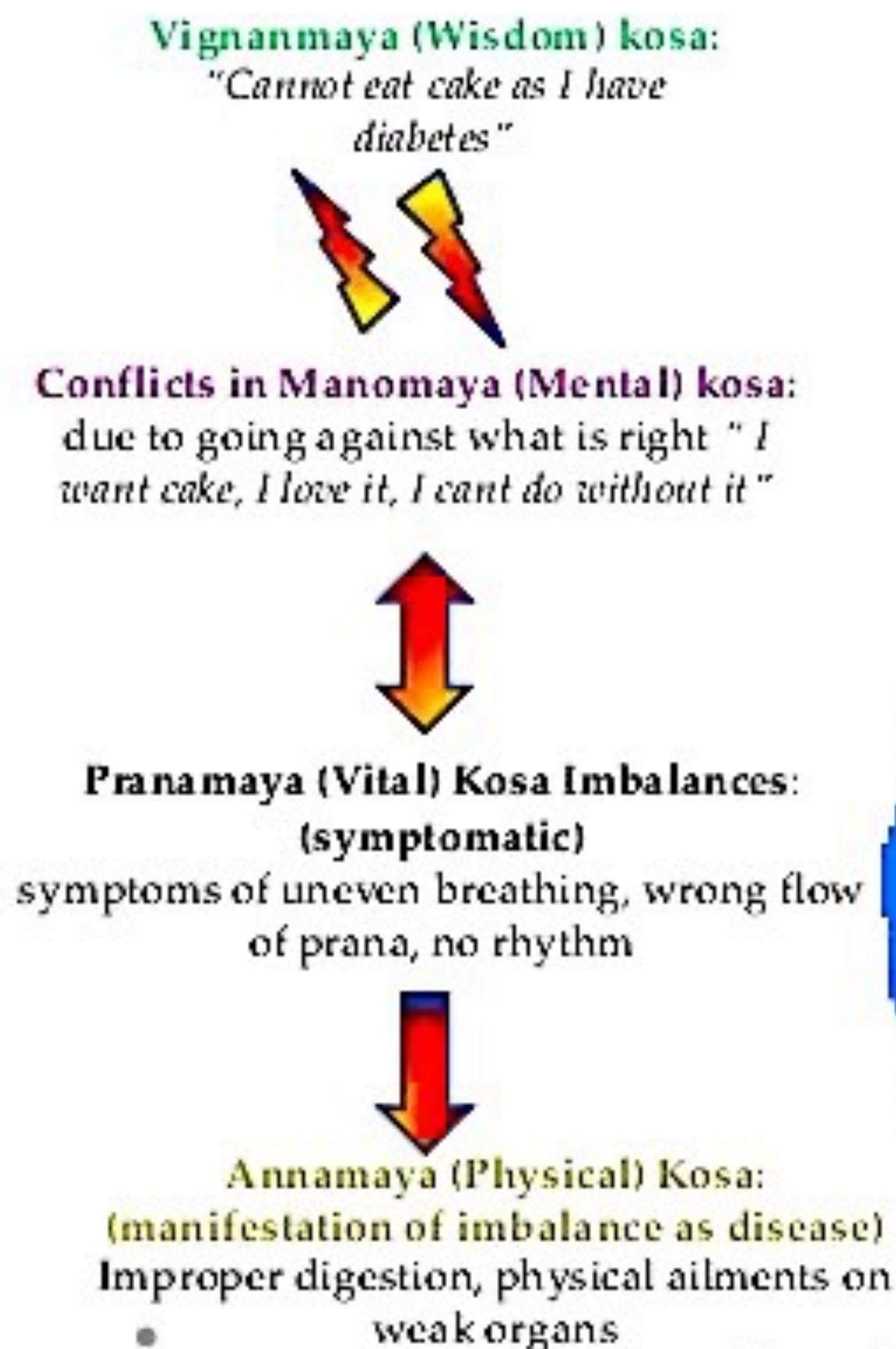
The Five Sheaths

The Koshas



- Anna Maya Kosha
- Prana Maya Kosha
- Mana Maya Kosha
- Vijnana Maya Kosha
- Ananda Maya Kosha

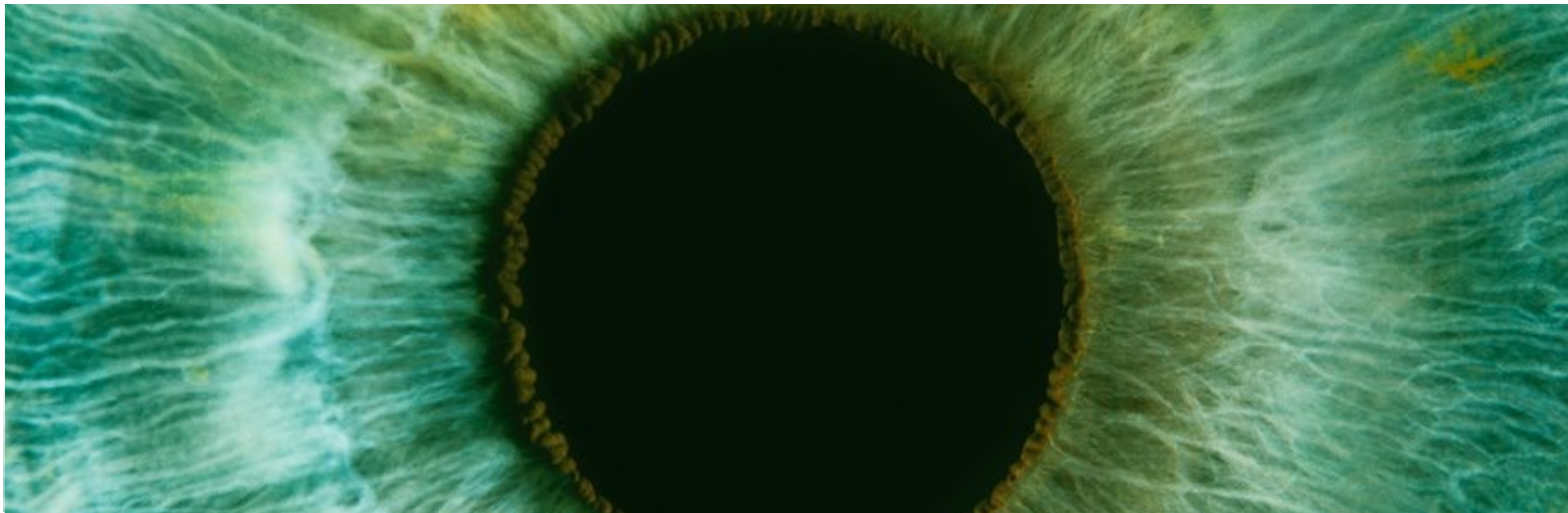
Stress – Yogic Perspective





Stress

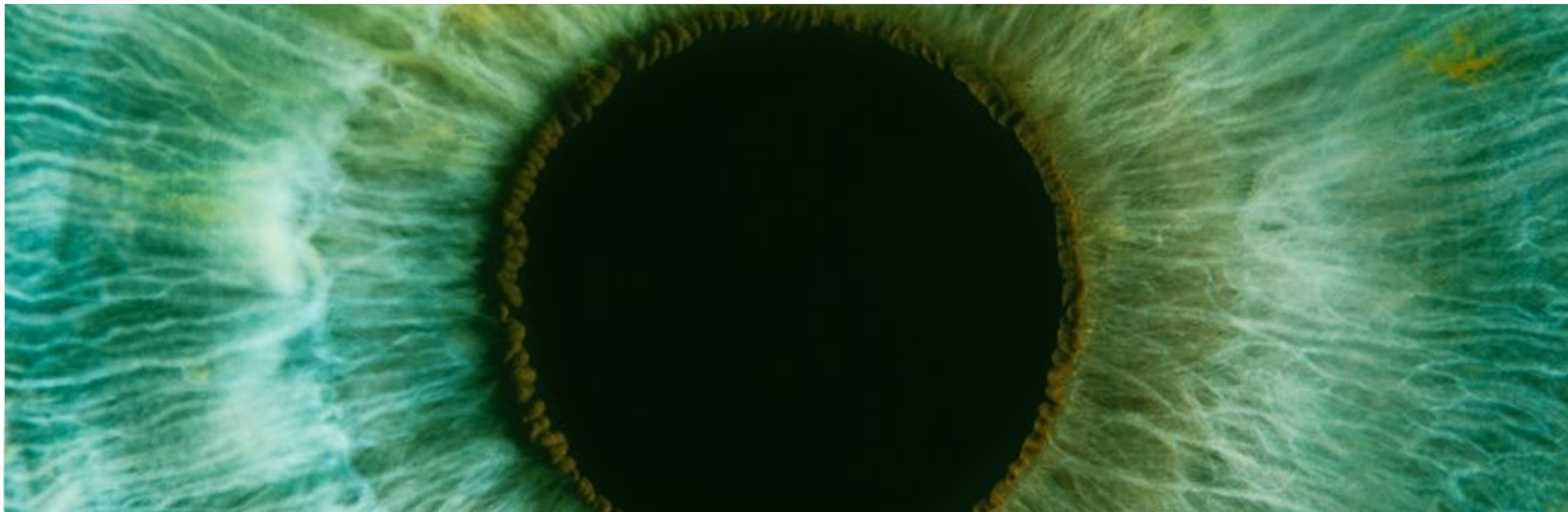
Conflicts in Consciousness



The flow of PTO

The metaphor of Arjuna hitting the eye of the bird, because that was all he could see. “The technology for success in life is to first pull back to a still, quiet inner place in which you become clear about your goal – you “see” it clearly, powerfully – and then act with the full power of your intention. In yoga bows remind you to dive deep within to that quiet, unbounded state of awareness.”

Let the song of life resound through you



The flow of PTO

Namaste!

Let the song of life resound through you