



Meru Institute

Yoga ~ Ayurveda ~ Community Ministry

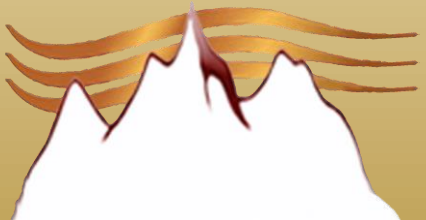
***Ayurveda: How to Live a Vital,  
Healthy, Happy and Peaceful Life  
in Synch with Nature***

**Instructor: Cynthia Ambika Copple**

April 29-30, 2016

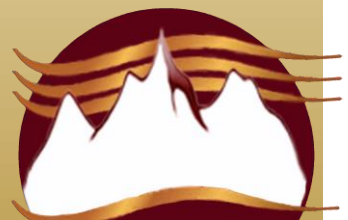
***Those who think they have not time  
for bodily exercise will sooner or later  
have to find time for illness.***

—Edward Stanley



# Why Ayurveda?

- **Preparation for teaching one hour Ayurvedic lifestyle class**
- **Definition of terminology and main theories**
  - Why should students be interested in learning Ayurveda?





# **Review: What is Ayurveda?**

- **Explain “holistic” body/mind science**
- **Explain Elements/20 Gunas/3 Gunas**
- **Explain Doshas and their properties**
- **Explain Sub-Doshas, locations and functions**

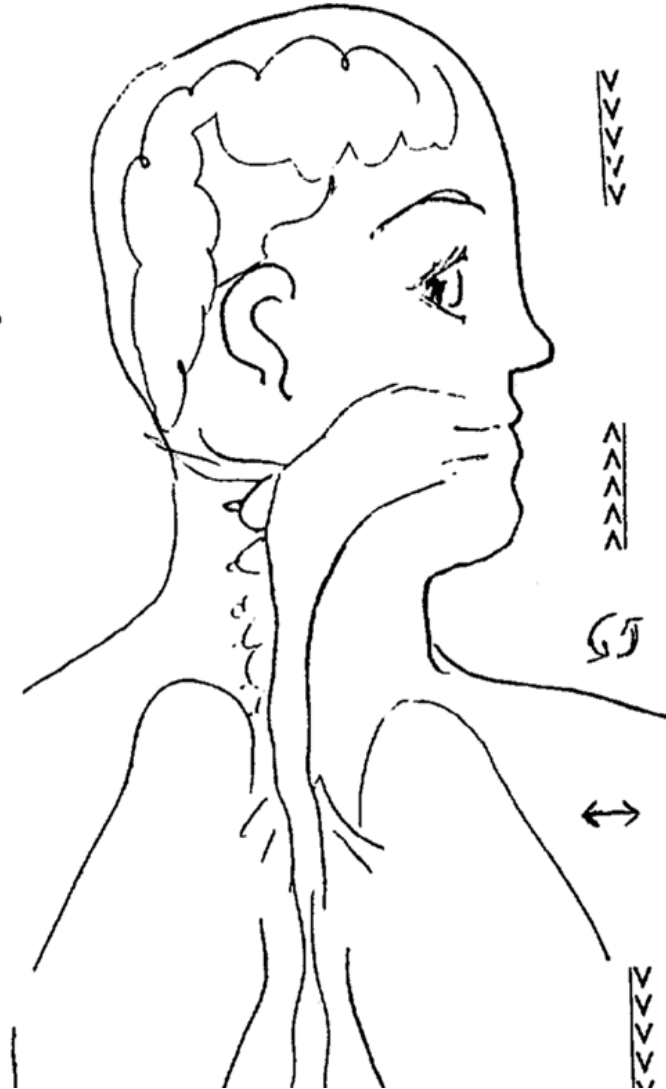


## PROPERTIES OF DOSHAS, THEIR LOCATIONS & FUNCTIONS

**KAPHA** heavy, cold, stable/static, viscous/oily, cohesive, slow

**KAPHA seat: stomach**

1. **Tarpak.** In brain eyes, ears, nose, central & peripheral nervous system.  
**functions:** Cools and insulates. Shock absorber, retains memory.
2. **Bodhak.** Throat, root of tongue.  
**function:** moistens food, taste, thirst perception
3. **Avalambak.** In lungs, heart, chest.  
**function:** Nourishes all Kaphas. Cools the lungs, heart. (supporting)
4. **Slechak.** Joints  
**functions:** lubricates and promotes the smooth movement of joints.
5. **Kledak.** Located in the stomach.  
**function:** Liquifies food



**VATA:** light, cold, moving, drying, rough, subtle

**VATA**

**Seat:** large colon

1. **Prana Vayu.** From head to chest.  
**Downward & inward movement, from head to chest area.**

**functions:** Maintains nervous system, sensory functions mental alertness and positivity, good sense of sight, hearing, touch, etc, cranial nerves, secretion of neurotransmitters & hormones, pituitary, etc. inspiration of breath

2. **Udnana Vayu.** Upward movement from diaphragm through throat  
**functions:** exhalation, speech, efforts, energy, memory, activities as whole.

3. **Vyana Vayu.** Circulation, located in the heart and moving throughout body.

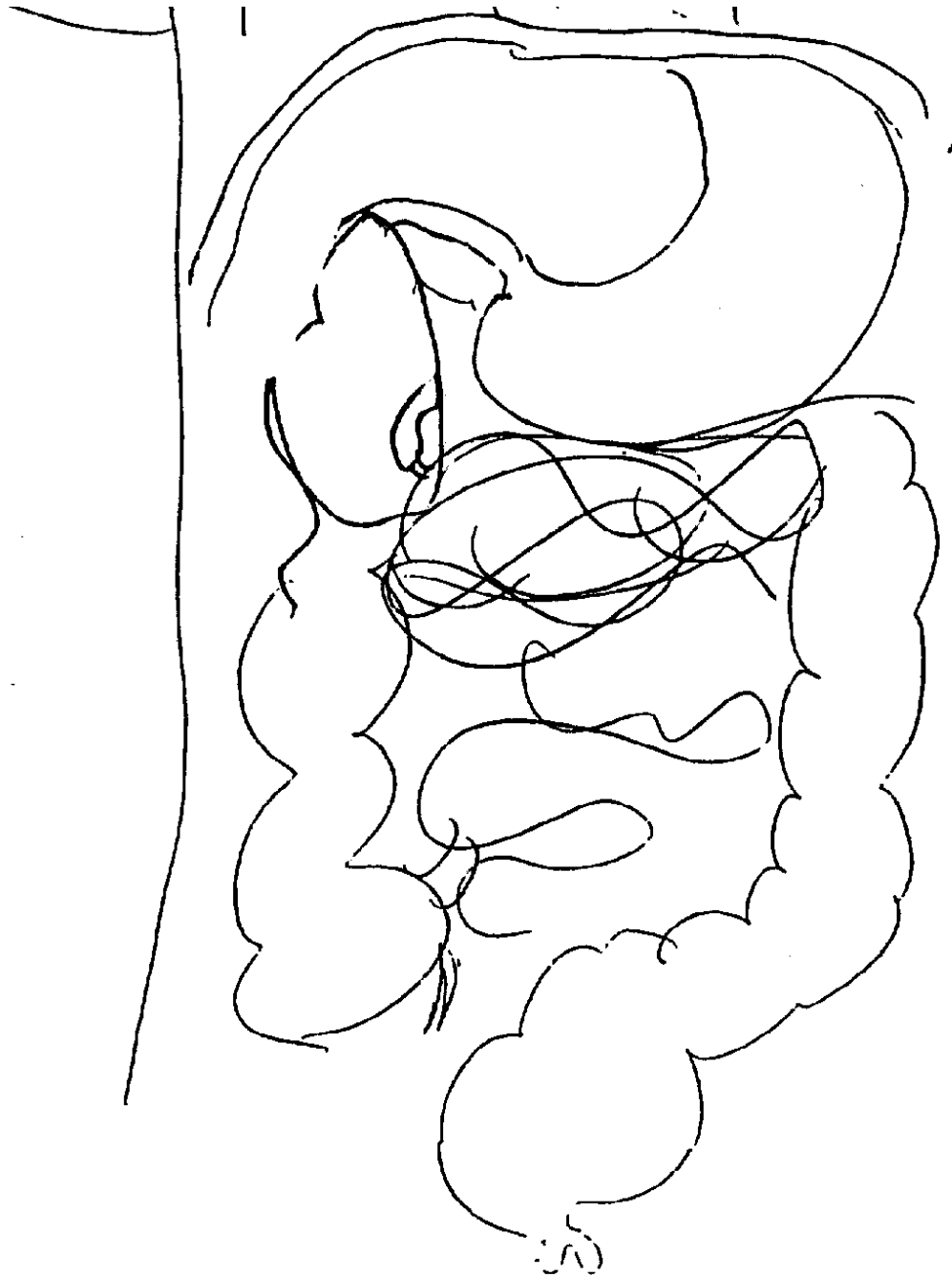
**functions:** Movements of joints, circulation of blood & lymph.

4. **Samana Vayu.** Located in small intestines.

**functions:** promotes digestion, secretion of digestive juices

5. **Apana Vayu.** Located in colon, downward and outward movement.

**functions:** promotes good elimination of waste products, also all motor function, erection



**PITTA** light, hot, penetrating, liquid,  
sour smell, slightly oily, movable

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### **PITTA**

**Seat: small intestines**

**1. Alochaka. Located in eyes.**

**Functions:** good vision.

**2. Sadhaka. Located in heart and brain**  
**functions:** Understanding, conceptual  
knowlege, intelligence, ambition,

**3. Ranjaka. Located in liver, spleen.**  
**functions:** coloring the blood (hemoglobin,)  
skin, eyes, urine, stool.

**4. Pachaka. In small intestines.**  
**function:** promoted digestion, assimilation,  
maintains nutrition of body.

**5. Bhrajaka. In the skin.**  
**function:** keeps skin healthy, the healthy glow  
of the skin, body temperature.



# Learn Your Blueprint

- **What is it and why is it important?**
- **Questionnaire**
  - ***Teaching point:*** small groups, defend doshas
  - ***Teaching point:*** Difference between prakrti and vikriti



# **Nature's Cycles and How to Synch with Them**

- **Your own blueprint cycles**
- **Cycles of nature**
  - Day
  - Year/seasons
  - Lifetime





# **Diet (6 Tastes) and lifestyle**

- **For Vata/Sensitive**
- **For Pitta/Passionate**
- **For Kapha/Stable**



# Yoga, Pranayama, Meditation

- **For Vata/Sensitive**
- **For Pitta/Passionate**
- **For Kapha/Stable**



# **Knowing Blueprints Helps:**

- **Relationships (work and personal)**
- **Teacher know students**
- **Parents understand children and vice versa**



# Create your Visual & Handouts

- **Cycles of nature**
- **VPK natures**
- **Slide show** (example)
- **Handouts:** Best diet, lifestyle and meditation/yoga for VPK



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