



# Ayurveda, Yoga & Dosha Coaching

Cultivating resilience, vitality and longevity

**WHAT IS AYURVEDA?** Ayurveda is the world's first whole-being health system. It originated in India over 6,000 years ago. Considered *the mother of all healing arts*, its primary focus is to support vitality and longevity. This goal is achieved by understanding one's intrinsic nature, and learning how to protect, preserve and nourish one's life force. Secondly, Ayurveda addresses disease states which are considered to have three primary causes:

1. a misuse of the sense organs
2. an abuse of time, ie. moving too fast or slow in mind or body
3. a failure (harm) of the intellect to honor (know) the self.

**WHAT IS YOGA?** Yoga is the twin of Ayurveda. Its philosophy and practices cultivate consciousness and manage mental fluctuations so that one can master the activities of mind.

**WHAT IS A DOSHA?** Dosha is a term that expresses the dynamic forces created through the natural pairing of the elements of life, (earth, water, fire, air, and ether). Known as the Tri-doshic Philosophy in Ayurveda, these natural forces govern our being. The chart below is a *general overview* of the balanced attributes of the elements in body, mind and spirit.

<b>Kapha Dosha</b> (earth & water)	<b>Pitta Dosha</b> (water and fire)	<b>Vata Dosha</b> (air and ether)
<b>Body:</b> resilient, dense stocky	<b>Body:</b> muscular, energized, active	<b>Body:</b> light, long delicate
<b>Mind:</b> reliable, structured	<b>Mind:</b> intense, intelligent	<b>Mind:</b> creative, flexible
<b>Spirit:</b> loyal, affectionate	<b>Spirit:</b> ambitious, leader	<b>Spirit:</b> enthusiastic spacious



**DOES EVERYONE HAVE A DOSHA?** Yes. Actually, everyone has all of the doshas. However, generally one dosha is predominant. The qualities and attributes of the dominant dosha can be recognized in the body and personality. This “constitutional” dosha is referred to as Prakriti. There is also the Vrikriti – the doshic expression – moment to moment – which reflects the internal and external environment. Ultimately, optimal health can be understood to occur when one’s Vrikriti is in harmony with one’s Prakriti. Health and wellbeing can be enhanced through the daily choices we make to reflect our true nature. Imbalances on the other hand will lead to acute or chronic impairment of a dosha’s function. Chronic imbalances will eventually lead to a ‘derangement’ of the dosha and eventually disease. Therefore, acquiring an understanding of one’s Doshas and cultivating a lifestyle that generates balance is what occurs in the Dosha Coaching process.

**HOW DOES YOGA PRACTICE IMPACT THE DOSHAS?** Breath, movement and meditation are hallmarks of yoga. Every yoga pose is a manipulation not only of the body’s joints and muscles – known as the gross body – but of the *subtle body’s energies* and the corresponding doshic force and function. Additionally, the quality of breath and mind further influence a yoga practice’s affect on an individual’s Vrikriti. To understand one’s dosha therefore becomes a powerful mindset that benefits everyone, no matter the “level of their yoga practice”.

**WHAT IS DOSHA COACHING AND HOW CAN IT HELP ME?** Dosha coaching combines the neuroscience of behavior with the twin sciences of Ayurveda and Yoga to cultivate optimal health. Dosha coaching supports individuals in discovering their elemental nature, and empowers them to create a lifestyle that harmonizes their Vrikriti with their Prakriti.

#### **ELEMENTS OF A DOSHA COACHING SESSION CAN INCLUDE:**

- Discussion of individual health needs, vision, goals, personal values and a health history
- Ayurvedic Doshic Assessment of both Prakriti and Vrikriti
- Individualized full-spectrum yoga practice recommendations (breath, movement, meditation, mudra and mantra)
- Recommendations for Ayurveda’s classic five sensory self-care therapy
- Nutritional guidelines personalized to optimize digestion, assimilation, elimination with an emphasis on plant-based nutrient dense herbs, spices and other ingredients
- Behavior coaching to identify and develop lifestyle habits to meet individual goals
- Motivational Interviewing to maximize *effort/outcome* ratio

## DOSHA COACHING Fees and packages

Dosha coaching is a personalized approach to wellness that integrates physical, mental, and emotional expressions with historical, seasonal and life-stage nuances. As such, one can expect to enter into this process for a minimum of 3-6 months, and more likely 9-12 months. This process guides an individual back to their true nature, and while each constitution is different, a balanced person is most likely to be free, joyous and grateful.

Initial Consultation 90 minutes and follow-up \$350

Weekly 45 minute sessions booked individually \$90

5 session package \$325

Three month package \$725

50 weeks – year long coaching \$1800

All packages require the initial consultation and follow-up sessions.



**DEIRDRE BREEN** is *The Dosha Coach*, and creator of this approach to optimizing health. An Ayurvedic Health Counselor, Board Certified Health and Wellness Coach, Master ISHTA Yoga Teacher, Yoga Alliance Continuing Education Provider, and a Duke Certified Integrative Health Coach.

Deirdre conducts private sessions in Westchester County, New York, as well as remotely. She also teaches seasonal workshops, teaches Ayurveda in Yoga's Teacher Training Programs, and conducts private healing retreats. **Next retreat, May 15-17, 2021.**

