

Life happens...

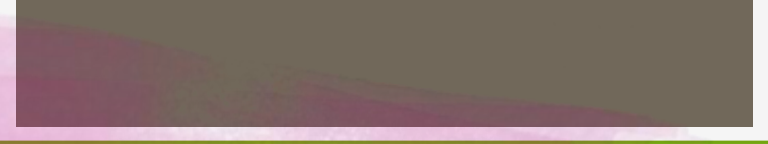
awareness is a choice

Ayurveda & Yoga

Cultivate Awareness

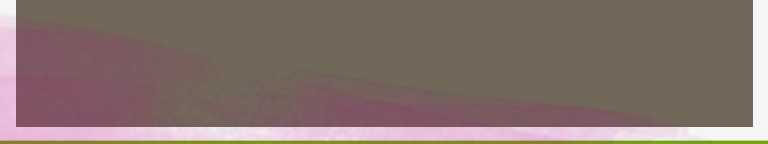
- Who am I?
 - Part of nature.
 - My unique relationship with nature.
 - How to live well in that relationship.





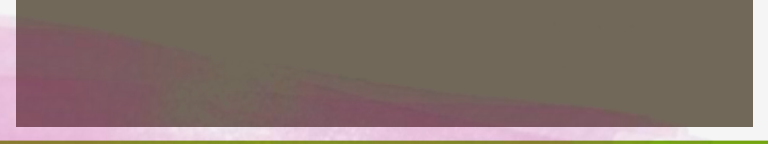
4 keys to living well

- Awareness
- Regularity
- Consistency
- Commitment



1. Awareness

- The experience of mindfulness.
- Whatever you are doing just do that.
- Checking in - what's happening
bodyMind
- What is the context of your life?



“I did not question why I was in pain or why my body was not functioning the way it should. I was never taught that I had a body that needed consulting. ”

- ✓ I feel trapped.
- ✓ Nothing I do seems to make a difference.
- ✓ No matter how hard I try it is never enough.
- ✓ I feel like there is something wrong with me...
- ✓ I feel like I am in crisis without a crisis...
- ✓ I know there must be more to life than this

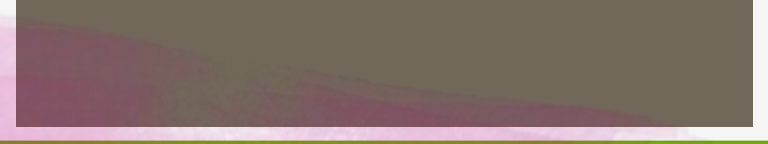




*“I don’t have time to consider what
it’s like to be me...because I am always
too busy doing what I have to do to
get on with life”*



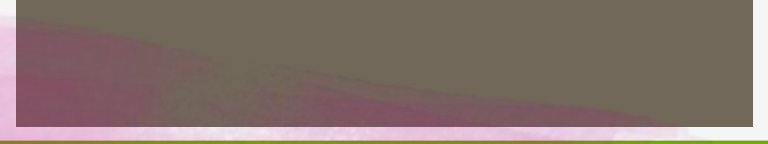
“...it's not what I'm doing that is causing me stress but how I am being. I try so hard to please other people that I exhaust myself and cause such stress...I feel that obligation in everything that I am doing.”



2. Regularity

3 pillars of health...

- Food
- Sleep
- Rest



Food

- Eat real food
- Eat mainly plants
- Don't eat too much

A large, horizontal, pink brushstroke graphic with a textured, painterly appearance, extending across the upper portion of the slide.

Sleep

- How and when you go to bed determines how feel when you get up

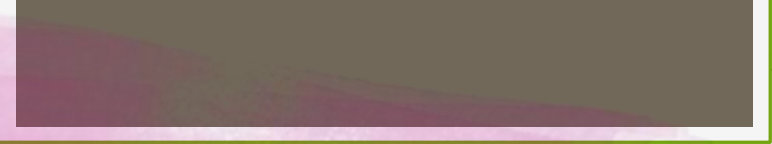
'The wet nurse of the world'.



Rest

- It's different to sleep
- Like the animals do

*What is worth doing and what is worth having?
It is worth doing nothing & having a rest.'*



3. Consistency

- Do it more often than not (4 times pw)
- 10 mins a day is better than 1 hour a week

“It is the little things you do everyday that determine your health & wellbeing...or lack of it.”

4. Commitment

- What's at stake –
'if you don't look after your body where will you live?'
- Good health is a daily choice – *'That's just what I do!'*
- Self-Care v To Do List
- Qu to self...*"is this 'on the way' or 'in the way'?"*

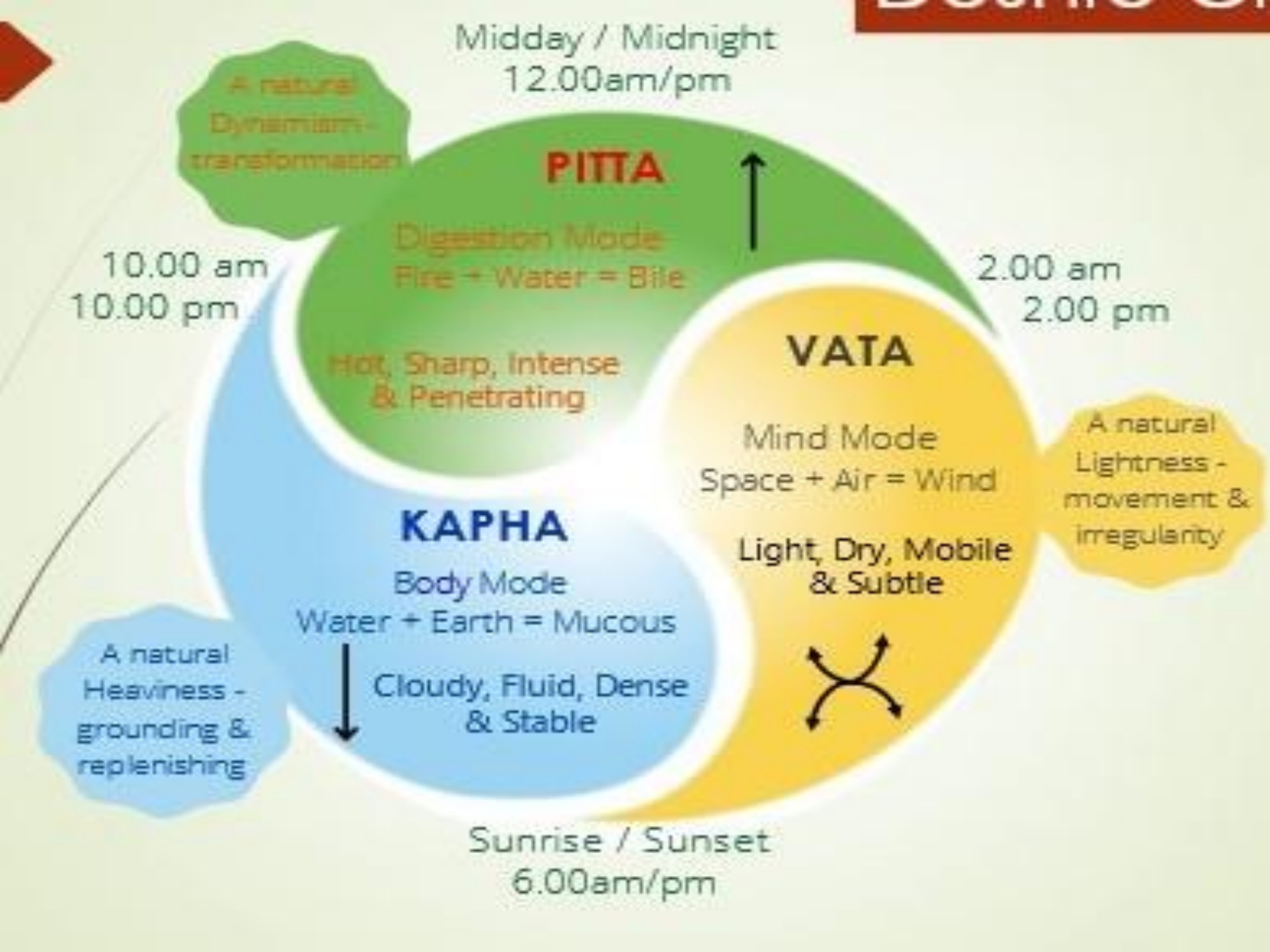
Doshic Clock

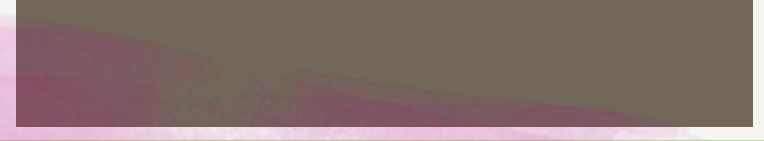


Doshic Clock

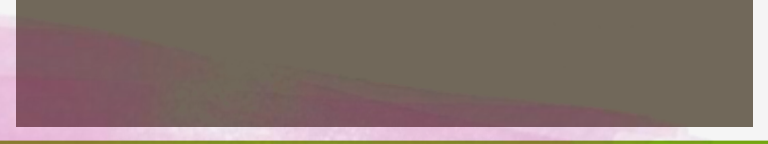


Daily activities
aligned with our
Circadian Rhythms





*“...and as one problem was solved another popped up, and the more we got into things the more it all fitted into place...and the more I realised that **my problems were not problems but the way we are taught to live.**”*



*“The single most important thing that I gained from our work was that it is OK, and **it is not selfish, to be trying to look after myself.***

I am a better person for it and others get the benefit of that.”