

Ayurvedic Movement Theory & Practice

An important aspect of Ayurveda is movement and exercise. Just as there are different foods, seasons, and elements that represent each dosha, there are also specific movements and exercises you can do to maintain healthy physical balance.

Ayurveda is a 5000 year old life science through which we can diagnose imbalances in the body and mind in the form of illness, disease, and other symptoms of discomfort. It also provides a framework for us to correct those imbalances through the use of diet, environment, and natural remedies and also by balancing our body through properly performed yoga asana (posture & position), vinyasa (style of yoga – the way in which we move from one asana to another), and pranayama (control of the breath).

In this part of the course you will explore the doshas and how they relate to asana and pranayama practice. Learn to adjust your personal yoga practice to suit your dosha (or for teachers - that of your clients) and to meet and make best use of seasonal needs and thereby return the body to balance and health.

Each of us posses a unique combination of doshas which define our temperament and our characteristics. Ayurveda teaches us that we should modulate our behavior or environment to increase or decrease the doshas and thereby maintain our naturally balanced state.

Ayurveda is not about austerity; never having chocolate or a glass of wine, but rather choosing the right time and the right people to have them with.

In the same way, an Ayurvedic-inspired movement practice does not necessarily prevent us from doing certain forms of exercise, but it may mean that taking the wrong class in the wrong season may be counter productive (for example hot yoga in August). It encourages us to consider what, how when and where we adopt our movement practice and that those exercise patterns, undertaken in the wrong way, could weaken your body such that you become more susceptible to illness.

Ayurveda movement practice offers supportive tools to help us stay balanced when times get stressful so that we are less susceptible to unhealthy habits. Being in a grounded state of balance enables us to more clearly engage with life in a meaningful and fulfilling way.