



Spring Ayurvedic Workshop '24

Highland Ayurveda's Simplifying Ayurveda Series



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Highland Ayurveda, 21, Rose Street, Nairn, Highland.

Spring Ayurvedic 3 Workshops Goals

- Deepen your knowledge of Ayurveda
- Embed key principles for lasting balance and happiness
- Understand more about your dosha
- Understand your digestive fire and treat it with respect
- How to identify signs and symptoms of imbalance
- How to bring balance with Ayurvedic nutrition
- The importance of lifestyle changes for balance

Approach

- 3 months
- Community education
- Deeper learning
- Smaller group discussions
- Sharing learnings
- Slower pace
- Interactive (not Q&A!)
- Homework
- Reflection

An Instruction Manual for Life

“Health is balanced dosha, balanced digestive fire, balanced seven tissues, balanced three excreta, balanced sensory and motor organs. Awakened consciousness ties mind and body together for eternal health and happiness. ”



Vedic texts from 500 and 1500 BC

Most ancient body of knowledge known to humanity – the oldest medical science

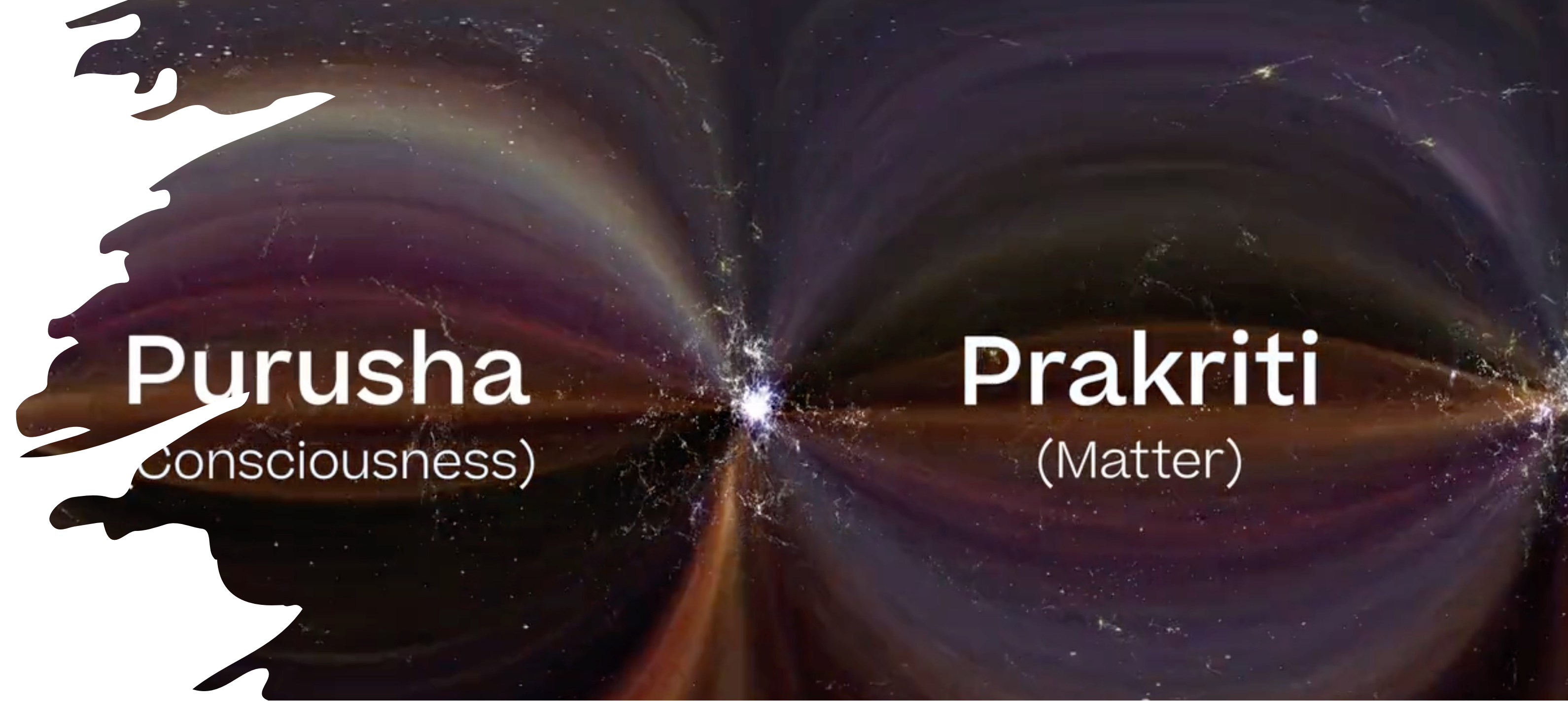
An Instruction Manual for Life (1)

“Health is balanced dosha...”

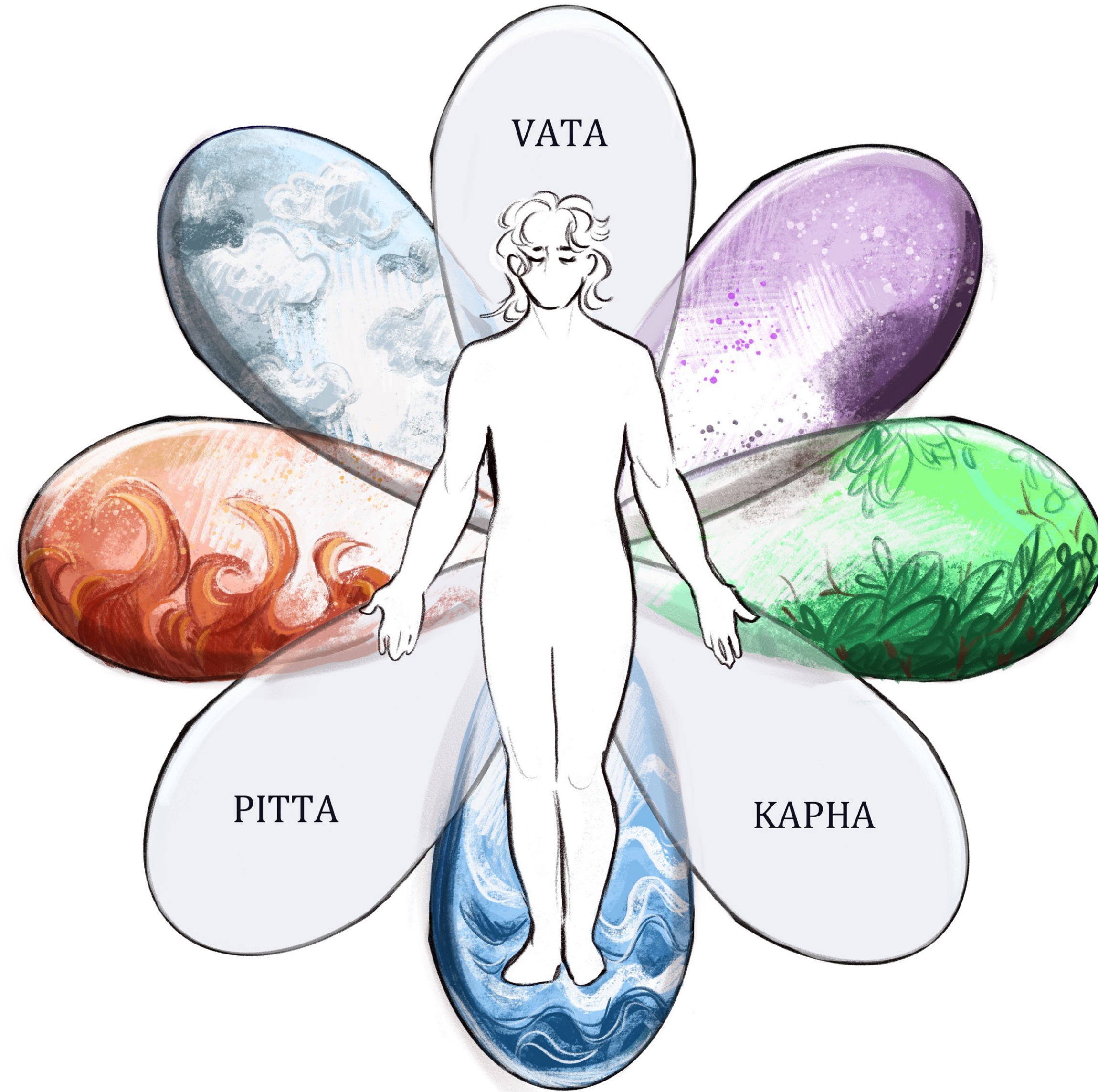


Understanding our the Tridosha

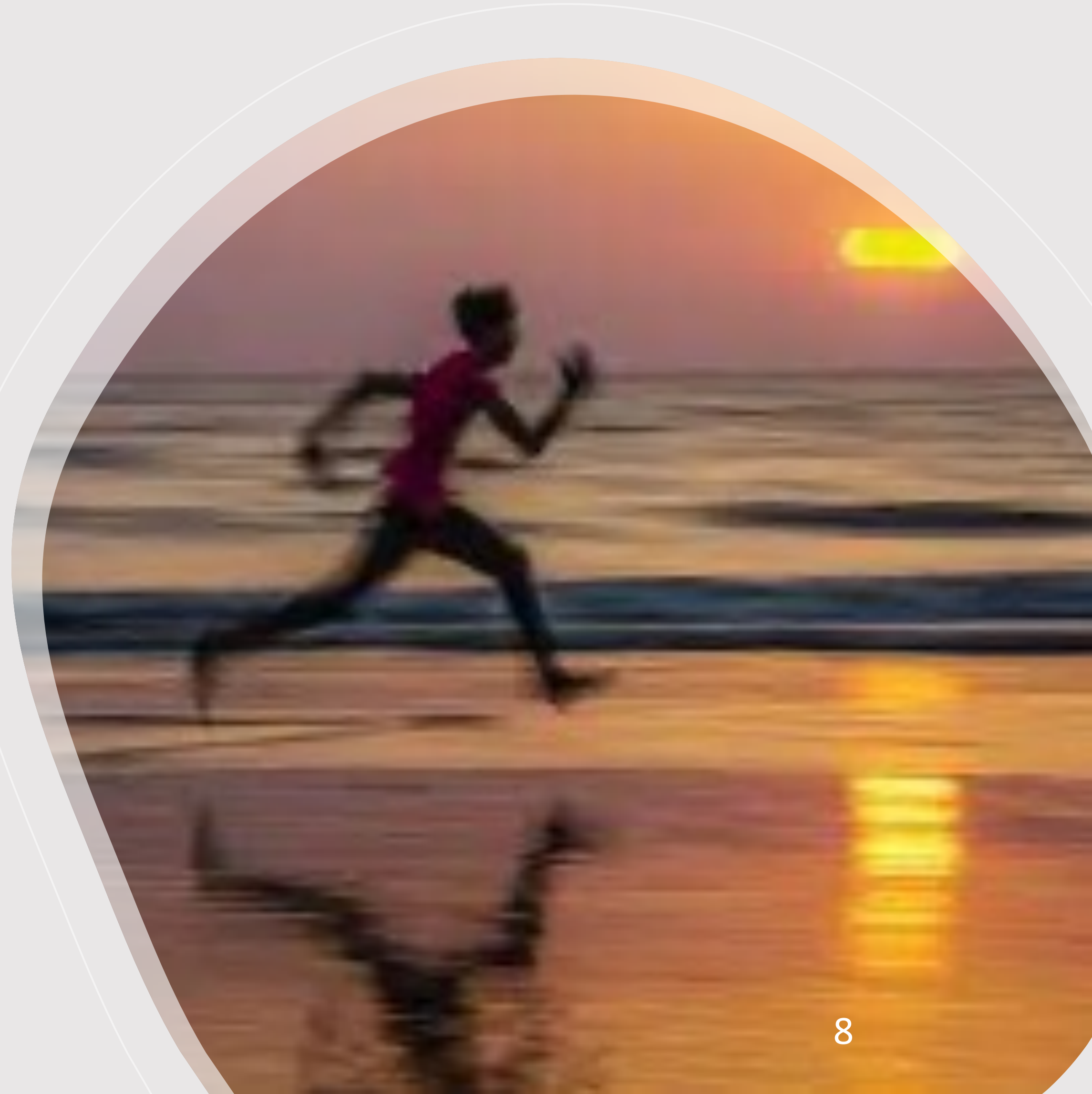
Natural
Intelligence
(Intuition)



Tri-Dosha



Vata - Movement



Pitta – Transformation (Metabolism)



Kapha - Structure



Physical
Energy

Chemical
Energy

Radiant
Energy

Electrical
Energy

Nuclear
Energy

EARTH

WATER

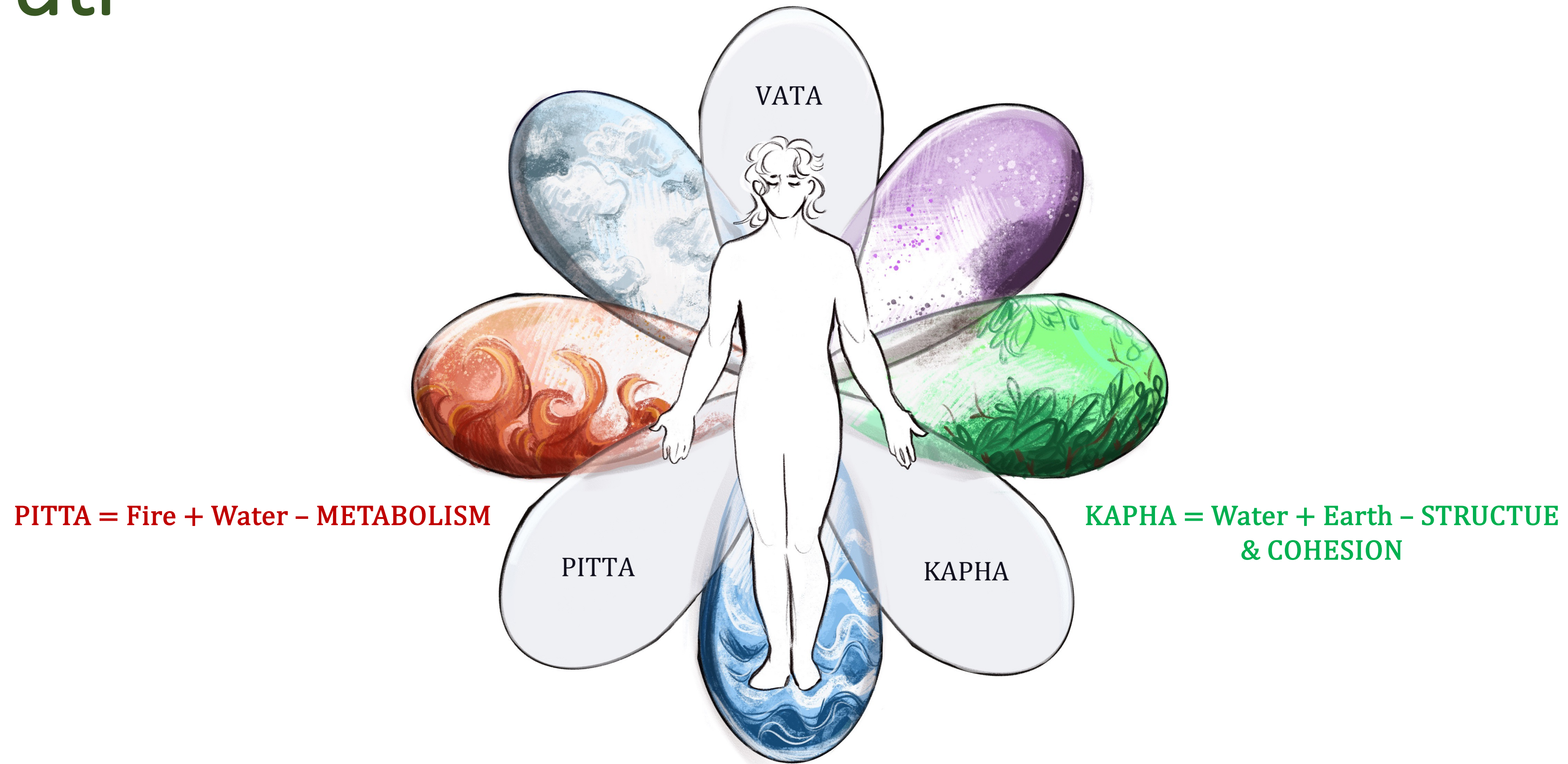
FIRE

AIR

SPACE

VATA = Air + Space - MOTION

Prakruti

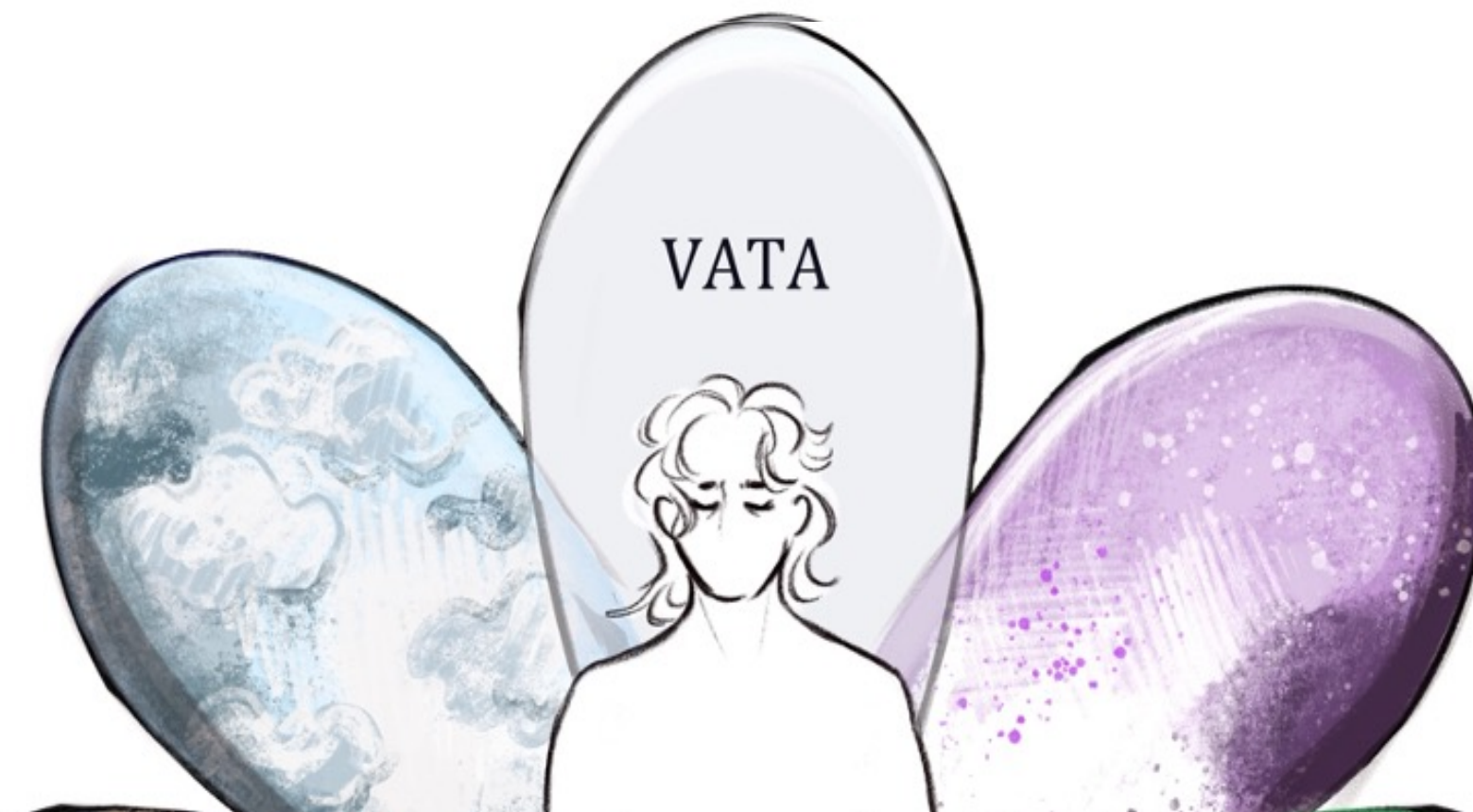


Ayurveda describes all matter, earth and humans, as being made of 5 subtle energies (elements). We are born with a unique combination of these elements - our unique nature (prakruti)
Due to the daily decisions, we make our natural state becomes imbalanced and becomes our Vikruti -

Vata – Air + Space

VATA = 'Airy' people, creative, sensitive to sound, all heart, emotional and irrational.

Small, or large frame, difficult to put on weight. Confident, talkative with great perception, imagination and enthusiasm. Like to fly and be free, without constraint. Sometimes seek routine but are better off responding to life and their energy. Forgive, but cant remember what for! Crave astringent, bitter, pungent.



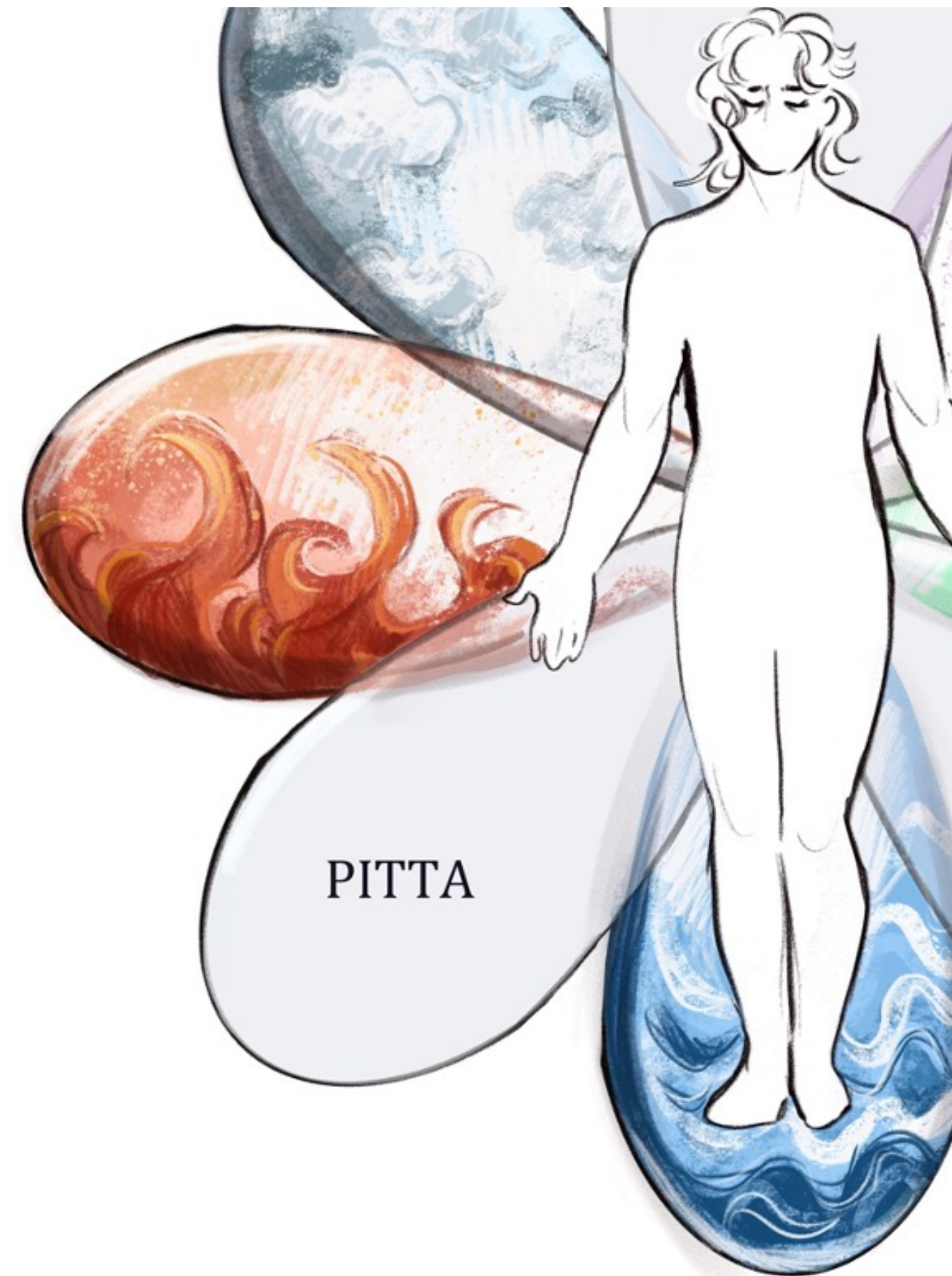
Dryness, nervous system disorders, thyroid joint and circulation issues

Anxiety, insomnia, bone disorders, bloating, diarrhoea, wasting, paralysis, thyroid issues. Crave astringent, bitter, pungent.

Vikruti

Pitta – Fire + Water

PITTA = 'Fiery' people, head and heart, leaders.
Moderate, muscular build.
Ambitious, sharp, great orators, focused, assertive, competitive and passionate. Strong metabolism, appetite, and digestion. Never forgive. Crave pungent, salty, sour.

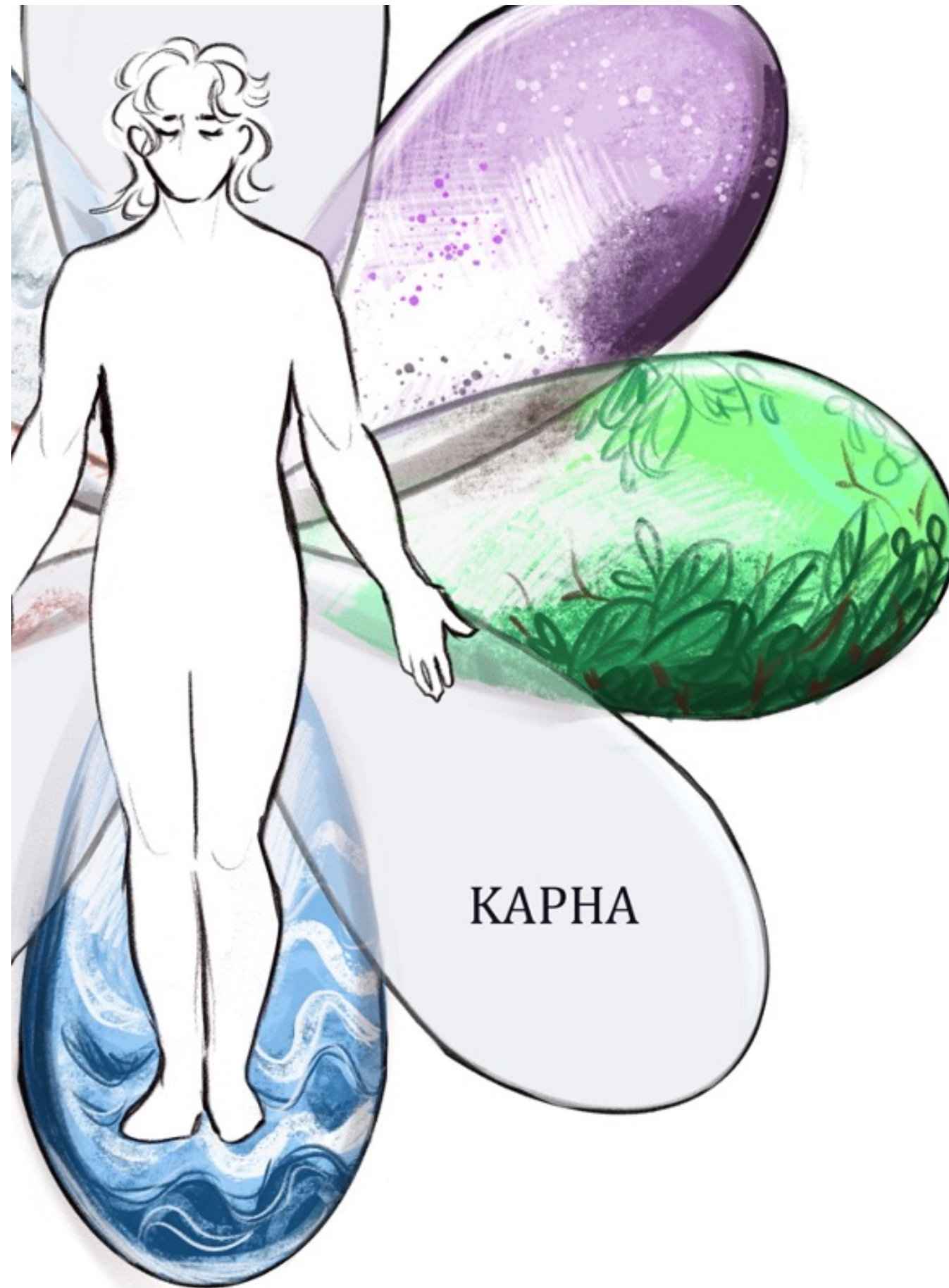


Vikruti

Fiery behaviour and inflammation.

Dominant, destructive behaviours. Self criticism, irritability, anger, hatred, jealousy. Infection, excess heat and acidity. Crave pungent, salty, sour.

Kapha – Earth + Water



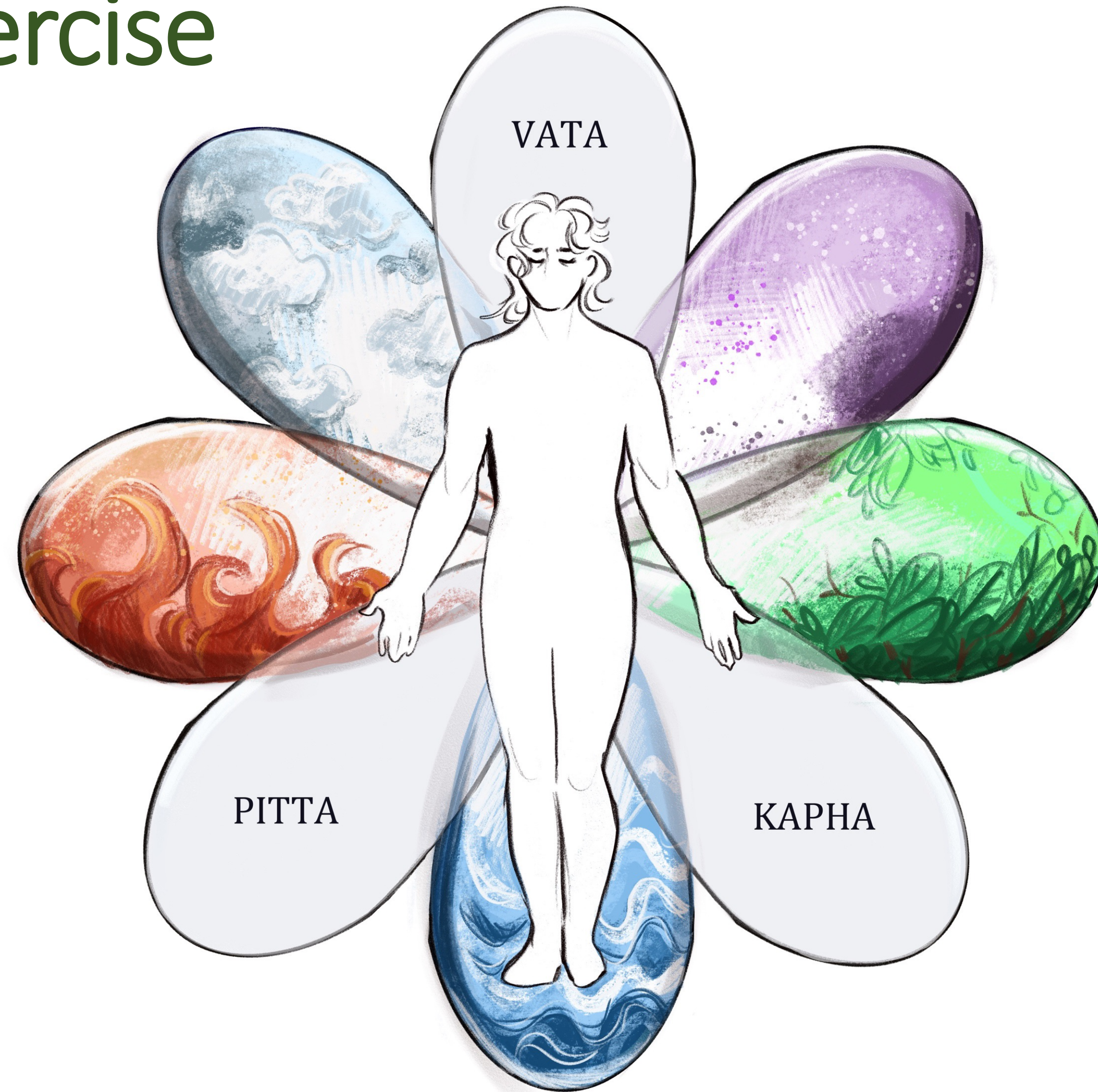
KAPHA = 'Earthy' people,
strong and in control of
their emotions.

Loyal, calm, loving, tolerant,
relaxed, faithful with good
stamina and health. Strong
with solid frame. Forgive
but never forget. Crave
sweet, sour and salty.

**Obesity, heaviness,
congestion, attachment**
laziness, possessiveness,
poor digestion, urticaria,
laziness possessiveness,
poor digestion. Craves
sweet, sour and salty.

Vikruti

Tri-Dosha Exercise



Ten Opposite Qualities

(Gunas)

Heavy / Light

Sharp / Dull

Dry / Oily

Soft / Hard

Dense / Liquid

Rough / Smooth

Mobile / Stable

Clear / Cloudy

Subtle / Gross

Hot / Cold

“Similarity increases similarity”

Qualities & Doshas

Vata – Air and Space

Dry, light, cold, rough, subtle, clear, mobile



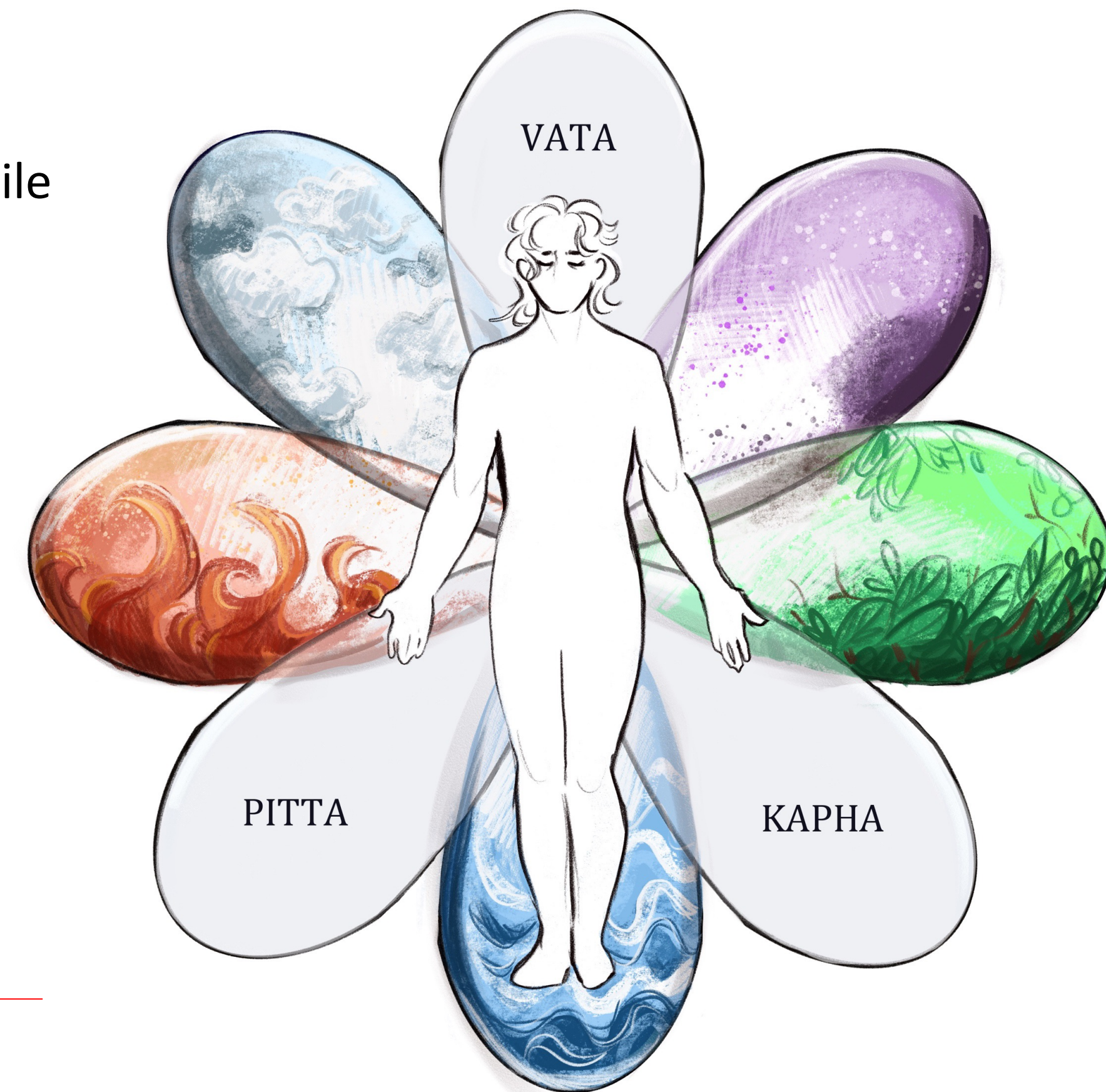
Pitta = Fire and Water

Hot, sharp, liquid, mobile, oily, pungent



Kapha = Water and Earth

Heavy, dull, cold, oily, sticky, soft



An Instruction Manual for Life (2)

‘Health is balanced digestive fire, 7 tissues, 3 excreta, sensory and motor organs..’



Understanding our agni, digestion and how disease manifests



Asatmendriyarthasamyoga
(Misuse of senses)

Prajna paradha
(Wisdom) (Offence)





Parinama or Kala
(Seasons and phases of life)



“ROGA SARVE API MANDAGNI”

All diseases are caused by poor digestive fire (metabolism)



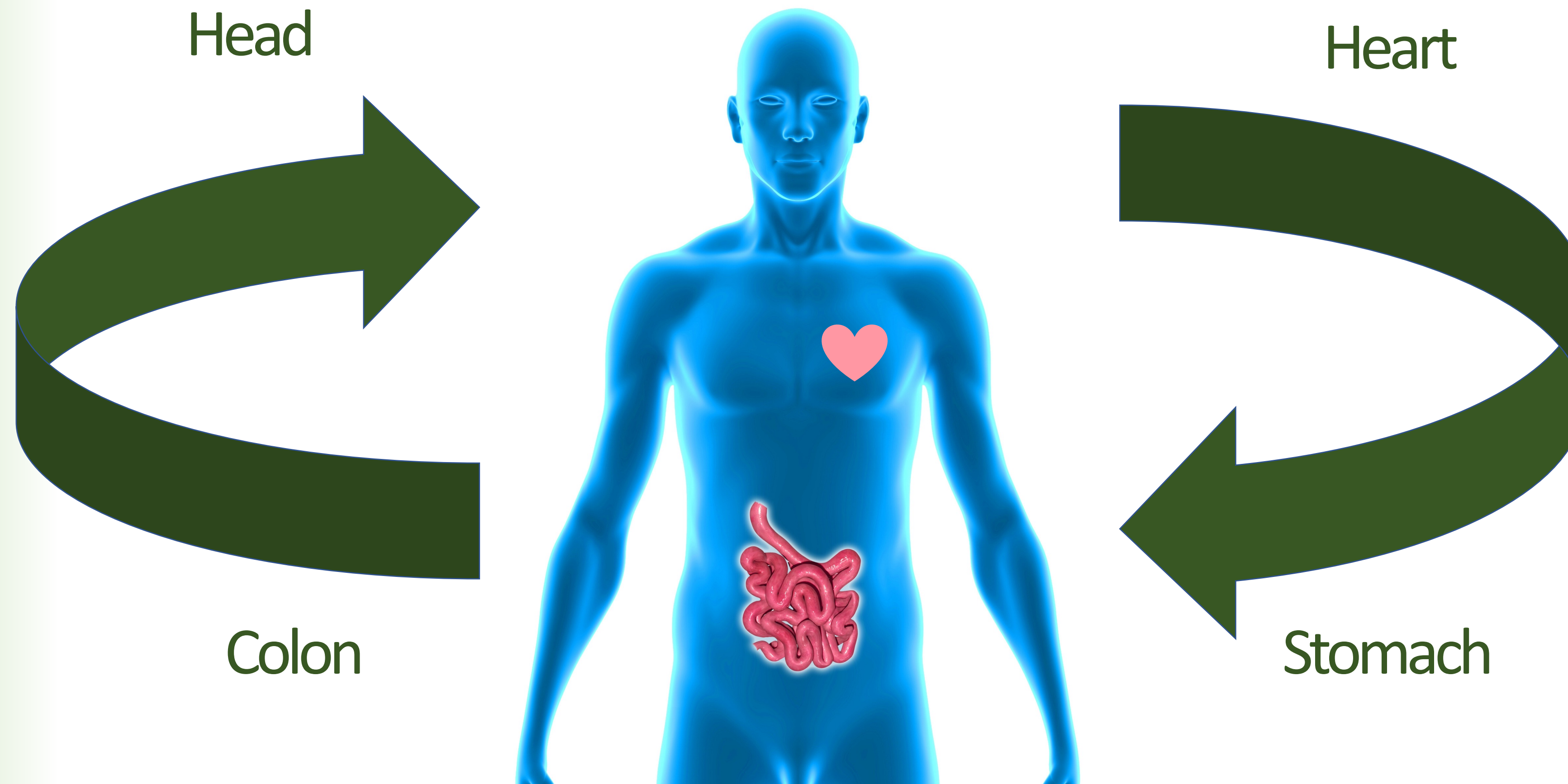
Gut Health impacts physical and mental health

86% of UK population, 40% of the world, have gastrointestinal issues (GI)



Indigestion
Gastritis
IBS
Peptic Ulcers
Gastric Ulcers
Gastroenteritis
Crohn's
Ulcerative Colitis
Coeliac
Cancer

Transformative Energy (Gut Fire or Agni)



FOOD is transformed by our **GUT FIRE**, into energy for our body and mind

Good Digestion

Energised

Light

Elimination works

No cravings

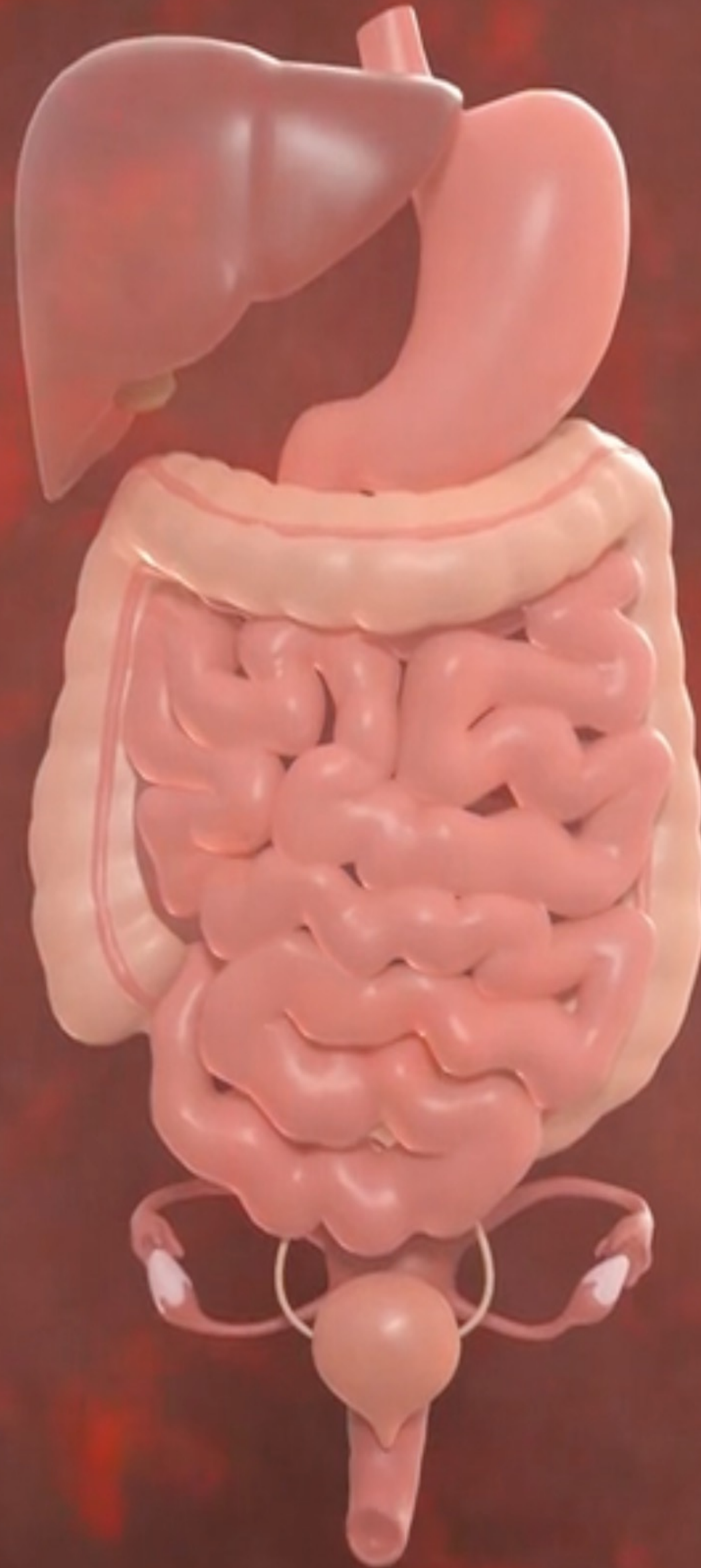
No pain

No acidity

Happy

Satisfied

Content



Bad Digestion

Lethargic

Heavy

Bloated

Blocked up

Stomach pain

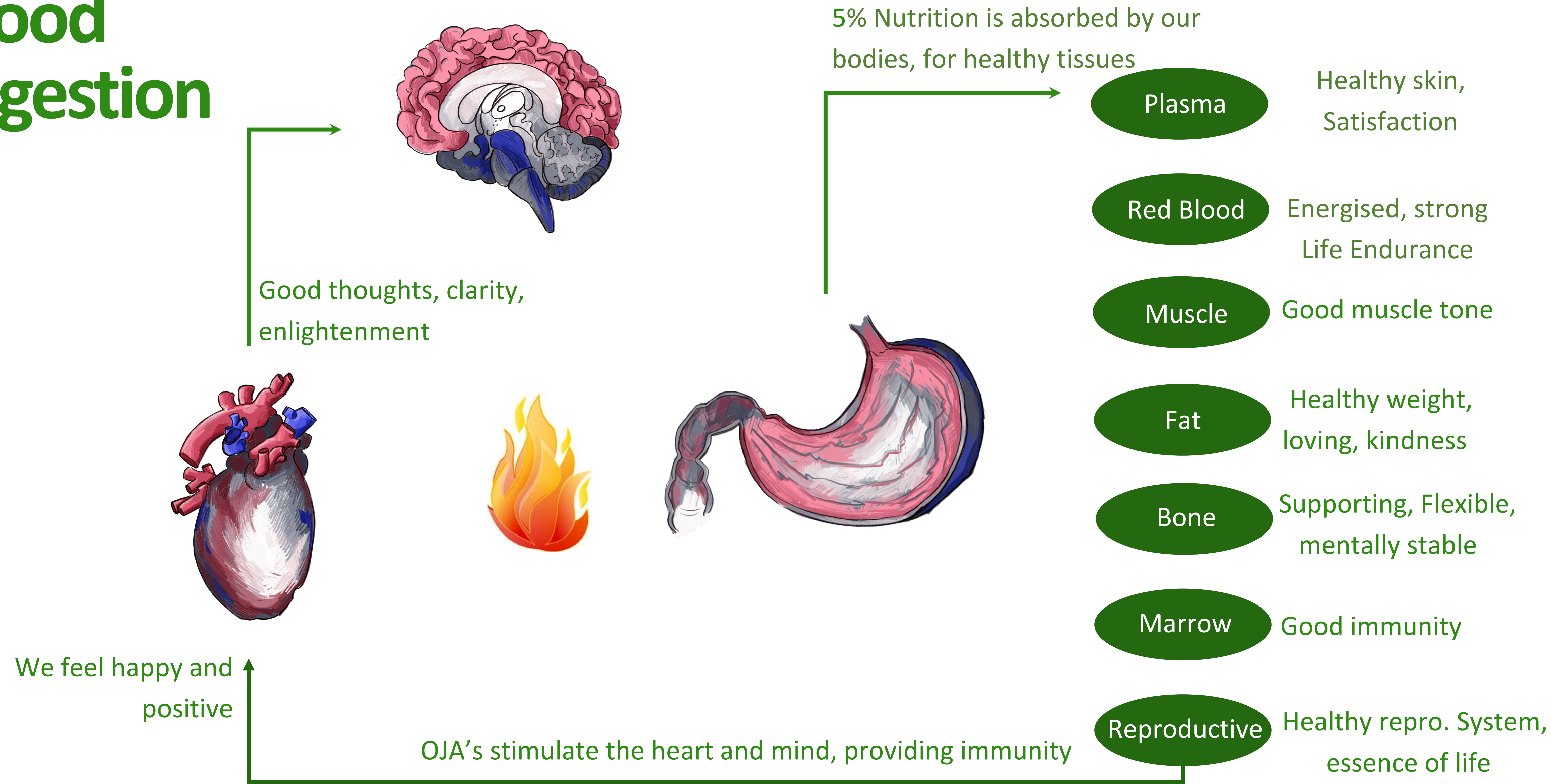
Acid reflux

Cravings

Sad

Depressed

Good digestion

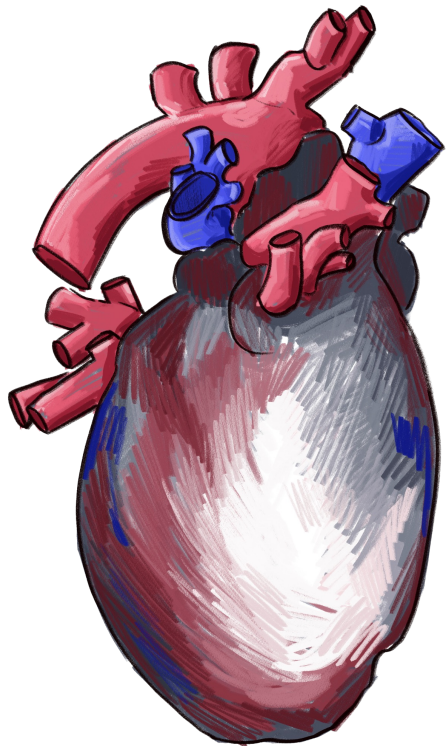


Bad digestion

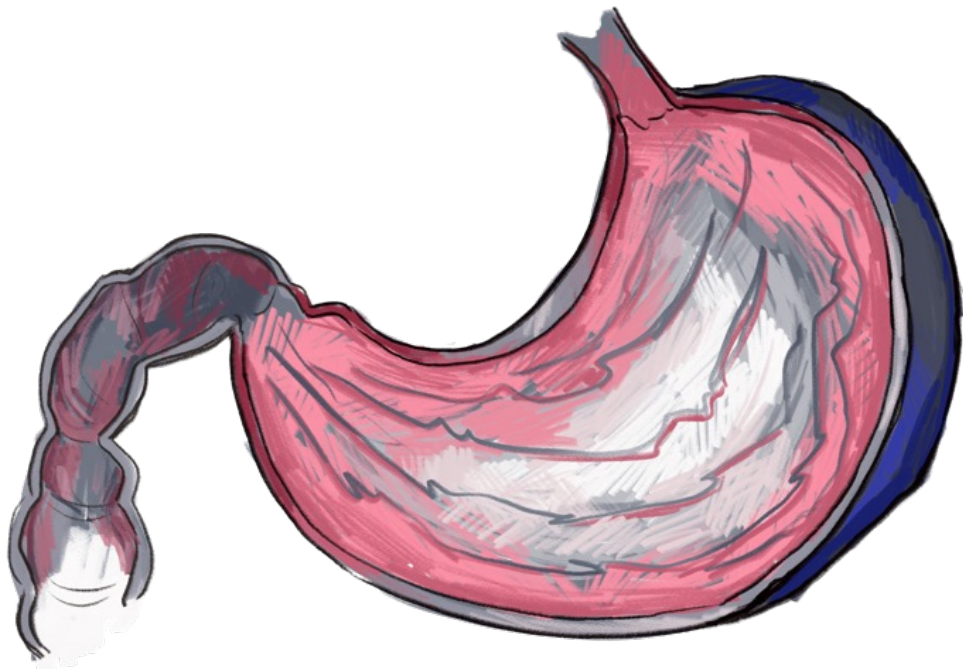
How does digestion work?



Negative thoughts, brain fog, anti social behaviour



Feel angry, frustrated, hateful



Toxins and digestive issues

Toxins travel, **Malabsorption**, poor quality tissues

Plasma

Dissatisfied
Allergies, skin issues

Red Blood

Lethargy,
Inflammation, arthritis

Muscle

Spasms, aches, muscle wasting

Fat

Obesity

Bone

Pain, mental health, arthritis

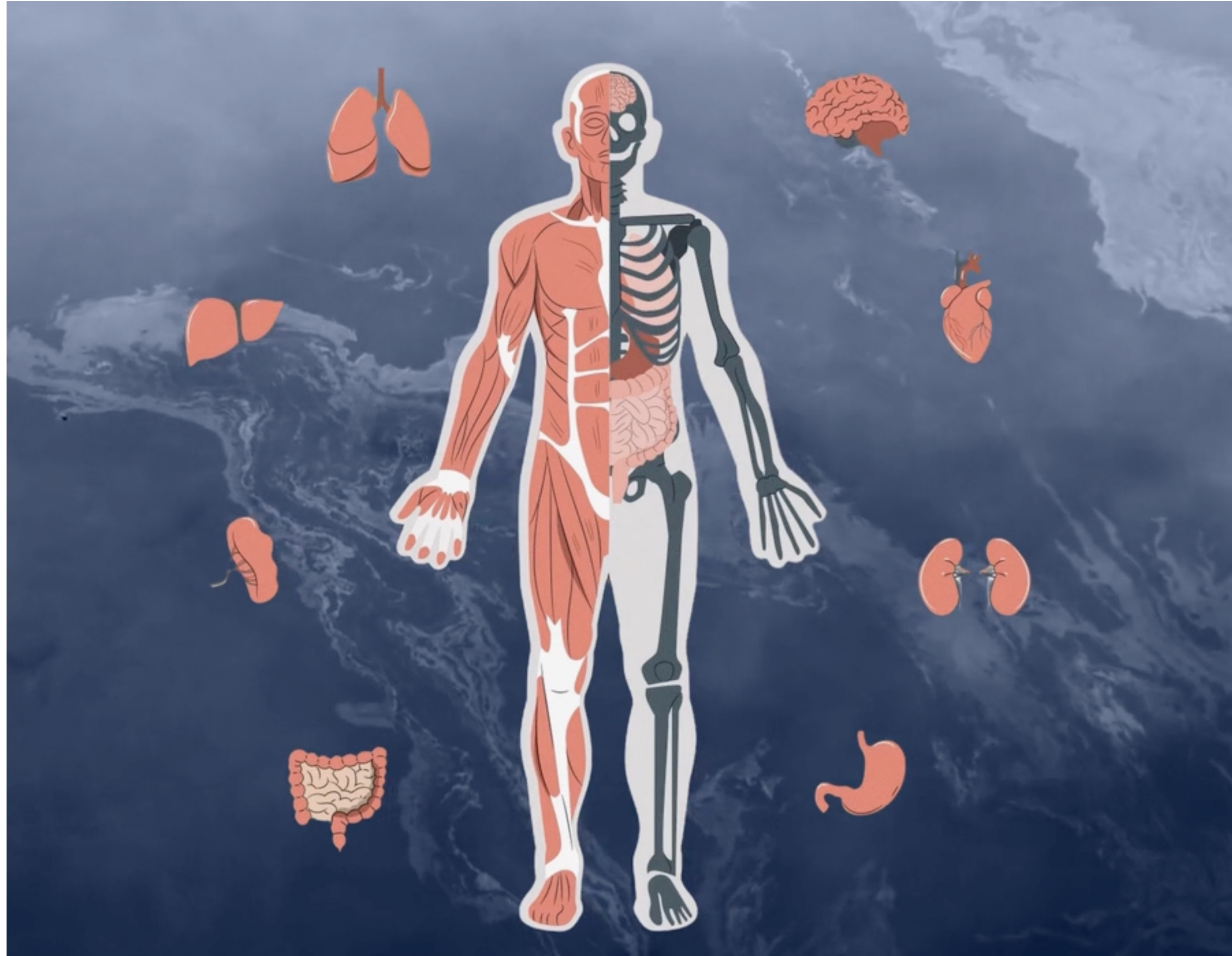
Marrow

Low immunity, leukemia, cancer

Reproductive

Fertility issues, menstruation

Poor OJA's, weak immunity



Gut Instinct



Everyone's gut fire is different, its our unique DNA code

Affects the foods we like and how we digest them

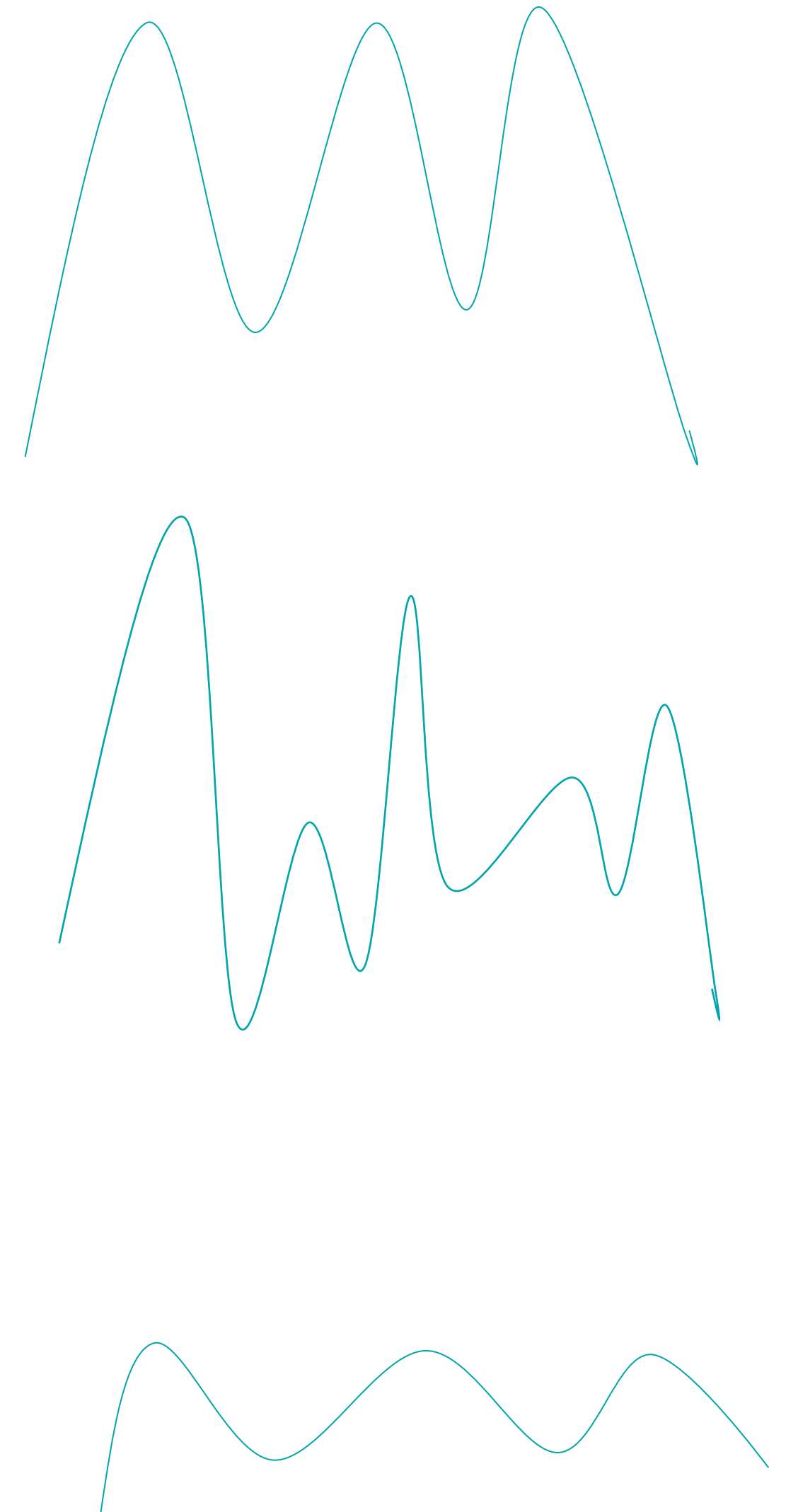
Understand, and listen to your gut fire
Gut instinct (instinct)

How does digestion work?

Pitta
Hyper
Metabolism

Vata
Irregular
Metabolism

Kapha
Hypo
Metabolism



What's your temperature gauge?

Balanced Agni



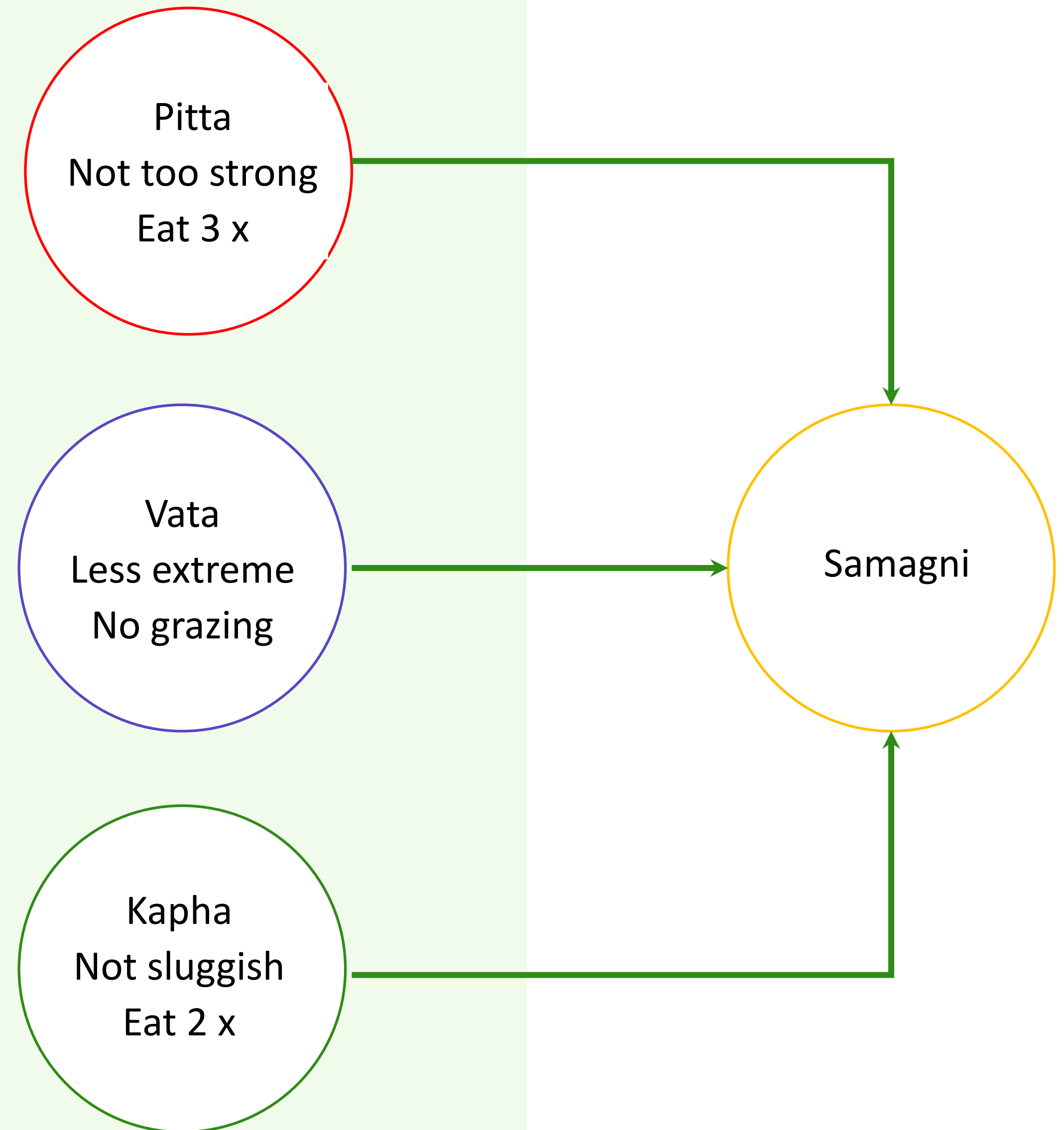
How does
digestion
work?

Agni must be looked
after for our health

The aim is to achieve
balanced agni

That does NOT mean
we are all the same

Identify your
digestion (agni) and
treat it with respect



Gut Instinct



Agni

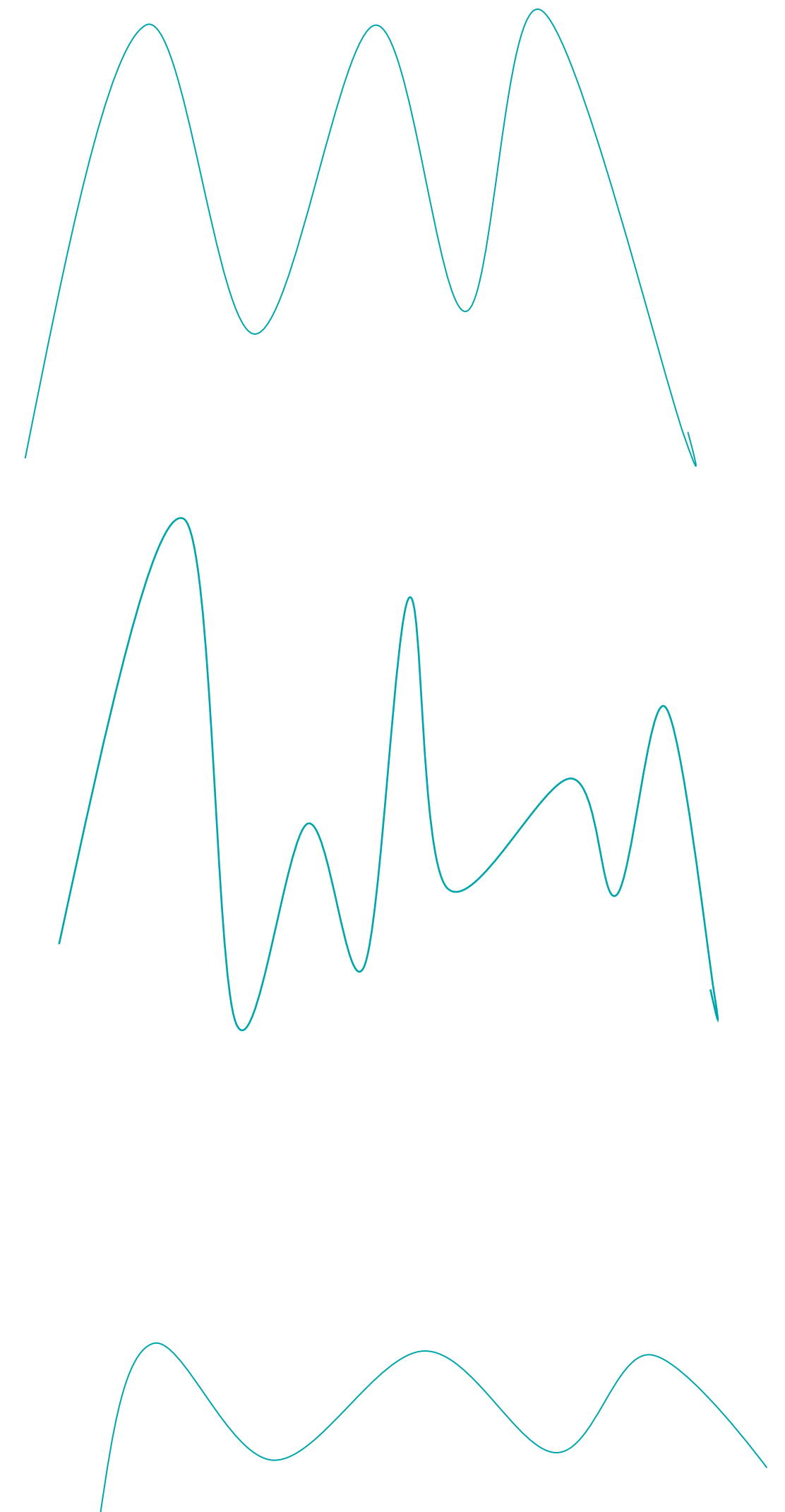
Q: Do you recognise
your gut fire?

Pitta
Strong

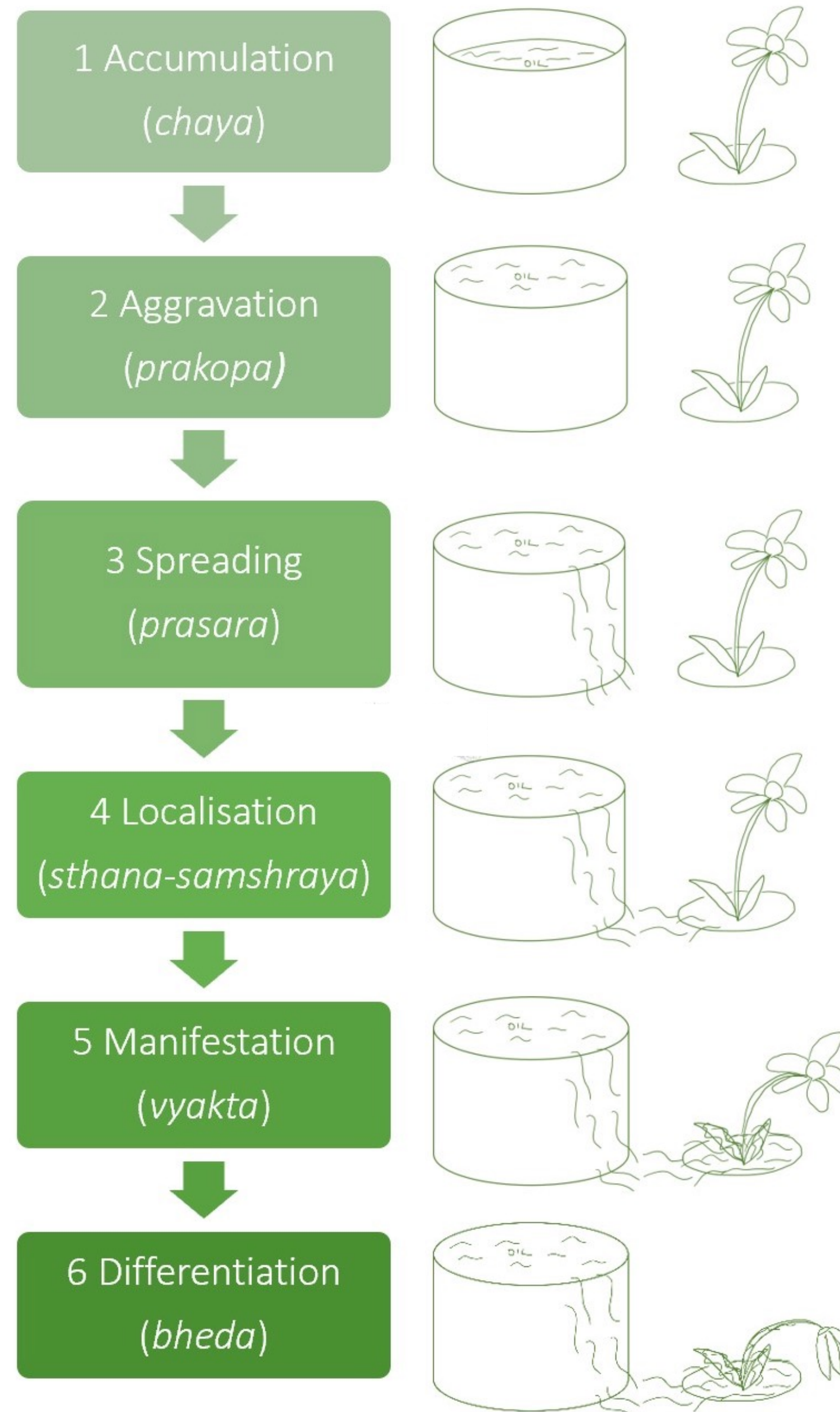
Vata
Irregular

Kapha
Slow

What's your temperature gauge?



Stages of Disease





Thank you

For more information tish@highlandayurveda.com or www.highlandayurveda.com



Highland Ayurveda Services

WWW.WEBSITE.COM



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- Ayurvedic Consultation 60-90min £60
- Ayurvedic Treatment Guidance 45mins. £40
- Includes Treatment Guidance which evolves during treatment and is provided as a written report.
- Follow Ups £30 for 30mins or £60 for 60mins.
- Herbal remedies approx. £65 for approx. 3wks supply, depending on disorders.
- Treatment is 3-6mths with 3-4 wk follow ups.
Complex disorders may require longer.
- Ayurvedic Marma Massage 90/120 mins £90/£120
- Shirodhara 30/60 mins £70 or £30 (addon)

- Highland Ayurveda, founded 2021
- Ayurvedic Practitioner - Face to face and online consultations, unique and holistic treatment plan with lifestyle and nutritional advice supported by herbal remedies.
- Ayurvedic Marma Massage and Shirodhara energy healing massages.
- Successfully treated CFS, eating disorders, coeliac, IBS, fibromyalgia, anxiety, depression, suicidal ideation, ADHD, alcoholism, stress, insomnia, obesity, chronic pain, inflammation, arthritis, psoriasis, eczema, skin disorders, thyroid issues, fertility issues, PCOS, endometriosis, menopause, asthma, long Covid and more
- Member of, and supported by the Ayurvedic Institute UK and Dr Deepika Rodrigo with 25+ years experience healing and teaching in the UK