

AYURVEDA IN DAILY LIFE RETREAT 2

Topic for Sun 17 October: Dance of the Doshas - Daily Routine

In this workshop, we will cover:

- Why we have a daily routine.
- What do we do, where, and how?
- Affirmation
- Rise at dawn
- Tongue scraping
- Sesame oil, ears & nostrils
- Treatment of eyes
- Gandusha (swishing)
- Neti
- Self-abhyanga (massage) - how, why, when
- Warm water drink
- Ayurvedic Liver detox drink, freshly prepared
- Morning yoga routine with pranayama and meditation
- Exercise for the doshas
- Breakfast - examples for the doshas; Vata, Pitta, Kapha, dual doshas, tridoshic breakfasts, to balance doshas
- Evening routine
- Dancing through the seasons and through life – seasonal adjustments and life cycle adjustments

Lunch Menu:

- Moroccan Pumpkin and Chickpea Stew
- Curry powder recipe 1 and 2
- Ancient Grains or Rice
- Sauteed Asparagus

