

PRACTICAL EXERCISES • NUTRITION • MINDFULNESS • LIFESTYLE & WELLNESS

YOGA

MAGAZINE

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ISSUE 244/ AUGUST 2023

SPREAD LOVE & LIGHT

dharana

**REAWAKENING
LOGAN**

Yoga

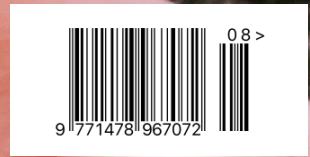
**YOGA FOR
SPECIAL
NEED KIDS**

**WHY YOGIS
LIVE BY
WATER?**

**PROCRASTINATION &
HEADSTAND**

Car Yoga

Shilajit
An Elixir for Life



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Editor's Letter

Dear YOGA Magazine readers,

Greetings and blessings!

Welcome to the August issue of Yoga Magazine! In this edition, we have curated a vibrant collection of articles that encompass the diverse facets of the yoga journey - from nurturing the body and mind to exploring the profound wisdom of ancient teachings.

Learn about the ancient Lohan Yoga - its origins, challenges, and the role of imagination in enhancing and evolving the practice for future generations. Delve into the profound wisdom of Swami Muktananda and explore his teachings on self-care, self-love, and the importance of honouring your unique path.

In *"An Introduction to Yoga for Special Needs Kids,"* discover the incredible power of yoga to create a safe and inclusive space for children with special needs. Witness the transformative impact of yoga on their lives, fostering strength, balance, and self-confidence.

Struggling with procrastination? Explore how the inverted posture of headstand can shift your mindset, ignite focus, and dissolve barriers to progress. Also, unleash the benefits of the classic Pigeon Pose and experience the release, openness, and balance that Pigeon Pose can bring to your practice and your life. In *"Car Yoga,"* learn how to incorporate mindful movement, relaxation, and breathwork into your commute, transforming traffic jams into moments of serenity and self-care.

Explore *"Facial Reflexology for Emotional Wellbeing"* and uncover how stimulating specific points on the face promotes emotional balance, relieves stress, and enhances overall well-being. Delve into *"Healing Family Patterns: Transforming Generational Energies"* and break free from inherited patterns through yoga and mindfulness practices.

Boost your immune system naturally with *"10 Lesser-Known Natural Remedies for Super-Powered Immunity."* Unlock the hidden treasures of nature's pharmacy and support your overall well-being. Along with this, unearth the ancient Ayurvedic secrets of *"Shilajit: An Elixir for Life"* and explore its therapeutic potential. Through *"5 Steps to a Healthy Gut,"* discover key steps



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to maintaining a thriving gut ecosystem, unlocking optimal digestion, immunity, and mental well-being.

Take a moment to pause and reflect on *"Time to Concentrate."* Discover Dharana to enhance your focus, quiet the mind, and fully embrace the present moment. Unlock the power of concentration as a gateway to deeper states of awareness and inner stillness.

Prepare to be moved by the inspiring story as Lillie shares her personal narrative of how yoga became a lifeline during her darkest moments. Witness the transformative power of yoga as it brings solace, strength, and healing to those in need.

Lastly, I hope you will dive into my exploration of *"Why Yogis Live By Water"* and enjoy learning about the cleansing, purifying, and transformative qualities of this vital element. I am hoping that this will inspire you to integrate the learning into your practice and daily life.

We hope this August issue of Yoga Magazine inspires you to deepen your practice, explore new dimensions of well-being, and embrace the transformative power of yoga. May these articles be a guiding light on your journey towards self-discovery, inner peace, and radiant health.

**With love and light,
Yogi Maharaj Dr Malik**

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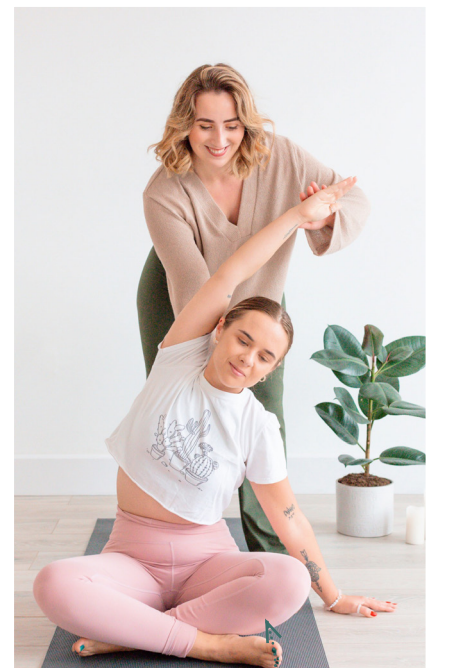
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YOGA Magazine

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BWY SPECIAL FEATURE

HEALTH BEYOND PILLS

Six Ayurvedic Teachings to Regain Health Control

Words: Tarik Dervish, BWY Teacher Trainer

Our health service is in crisis. A recent UK Government review showed that 20% of hospital admissions in the over 65s are due to adverse effects of medicines and it has pledged to reduce the over-prescribing of medicines. Given this, the medical profession is now looking at alternative therapies to help people take more control over their health, rather than wait for a prescription.

Over the last twenty years, Ayurveda has been quietly building momentum as a sister science to yoga. Ayurveda means 'knowledge of Life' and is an ancient medicine system originating from India. Rather than treating the physical symptoms of disease, both Ayurveda and Yoga take a more holistic approach, considering the interconnectedness of body, mind and spirit. It is only relatively

recently that Western medicine has integrated social and psychological factors into patient care.

Ayurveda's message has been consistent for millennia that we each possess an inherent intelligence that aligns with the Earth and the stars. This timeless wisdom emphasises the deep connection between our internal being and the wider universe. Ayurveda not only unveils cosmic truths, but it offers practical guidance on our dietary choices, sleep patterns, work habits, and even the company we keep.

Ayurveda pays great heed to the concept of *Prakrti*, which refers to our individual constitutional nature. We are all composed of different quantities of the elemental forces of earth, water, air and space, which shape our unique being.

Prakrti is influenced by the balance and interplay of the three fundamental energies or doshas: *Vata*, *Pitta*, and

Kapha. *Vata* or wind, is associated with air and space and governs movement and creativity. *Pitta* is linked to fire and water and governs metabolism, digestion and transformation. *Kapha* is related to earth and water and governs stability, structure and nourishment.

Each individual has a unique combination of these doshas, which defines their *Prakrti*. Understanding one's *Prakrti* is crucial in Ayurveda as it helps determine personalised recommendations for diet, lifestyle, exercise, and therapeutic interventions. By aligning with the natural tendencies and needs of their *Prakrti*, individuals can achieve and maintain balance, health, and well-being according to Ayurvedic principles.

It is true that Ayurveda has something to offer everyone. It has wonderful recipes, spa treatments, herbal preparations of all types and a powerful detox programme called *Panchakarma*, but its success lies in the impact it has on our daily lives rather than the treatments it provides.



HERE ARE SIX KEY AYURVEDIC TEACHINGS

1. AYURVEDA IS NOT A QUICK FIX

We must put in the work if we want to retain vibrant health. When I started learning about Ayurveda in the early noughties, it took me many years of consistent effort to overcome the physical and emotional tendencies that contributed to poor lifestyle choices. Yoga wasn't enough because it didn't address the diet and lifestyle issues that Ayurveda emphasises. Like Yoga, Ayurveda demands a huge amount of self-reflection and reveals its truth over time through consistent effort.

2. AYURVEDA CHAMPIONS NATURE

Like any ancient healing system, Ayurveda teaches from the point of view of nature's truth and as the saying goes, truth is not always that convenient. The more we interrupt nature's ways to our advantage, the more we suffer in the long run. We live in concrete forests, but we need to be surrounded by living ones. The earth beneath our feet can help to demagnetise us, the fresh, clean sea air can recharge us, and fresh clean water and food can nourish and hydrate us. We are often so trapped inside our own concrete cocoons we wonder why we feel depressed, isolated, or constantly fatigued.

3. FOOD

Ayurvedic health is centred around the digestive tract which is the seat of our metabolic power or *agni* (literally means fire). It is where all chronic disease begins because it is the main interface between what we are and what nutrients we take in from the outside. These nutrients eventually become a part of us and the waste, excesses and toxins are removed if our digestive power is efficient. Ultimately, good nutrition supports good cellular health, so it retains a healthy relationship with itself as well as with its community, the rest of the body. Science is now saying what Ayurveda has always said, that the key to good health is what we put in our mouths. If our *agni* is not strong, the highest quality food will not be digested so it is important to give our body a chance to regenerate itself through fasting and detoxification. A true Ayurvedic holiday is one that involves plenty of rest, relaxation, and simple well prepared cooked food. Ayurveda prefers cooked food because the body doesn't have to work so hard to break it down. Raw food is generally hard work for the body. It must overcome all sorts of obstacles like lectins which cooking helps to reduce. The biggest meal should be between 10-2pm because this is when our digestive power is the strongest. We should stop eating at least four hours before we go to bed. It is useful to use a variety of culinary herbs like cumin, coriander, ginger, black pepper, and fennel.

4. SLEEP

It is important to go to bed at a reasonable time and get up early. The brain needs about seven hours' sleep to cleanse itself. At different times of life, different *doshas* tend to dominate. As we move into old age, tissue elasticity reduces due to its weakened capacity to retain fluid. This 'drying out' leads to internal turbulence and an increase in vata dosha, which embodies these dry, irregular and restless qualities. Routines can help with this hugely. Eating, sleeping, and working at regular times all help to stabilise vata dosha. If we are used to a lot of excitement and variety in our lives, then this might be a difficult balance to strike but sleep is non-negotiable. I recommend going to bed by 11pm and waking up by 6am. For yogis, I suggest an earlier bedtime of 10pm so that you can rise at 5am which is a time that aligns with the balance of solar and lunar energies which is great for meditation and spiritual connection.

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5. STRENGTH IN COMMUNITY

When we have responsibilities, our awareness shifts from just being preoccupied with ourselves to caring and acting for others too. Parenting is the most common situation where we have responsibilities for those other than ourselves. However, we may be caring for elderly parents or be involved with action groups that support our local or chosen community. Identifying with a group can be a huge relief because we are also held by the group we are part of. Life is difficult and a challenge shared is a challenge halved. We don't have to do it all on our own. If we are not part of a supportive community, we should seek one out that is like-minded, ethical and supports our values and worth. Loneliness is an epidemic in modern society because we are not encouraged to work and act together. We all have unique qualities to offer a group and our achievements are greater when we work in teams. Studies have shown that being part of a strong community will also help us live longer.

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- National overprescribing review report - GOV.UK (www.gov.uk)
- Frontiers | Social Support and Longevity: Meta-Analysis-Based Evidence and Psychobiological Mechanisms (frontiersin.org)

6. PURPOSE AND MEANING

Having a reason to get up in the morning is essential to good health. Consciously or unconsciously, we are all on a journey of self-discovery and realisation. The realisation of our unique potential and ultimately the Realisation (capital R) of our spiritual nature. Ayurveda lays the groundwork for deeper yogic practices and teachings because it helps us gain good physical, mental and emotional health which are important prerequisites for deeper spiritual work. Vedic philosophy refers to the five sheaths of the body: the physical, pranic, mental, intuitive and bliss sheaths. We achieve full integration when we can embrace all aspects of ourselves including the difficulties of the past and dreams of the future. Some people have an innate sense of purpose and others don't. Taking on responsibility can bring purpose to one's life but a small number of us may have a more unique calling related to a special talent, fighting an injustice or retreating to an ashram. The call of the soul can change with time but is essential to lend an ear to it if we are to find peace and sanctity within ourselves.



Tarik is a Yoga Teacher Trainer for the British Wheel of Yoga (BWY) with 25 years' teaching experience specialising in Ayurveda. He holds a BA Hons in Ayurveda. He co-runs the BWY accredited Ayurveda in Action Online Module with Dr Cathy Mae Karelse and is the author of Ayurveda in Yoga Teaching book as well as contributor to the Yoga Teaching Handbook.

If you are interested in learning more about Ayurveda, Tarik is running a new course in March 2024: Ayurveda in Action Online BWY accredited Module. He is also starting a new teacher training course in October: BWYQ CERTIFICATE IN YOGA TEACHING