

Uniting Yoga & Ayurveda

What is Ayurveda?

What is the Uniqueness of Ayurveda?

Your unique Constitution: Doshas

- Vata
- Pitta
- Kapha

Five Elements: Fire, Wood, Earth, Water, Metal

Qualities: Like Increases Like

What are the basic principles of Ayurveda?

Incorporating yoga from an Ayurvedic perspective through postures and flows to balance your Dosha and remedy the root cause of physical and emotional ailments.

Yoga and Ayurveda: Application:

- **Classes**

- **Clients**

- **As a Teacher**

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