

**Sister Science - Beyond Asana
Module 1 : Lesson 2
Your Perfect Ayurvedic Routine**

Hi there! Jacky Rae here, co-founder of Yoga Veda Institute & creator of Sister Science™ a course designed to introduce you to the world of Ayurvedic healing.

I believe that Ayurveda is not really meant to be fully understood, especially by our very linear western minds, rather to be experienced. This way, through experience, you can begin to fully understand how the concepts & principles that are taught in Ayurveda can be beneficial, and begin to apply them into your life.

It is my goal for you to be able to use Ayurveda in your lives, in the lives of your family & friends and for you to also be able to introduce your students to Ayurvedic Yoga Therapy in a way that is simple, safe, easy to understand, and most importantly, as this is a very personal & experiential science, easy to use.

We have already introduced the most basic foundation of Ayurveda - which are our Universe's signposts to our perfect state of health. These signposts - also known as the 5 Elements or Space, Air, Fire, Water & Earth make up all that our known universe is made of. These elements are also very present in our lives in the foods we eat as well as in our bodies & sometimes in our minds as well.

Hopefully, you've already been inside our Sister Science Facebook Community Sharing your insights after finding out what elemental combinations are at the forefront of your very unique body mind type.

You may have realized that what you thought to be your Dosha, was infact, really, your current state of disharmony, or your Vikruti.

You may have had some insights, or ah ha moments, when you realized that all along, you may have been feeding your imbalances, rather than following the universes path to wellbeing.

Today, we are going to talk about the importance of developing a daily practice - that is perfectly aligned with your unique ayurvedic path.



Together, we'll learn the perfect (Ayurvedic) way to begin your day.

The importance of developing a practice of expressing gratitude.

Cleansing Rituals to harmonize mind, body & soul (most importantly soul) as well as lessons in Self Care, Self Love, and Self Acceptance.

We can begin our journey today, right now, by beginning to examine what routines we currently practice, every day.

More often than not, many of the routines that we have, the things we do every single day, are in fact, not creating balance, rather stress, anxiety, and perhaps, unhealthy tendencies.

Everyone has a daily routine. The purpose of developing a routine According to our unique elemental makeup is to remove that which causes disharmony - replacing it with that which creates perfect balance.

A Daily Routine is the foundation of a healthy lifestyle - it allows us to develop an intimate & personal connection with the universe, and most importantly, to begin to cultivate self love & self acceptance.

An Ayurvedic daily routine is a very personal experience that is unique to you, your needs, your life and your experience. When designing your perfect daily routine, consider first, those things that light you up most.

One of the most fundamental principles of Ayurveda & Yoga is to develop an intimate connection with the Universe. By expressing Gratitude, by developing a practice of Gratitude we can begin connecting with the Universe on a more personal level. By beginning our day, first and foremost, with thoughts of thankfulness, gratitude, love & acceptance, we set the stage for a day of love, abundance and universal oneness.

Your gratitude practice is very personal & unique to you.

Start a Gratitude Journal, send out Thank you notes, Give free hugs, Give thanks for Today, Everyday, Do something nice for someone else, Give someone a list of all they've done for you that you're grateful for, surprise someone with kindness,



Say Thanks even for those things that appear negative in your life, for they have gotten you to where you are today.

Give Thanks - Express Gratitude - Every Single Day.

Sometimes and for a lot of us most of the time, we spend our time caring for others, while we neglect our own health and well being.

By developing a personal practice of self care we can begin to slow down, to cultivate gratitude, to cultivate self acceptance & self love.

By beginning a daily practice of Self Care - you are indeed raising the vibration of the entire world, starting with yourself.

So, you're probably wondering, what kind of Self Care practices I am referring to, right?

One of the best ways to pamper yourself is with a daily dose of self love & self massage - in Ayurveda, this self massage is highly regarded as one of the most powerful exercises in self love that there is.

In fact, one of my favorite teachers never recommends any other Ayurvedic practice before prescribing the self massage to her clients.

It's easy, simple to do and is a lovely practice in presence & self love. Grab whatever natural oils you love, such as sesame, almond, or perhaps coconut oil. If you live in a cold weather place, you can heat the oil as well.

Starting from the tips of the toes begin to work the oil into the skin, using circular strokes and moving against the grain.

This practice is not only phenomenal at hydrating every last pore, reducing age spots & wrinkles but it is also a practice in self love & acceptance above any other.

While giving yourself an amazing full body oil massage - take a tall glass of warm water. No lemon, no chia seeds, no honey, just good ole water.



The warm quality of the water helps to stimulate the elimination of any remaining fecal matter & stimulating a bowel movement - it's really important in the morning to get these things moving!

By waking up our digestive system with a cleansing, warming glass of water, we begin the day with a clean slate. Our digestive system is clean & refreshed and ready to take on the day, without all the dullness and heaviness of yesterday's news.

Each one of these practices are wonderful on their own, but like many practices in Ayurveda & Yoga, they are absolutely magical when combined together.

Many Yogis will have heard of Kriyas, or Cleansing Practices. These practices, when combined with Ayurvedic Principles have a far better effect, than when simply practiced on their own. By developing a daily routine of gratitude, cleansing & self love, we are beginning to embark on our path to wholeness & wellbeing, using the powerful teachings of Ayurveda as they were intended.

Daily Cleansing practices may be as simple as a self massage followed by a lukewarm bath or shower, brushing your teeth & washing your face. Does this sound like a normal morning to you? Try doing each of these practices with love & awareness. How often are our minds lost in the tasks of the day as we simply go through the motions? Instead, cultivate a morning cleansing ritual of self love, self acceptance and self care that allows for thoughtful observation of thoughts and a deep expression of self love.

By developing a morning routine, you are developing a personal practice that you love and adore.

By incorporating your favorite pranayama, your personal Yoga Asana routine, your meditation practice, mantra, crystal therapies, reiki, aromatherapy, or any other countless practices that you adore into your morning routine you begin to embark on your path to total wellness and balance.

So now, I invite you to re-evaluate your daily routine at this moment using the worksheet provided.



What does your current daily routine look like. Is it ideal for you, your state of mind, for developing & cultivating self love & acceptance?

When you have created your ideal routine - go ahead and get started. Set out a few extra minutes in your morning to do those things that light you up inside.

If you don't have time for a full yoga practice - how about a mediation - maybe a short one?

Using the worksheet provided design your ideal daily routine - and try it on for size! As with everything in Ayurveda - this is never a one size fits all, so design that routine that works for you. Share what you're learning with a friend and help him or her design a routine that is doable for them.

Share your daily routines and any questions & insights inside our Sister Science Facebook Community.

