



THE NATURAL LAW

What if nature's goal is to make us whole?

AYURVEDA FOR

Yoga Practitioners

*A guide to lifelong balance,
and radiance of mind, body,
and spirit*



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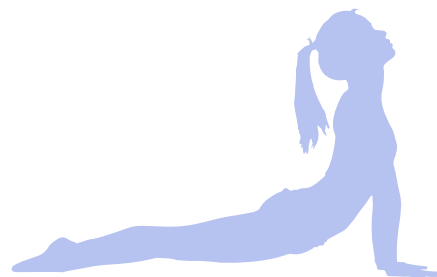
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Disclaimer: This information is for educational purposes, and should not be considered a replacement to professional medical diagnosis, treatments, cures, or preventions. Please consult your healthcare professional before attempting any new wellness practices or lifestyle changes.

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INTRODUCTION

Are you looking for a way to achieve radiant health and vitality?

Do you want to discover the secrets to living in harmony with nature and unlocking your body's true potential?

Look no further than Ayurveda and yoga, two ancient practices that have stood the test of time and continue to provide countless benefits to those who incorporate them into their daily lives.

You may already be familiar with these two practices - **Ayurveda** emphasizes the importance of living in harmony with nature and supporting your unique constitution, known as your Dosha, in order to achieve optimal health and balance.

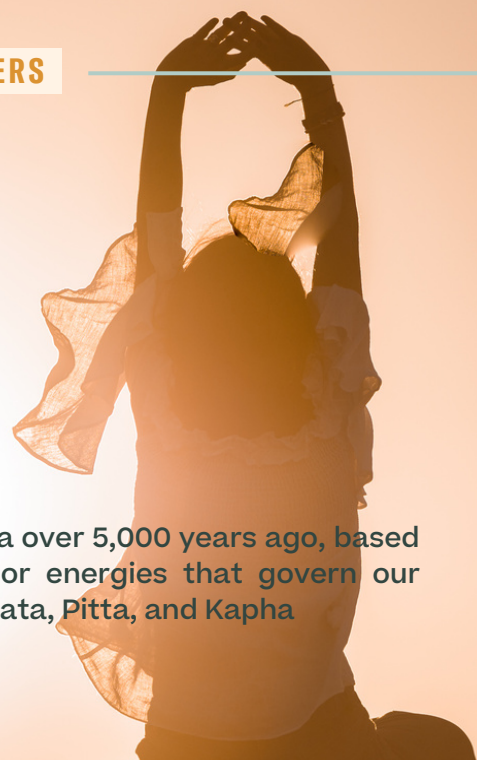
Yoga, on the other hand, is a physical, mental, and spiritual practice, used for thousands of years for its ability to promote strength, flexibility, and relaxation.

Together, they are powerfully synergetic

helping practitioners achieve optimal health and balance in all aspects of life. When you incorporate both Ayurveda and yoga into your life, you unlock improved digestive health, a better immune system, greater stress relief, and achieve emotional balance and spiritual growth.

This ebook takes you through the steps you can take to begin this exciting journey. Whether you're a beginner or experienced practitioner, you will discover valuable insights and practical tips to help you unlock the sacred balance your body needs for radiant health and vitality. So let's dive in and discover the secrets of Ayurveda and yoga!





CHAPTER 1

AYURVEDA:

Living in Harmony with Nature

Ayurveda is an ancient system of medicine that originated in India over 5,000 years ago, based on the idea that our bodies are composed of three Doshas, or energies that govern our physical, mental, and emotional states. These Doshas are called Vata, Pitta, and Kapha

These Doshas are called Vata, Pitta, and Kapha

VATA

Associated with the elements of air and space, is responsible for movement and communication in the body.



PITTA

Associated with the elements of fire and water, and is responsible for digestion, metabolism, and transformation.



KAPHA

Associated with the elements of earth and water, and is responsible for stability, structure, and lubrication.



According to Ayurveda, each person has a unique combination of Doshas, known as their Dosha constitution. By understanding your unique constitution, you can make choices in your diet and lifestyle that will help balance your Doshas and promote optimal health and vitality, like eating foods appropriate for your Dosha type and practicing yoga and meditation.

To support this balance, Ayurveda strongly emphasizes the importance of living in harmony with nature. This means eating seasonal and locally grown foods, following a daily routine that aligns with the rhythms of nature, and taking care of your physical, mental, and emotional well-being through natural remedies and self-care practice.



CHAPTER 2

YOGA:

The Physical, Mental, and Spiritual Practice

At its core, yoga is a practice of connecting the mind, body, and spirit through movement, breath, and meditation. Most regular practitioners report that they've learnt to cultivate a sense of inner peace, balance, and harmony through yoga.

One of the key principles of yoga is the concept of prana, or life force energy. According to yoga philosophy, prana flows through the body along energy channels known as nadis, and is responsible for our physical, mental, and emotional health. The practice of yoga is designed to help us balance and strengthen our prana, promoting optimal health and vitality.

There are many different types of yoga, each with its own unique focus and approach. Some styles of yoga, such as Hatha yoga, focus on physical postures or asanas, while others, such as Kundalini yoga, focus on breathwork and meditation. Whatever style of yoga you choose, the benefits are many, including improved physical health, reduced stress and anxiety, and increased spiritual awareness.

In addition to its physical and mental benefits, yoga also has a profound spiritual dimension. The practice of yoga is based on the idea that we are all connected to a universal consciousness, and that by cultivating awareness and connection to this consciousness, we can achieve a state of spiritual awakening.

When combined with Ayurveda, the practice of yoga can help promote optimal health and vitality in all aspects of your life. In the next chapter, we'll explore how to integrate Ayurveda and yoga to achieve a state of sacred balance and harmony.

CHAPTER 3

AYURVEDA AND YOGA

A powerful combination

Ayurveda and yoga go hand in hand to create a powerful, holistic health journey: While Ayurveda focuses on balancing the body and mind through diet, lifestyle, and herbal remedies, yoga is a physical, mental, and spiritual practice that promotes flexibility, strength, and relaxation.

This is probably why many Ayurvedic practitioners recommend the practice of yoga as an essential component of any Ayurvedic health regimen.

ONE OF THE BEST WAYS TO COMBINE THE PRINCIPLES

One of the best ways to combine the principles of Ayurveda and yoga is to tailor your practice according to your unique Dosha constitution.

For example, if you have a Vata constitution, which is characterized by dryness, lightness, and coldness, you may benefit from a gentle, grounding yoga practice that focuses on building strength and stability. If you have a Pitta constitution, which is characterized by heat, intensity, and sharpness, you may benefit from a cooling, calming yoga practice that focuses on relaxation and balance. And if you have a Kapha constitution, which is characterized by heaviness, lethargy, and coldness, you may benefit from an invigorating, energizing yoga practice that focuses on movement and stimulation.



USING AYURVEDIC PRINCIPLES TO ENHANCE YOUR YOGA PRACTICE

In addition to tailoring your yoga practice to your individual constitution, you can also use Ayurvedic principles to enhance your yoga practice. For example, practicing yoga during the Kapha time of day, which sits between 6-10am, can help energize and invigorate you for the day ahead. Similarly, incorporating Ayurvedic herbs and spices into your diet can help support your yoga practice by promoting digestion, reducing inflammation, and supporting overall health and vitality.

By combining the ancient wisdom of Ayurveda and yoga, you can create a powerful, personalized health regimen that promotes optimal health and well-being in all aspects of your life. In the next chapter, we'll explore some practical tips for integrating Ayurveda and yoga into your daily routine

CHAPTER 4

AYURVEDA AND YOGA
FOR A BALANCED LIFE

Ayurveda and yoga are both rooted in the belief that true health and well-being come from a balanced and harmonious life. In this chapter, we'll explore how Ayurveda and 7 yoga can help you achieve greater balance in all aspects of your life, from your physical body to your mind and emotions.

PRACTICE YOGA ASANA FOR PHYSICAL BALANCE

Yoga asana, or the physical postures of yoga, are a powerful tool for promoting physical balance and harmony. By practicing yoga asana regularly, you can improve your balance, strength, flexibility, and overall physical health.

One good yoga sequence, known as the Surya Namaskar or Sun Salutations, would be a great starting point! It takes about 10 minutes, making this one of the easiest sequences to fit into a busy day.

On the right is a simple illustration of the movement sequence:

To make your Sun Salutations even more effective, you may align the way you perform it with your unique Dosha makeup.

If your constitution is predominantly Vata, you may slow down the sequence, focusing more on stretching rather than powering through. You may also do it at night as a way to settle and calm your mind before bed, and use a weighted blanket for Savasana.

If you're predominantly Pitta, then the best time to perform is in the morning when it's still cool, and go slowly to avoid building excess heat.

Someone with a Kapha constitution would be advised to build more heat by doing the sequence a few more times and flowing through the poses.

In addition to the physical benefits, practicing yoga asana can also help promote a greater sense of mental and emotional balance by reducing stress, anxiety, and tension in the body.



USE AYURVEDA TO BALANCE YOUR DIET AND LIFESTYLE

Ayurveda offers a wealth of knowledge and practices for balancing your diet and lifestyle. By understanding your unique dosha or constitution, you can tailor your diet and lifestyle choices to promote greater balance and harmony in your body and mind.

Here's a brief guide to get you started:

Kapha

Eat: Lots of steamed or baked vegetables, greens, and whole grains, use gentle warming spices



Limit: Heavy, moist, oily, and cold foods like smoothies, cold drinks, dairy, sweets, baked goods and excess processed carbs



Pitta

Eat: Fresh vegetables that are cooling and hydrating, fresh fruits that are sweet, whole grains and cooling herbs like cilantro



Limit: Spicy, heating foods like chili peppers, fatty foods, yogurt, fermented foods, and excess salt



Vata

Eat: Well cooked easy to digest foods like soups, roasted vegetables, cooked fruit, whole grains, and protein



Limit: Dry, light foods, raw vegetables, crackers, and chips, cold drinks, salads, smoothies, beans



PRACTICE PRANAYAMA FOR EMOTIONAL BALANCE

Pranayama, or breathwork, is another powerful tool for achieving emotional balance and harmony - regular practice can help you learn to regulate your breath and calm your mind and emotions

One simple pranayama practice is Nadi Shodhana, or alternate nostril breathing, which involves alternating the flow of breath between the left and right nostrils. This practice can help balance the left and right hemispheres of the brain and promote greater feelings of calm and balance.

Nadi Shodhana, also known as Alternate Nostril Breathing, is a powerful breathing practice aimed at clearing and purifying your mind, body, and spirit, while bringing balance to the system as a whole.

As with most pranayamas, Nadi Shodhana is best practiced on an empty stomach, first thing in the morning.



To begin, choose a comfortable sitting position

You may sit either cross-legged on the floor (with a cushion or mat to support the spine), or in a chair with your feet flat on the floor. Lengthen your spine gently so that your head, back, and neck remain erect throughout the pranayama, and gently close your eyes.

Connect to your breath

By taking a full, deep inhalation followed by a slow, gentle exhalation - this will help awaken the prana maya kosha (the energetic body)

Find Vishnu mudra

Fold the tips of your index and middle fingers inward until they touch the palm at the base of the right thumb (Vishnu mudra), and then you will use your right thumb to shut your right nostril, and your right ring and pink fingers together to shut your left nostril.

Inhale through the left nostril

By using your right thumb to close your right nostril. Inhale deep into your belly, allowing your breath to travel upwards along the left side of your body. Pause briefly at the crown of the head. (cont. next page)

Exhale through the right nostril

Using the ring and pinky fingers of your right hand, gently close your left nostril while releasing the right nostril. You will exhale through your open right nostril, surrendering your breath down the right side of your body. Pause gently at the bottom of your exhalation.

Inhale through the right nostril

Keeping your left nostril shut and the right one open, inhale once again, allowing your breath to travel up the right side of the body

Exhale through the left nostril

Now, use your right thumb to close the right nostril and release the left nostril. Exhale through your left nostril, surrendering the breath back down the left side of the body. Pause gently at the bottom of the exhalation.

Repeat this several times to allow a sense of calm to wash over you and be ready to greet your new day with clarity and a deep feeling of wellbeing!

CULTIVATE MINDFULNESS FOR MENTAL BALANCE

Finally, cultivating mindfulness through practices like meditation and mindful movement can help promote greater mental balance and well-being. By learning to be more present and aware in each moment, you can reduce feelings of stress, anxiety, and overwhelm and cultivate greater feelings of peace, clarity, and focus.

Here are some ways to begin:

Body scan

close your eyes and do a mental scan of your body to see what you notice about yourself. Now, use your right thumb to close the right nostril and release the left nostril. Exhale through your left nostril, surrendering the breath back down the left side of the body. Pause gently at the bottom of the exhalation.

Repeat this several times to allow a sense of calm to wash over you and be ready to greet your new day with clarity and a deep feeling of wellbeing!

Mindful minutes

with your eyes closed, take a minute to see what your other senses, like hearing, touch, and smell, bring to your attention.

Breathing

focus on your breathing for one minute, notice how the breath enters your nose, the if the air is cold or warm, and how it travels from your nose into your body. You can also try this lying down with your hands on your belly, and allow the rise and fall to bring you clarity and focus.

Close Looking

take a minute to closely look at something, like a piece of art, a tree, or even grass. Look at it like you've never seen it before, and see what details you may notice for the first time. Approach it with curiosity!



CONCLUSION

To sum it up, Ayurveda and yoga can help you achieve better health and balance in all areas of your life. By making these practices a part of your daily routine, you can improve your physical, emotional, and mental well-being.

Ayurveda teaches you how to balance your diet and lifestyle, while yoga offers postures, breathing techniques, and mindfulness practices to promote harmony in your body and mind. Combining them into one holistic lifestyle, where you live in sync with nature and 12 adopt a mindful approach to all aspects of life, will help you unlock optimal health and a fulfilling life.

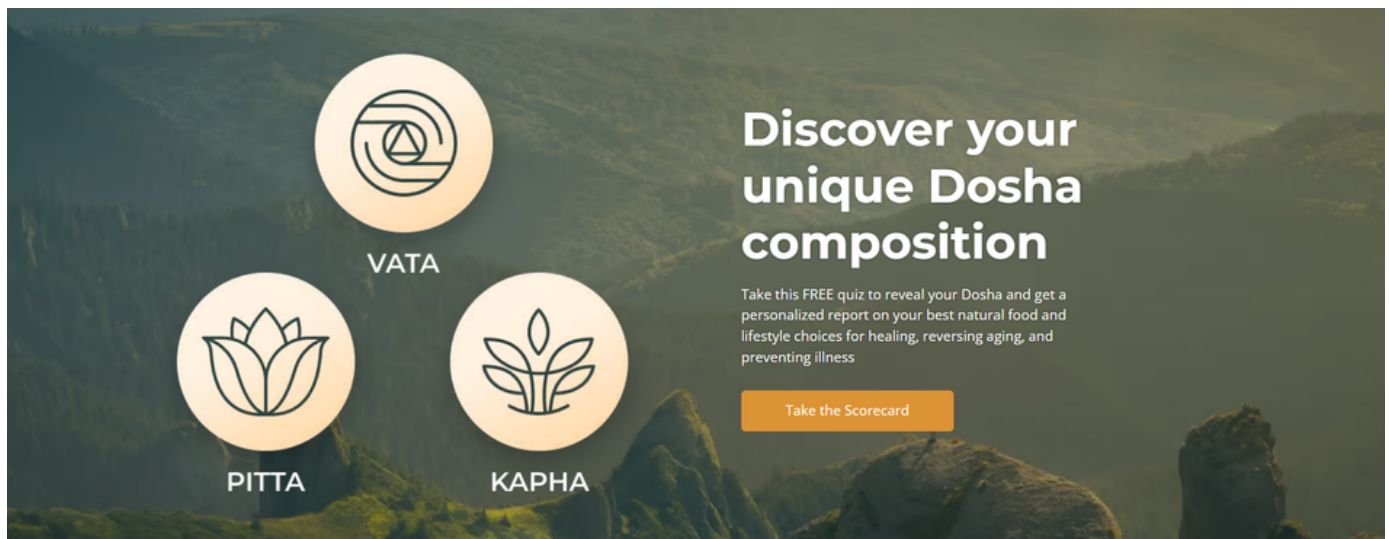
Remember, achieving optimal health is a continuous journey, but with commitment, you can see long-lasting results in your everyday life!



Take the next step on your natural wellness journey...

This ebook is only the beginning. We now invite you to continue your journey through two steps that will shine light on yourself, your unique needs, and nature's answers to your lifelong health and wellness:

Step 1: Take The Natural Law's Dosha quiz



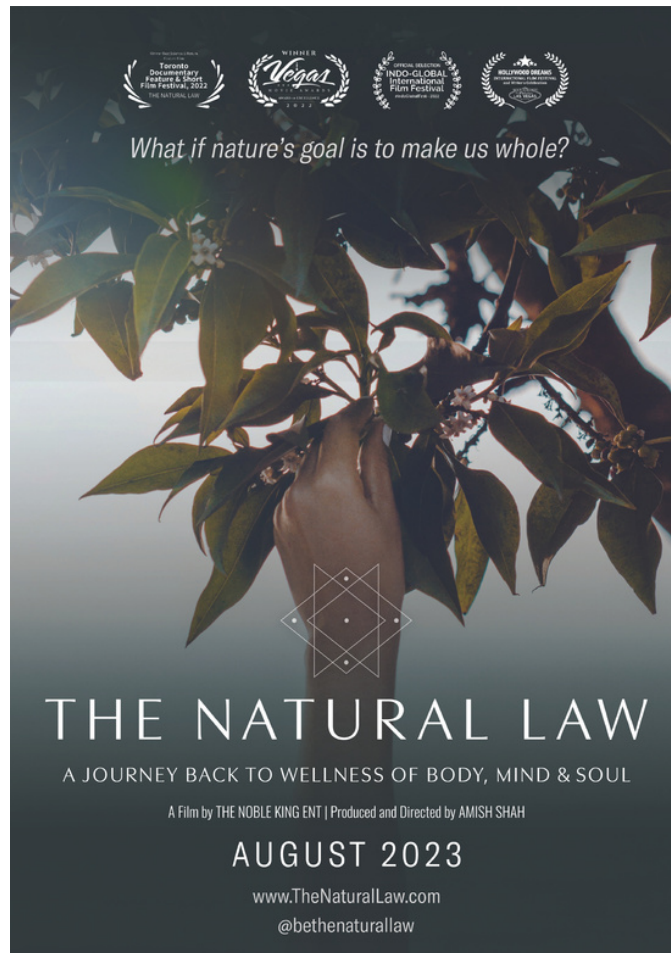
The Doshas - Vata, Pitta, Kapha - are three unique energy signatures that shape your health, wellbeing, and how you look, feel, and experience life.

Everyone has a unique Dosha composition. And by discovering yours, you'll understand how to correct any imbalances in your health and lifestyle, and heal and nourish your mind and body.

Take it now to receive a personalized report summarizing your Dosha, and your path to wellness of mind, body, and soul.

TAKE THE DOSHA QUIZ

Step 2: Watch The Natural Law film



The Natural Law explores Amish Shah's decade-long journey back to wellness with Ayurveda.

Through his encounters with leading doctors and scientists, you'll discover why Ayurveda could be humanity's greatest answer to reclaiming our physical, emotional, and spiritual wellbeing.

And through his journey, you'll learn how to remedy the root causes of illness and emotional turmoil in yourself and your loved ones.

The Natural Law launches online in August 2023. Claim your free viewing pass now.

Watch The Natural Law Film
(available in August)

THE NATURAL LAW



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