

WELCOME TO

# INTRO TO AYURVEDA

TO UPLEVEL YOUR HEALTH AND  
YOUR LIFE

• **WORKBOOK** •



# MOKSHA

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Yoga & Wellness

# Welcome

## I'm so glad you're here!

I'm Kimber, the founder of Moksha Yoga & Wellness, and I'll be leading you through the workshop! Whoo!

I know this training is going to be a *jam-packed* 90 mins for you, so I created this workbook for you to take notes and stay organized.

Enjoy, and don't hesitate to get in touch if you have any questions!



Namaste,

*Kimber Jones*

**Join our Exclusive  
Facebook  
Community**

*The Power of Ayurveda*

[facebook.com/groups/mokshayogawellness](https://facebook.com/groups/mokshayogawellness)



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[mokshayogawellness.com](https://mokshayogawellness.com)



# Part I: Introduction

1

Take a moment to get centered. Pause the video, silence your phone. Close your eyes. Take a few deep breaths. Scan your body and release any areas where you are holding tension. Maybe release an exhale as a sigh out of the mouth. Once you feel grounded in the present moment, open your eyes.

2

Before we start, reflect on your WHY. Why are you here? What do you hope to learn? What are your long-term goals for your health and your life? How can ayurveda help you get there?

3

What is Ayurveda?

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4

When and where did it originate?

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5

What makes it different from other health & wellness systems?

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# Part II: The Doshas



## In balance

Mind:

Body:



Vata Body Type

Elements

Season

Time of Day

## Out of balance

Mind:

Body:

## How to balance

Diet:

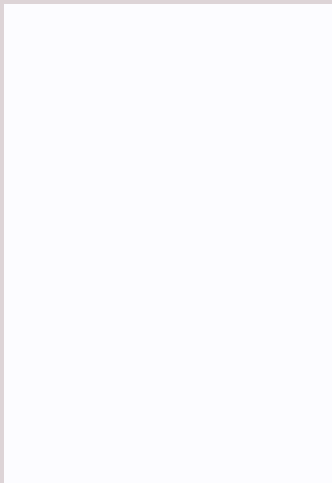
Exercise:

Lifestyle:

# Part II: The Doshas



## Pitta *Transformation*



Pitta Body Type

Elements

Season

Time of Day

### In balance

Mind:

Body:

### Out of balance

Mind:

Body:

### How to balance

Diet:

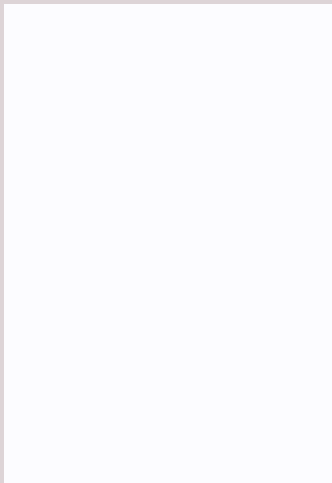
Exercise:

Lifestyle:

# Part II: The Doshas



**Kapha**  
*Nourishment*



## In balance

Mind:

Body:

Kapha Body Type

Elements

Season

Time of Day

## Out of balance

Mind:

Body:

## How to balance

Diet:

Exercise:

Lifestyle:

# Part III: Finding Balance



What is a constitution? (\*Remember- no constitution is better or worse!\*)

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What are we trying to balance to? Why do we not balance all three buckets evenly?

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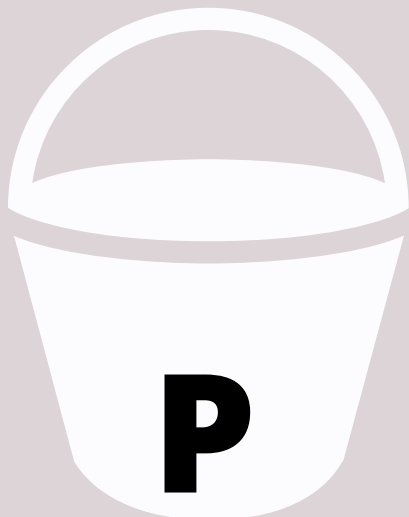
What does 'Like Increases Like' mean? What about 'Balance with the Opposite'?

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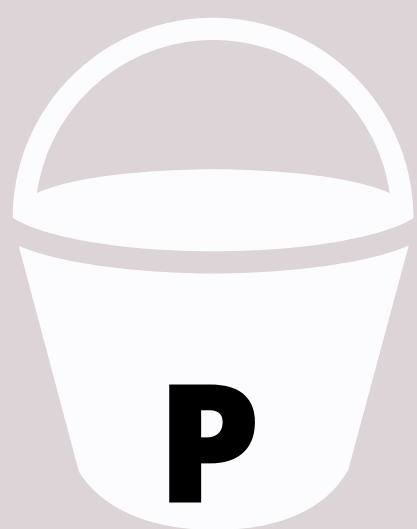
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# Part III: Finding Balance



**What is your constitution?**

Draw on the buckets above to show how full they are



**What is your current state of imbalance?**

Draw on the buckets above to show how full they are



# Part IV: Agni & Ama



Digestive  
Fire

**vs.**



Undigested  
Toxins

What is Agni?

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What is Ama?

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# Part IV:

# Agni & Ama

1. Warm food is better than frozen

2. Three square meals/day is better than snacking

3. Finish eating for the day before 7pm

4. Eat with gratitude and not distracted

5. Make fresh food and avoid leftovers

# Part V: Daily Routine

**6am**



**12pm**



**6pm**



**10pm**



# Part VI: Conclusion

## *You made it!*

Thanks for sticking it out until the end. I know the workshop had A TON of info, but don't be overwhelmed. This is a lifelong practice, and you don't have to be an expert overnight!



## *What is one tiny first step you are going to take to take charge of your health?*

Pick something that **underwhelms** you. Something totally doable that you incorporate as a daily habit. Notice what effects this tiny switch has. Then maybe add another. Set yourself up for success by not changing too much at once.

## *My one tiny first step is:*

# Part VI: Conclusion

*Let's keep your momentum going*

We want to stay in touch!

Here's the thing about ayurveda...

**#1-** it includes some pretty radical and counter culture shifts

**#2-** No one successfully alters their lifestyle without support

So we invite you to join our Exclusive Facebook Community to chat with others on the journey, ask questions and get support

<https://facebook.com/groups/mokshayogawellness>

Make sure to follow us on social!



And be on the lookout for info on our in-person Ayurveda Seasonal Immersions- 1 day events where we dive deep into using the wisdom of ayurveda to balance for the season.

# Part VI: Conclusion

## More resources

### **Dosha Quizzes:**

<https://www.banyanbotanicals.com/info/dosha-quiz/>

<https://www.ayurveda.com/pdf/constitution.pdf>

### **Ayurvedic Books:**

Cate Stillman's [Body Thrive](#)

Dr. Vasant Lad's [Ayurveda: The Science of Self Healing](#)

### **Ayurvedic Cookbooks:**

Kate O'Donnell's [Everyday Ayurveda Cookbook](#)

Sahara Rose's [Eat Feel Fresh](#)

### **Podcasts:**

Katie Silcox [The Ghee Spot](#)

Sahara Rose [Highest Self Podcast](#)

Cate Stillman [Yogahealer Real Life Show](#)



# Notes