

EVERDAY NECTAR: Ayurveda in Daily Life

Presented by Matthew Remski

HOW THIS COURSE IS STRUCTURED

- Required texts:
Ayurveda: the Science of Self-Healing -- Lad
Prakriti: Your Ayurvedic Constitution -- Svoboda
(both available at RYA and at the book store at CCNM)
if you are in the remote learning section, you can ordered used
copies of both texts through Amazon
- Twelve weekly classes. 12 “homework” suggestions. 12 contemplation suggestions.
- for certification tract: 12 online quizzes
- Since the basis of Ayurvedic lifestyle is *svadhyaya* (study of self and root-texts) each class will begin with 75 minutes of theoretical overview.
- Since theory is best learned through *immediate practice*, the third quarter of each class will introduce an aspect of Ayurvedic lifestyle to be practiced over the following week. These homework assignments will generate discussion and question-and-answer for the following week’s class.
- Since practice is best enriched through *jnana* (wisdom), the fourth quarter of each class will introduce a topic suggested for *dharana* (concentration) through the following week. This is in keeping with traditional Ayurvedic training, in which Vaidyas are required to meditate on the various tattvas and principles in order to personalize their learning and enhance their intuition.

WHO THIS COURSE IS FOR:

- Teachers and serious students of Yoga who wish to further support their Yoga knowledge with Ayurvedic lifestyle.
- Members of the public who wish to learn about and practice Ayurvedic lifestyle

WHAT STUDENTS GET:

- Notes for all classes, along with references for subsequent study.
- Access to our online quizzing system
- Access to our online Q&A forum
- Optional homework and contemplative tasks each week.
- The opportunity to learn about and taste common Ayurvedic compounds

- for digestion, colon health, and seasonal imbalances.
- Common recipes for doshic balance and cleansing.
 - The opportunity to sample standard massage oils for doshic balancing.
 - Demonstrations of nasal irrigation and nasya application
 - e-mail support

WHAT ARE THE GOALS OF THIS COURSE?

The goal is that students graduate with a solid understanding of the purpose, breadth and scope of Ayurvedic lifestyle, along with 3 months of practical application of simple principles. If the introduction of a dozen basic techniques (food-combining, food choices, self-massage, sensory cleansing, rising times, nasal irrigation, digestive herbs, waste analysis, tongue/urine/stool analysis, etc.) yields 3 or 4 lifetime daily practices, the course will have been a great success. New habits breed new habits...

Class One: Ayurveda Basics

Theory Portion

- Historical overview of the Ayurvedic tradition: texts, teachers, modern influences
- Ayurveda within the context of Classical Indian thought (*shad darshana*)
- The three bodies that isolate the individual from totality, and how they are treated with the three levels of Ayurvedic therapy
- How these three modes harmonize across the five sheathes (*pancha koshas*)
- “Failure of wisdom” as the cause of all imbalance (*prajna paradha*)
- Samkhya philosophy as underpinning of Ayurvedic thought
- How Ayurveda uses Samkhya to examine Nature from the gross to the subtle, and back again

Weekly project #1

- Harmonizing waking and meal-times with the sun cycle
- How to keep a dietary journal

Object for Concentration #1

- Memorization of the Samkhya outline (*tattvas*)

Class Two: The Gunas and Elements

Theory Portion

- Discussion: first observations from the dietary journal
- The *gunas*: what are they? What promotes and what aggravates them?
- Ayurveda as the practice of increasing clarity (*sattvavajaya*) through reducing and toning therapies (*langhana* and *brimhana*)
- The elements and their idealizations (material, mental, emotional aspects)
- How the elements naturally purify and balance each other
- The elements as expression of unity evolving

Weekly project #2

- Removing core negative food combinations
- Examining waste materials
- Normalizing elimination (time and quantity)

Object for Concentration #2

- The gunas and elements

Class Three: The Doshas – Bio-Spiritual Forces

Theory Portion

- Discussion: results of removing negative food combinations
- How the elements and gunas coalesce into doshas
- Qualities and functions of doshas
- Doshas as bio-spiritual tendencies prone to balance or imbalance depending upon which mental agency is in control
- Introduction to Doshic dominance: *Prakriti*

Weekly project #3

- Kitchari: what it is and how to make it
- Fill out Prakriti chart and complete self-analysis essay (500 words)

Object for Dharana #3

- The doshas

Class Four: How the Doshas Express in the Individual

Theory Portion

- Discussion: your prakriti – group self-assessment and observation
- Sharing of thoughts from personal essays
- Characteristics of the 7 doshic types in detail

- Common aggravators of the doshas: diet, environment, unwise use of the senses, career paths, etc.
- How understanding the doshas helps in your ethical and interpersonal life
- Introduction to *Vikriti*

Weekly project #4

- Employing common herbal teas to pacify the doshas

Object for Concentration #4

- your constitution

Class Five: Agni, the Root of Digestion

Theory Portion

- Discussion: more doshic self-observations
- Digestion as the root of health
- Agni theory – metaphors
- Agni derangements
- 14 divisions of Agni
- Stages of digestion
- Failure of digestion: what is ama, what does it do, where does it lodge, etc.

Weekly project #5

- Learning the food charts

Object for Dharana #5

- The many sites and functions of Agni: from material to esoteric

Class Six: Ayurvedic Diet

Theory Portion

- Discussion: food charts
- Dietary practices in general to avoid ama and build quality tissue
- Food combining
- Ayurvedic perspective on vegetarian/non-vegetarian diets
- Ayurvedic commentary on Svatmarama's Yogic Diet
- Cooking protocols
- Eating times and amounts: detail
- Eating protocols
- Digestive herbs in-class taste-test

Weekly project #6

- Begin to employ at least three cooking/eating protocols: blessing agni, cooking at midday, eating without distraction, experimenting with common digestive herbs etc.

Object for Dharana #6

- Food as an esoteric offering

Class Seven: Tissues, Wastes, and Essential Vitality

Theory Portion

- Discussion: observing results from Ayurvedic cooking protocols, and from the contemplation of the esoteric sacrifice of food
- How proper diet and elimination build quality tissue
- The seven tissues and the cycle of nutrition
- The three wastes: normal and abnormal states
- *Ojas* as the end-product of nutrition
- Destroyers and builders of *Ojas*
- *Ojas* as bio-spiritual essence of immunity: the sublimation of Kapha doshas
- How the doshas sublimate in general

Weekly project #7

- Learn and prepare one side-dish indicated for your Prakriti or vikriti condition.

Object for Concentration #7

- Sublimation of the doshas

Class Eight: The Five Functions of Prana

Theory Portion

- Discussion: challenges to learning Ayurvedic cooking
- Physiology detail: subdoshas of kapha, pitta, and vata
- How vata dosha is the “master dosha”
- The role of the 5 vayus in health and sickness
- The centrality of *apana vayu* in treatment
- How treatment of vata dosha is the central medical focus of Ayurvedic and Yogic medicine
- Main pacification techniques for vata dosha

Weekly project #8

- Practice self-massage (*abhyanga*) with a doshically appropriate oil

Object for Concentration #8

- The five *vayus*

Class Nine: Optimizing the Breath

Theory Portion

- Discussion: results of self-massage
- Physiology detail: prana vayu and the respiratory system
- Optimizing respiration: hygiene, allergens, colon cleanliness
- Common Ayurvedic treatments for breath difficulties
- Relationships: colon, lungs, sweating channel, and skin
- The usage of sweating (*swedhana*) therapy in aiding pranayama

Weekly project #9

- Practice jala neti and nasya
- Get in one good oiling and sweat combination

Object for Concentration #9

- Breath awareness meditation, paying specific attention to doshic *vrittis*

Class Ten: Daily Routine

Theory Portion

- Discussion: neti practice and breath observation
- The doshas and diurnal rhythm
- The doshas and seasonal rhythm
- Rising times, sleeping times
- Sexual activity: Ayurvedic encouragement and rationale
- Structuring your day Ayurvedically

Weekly project #10

- Create an idealized home practice schedule
- Implement $\frac{1}{4}$ of this schedule

Object for Concentration #10

- The doshas through the day, and the season

Class Eleven: Cleansing – Daily, Seasonal, Lifetime

Theory Portion

- Discussion: your daily schedule – challenges and triumphs
- The necessity of regular cleansing: how manifest disease is the end of a lengthy build-up process.

- Overview of cleansing therapies: daily, seasonal, lifetime (*kayakalpa*)
- Principles of cleansing: preparation, kriyas, follow-up
- Distinctions between *Pancha Karma* (Ayurvedic) and *Shat Karma* (Yogic) traditions: comparing clinical to self-directed approaches
- What does no ama feel like?
- Key times to undergo cleansing
- “Measure your health by your sympathy with morning and spring.” – *Thoreau*

Weekly project #11

- Create a cleansing plan for the next 1, 5, and 25 years
- Implement the 2nd ¼ of your new schedule

Object for Concentration #11

- Cleansing: physical, emotional, spiritual planes

Class Twelve: The Life Cycle

Theory Portion

- Discussion: general questions raised by the course
- The doshas and your life-cycle
- The major transitions for men and women: the stages of life and how to ease their arrival
- How Prakriti ideally sublimates with age
- “Every natural fact is a symbol of a spiritual fact.” – *Emerson*

Weekly project #12

- Essay: What are my Ayurvedic priorities and goals?

Object for Concentration #12

- Your life cycle: the sublimation of Nature