

# Swasthavritta

## The Self Guiding Wisdom from the Inner Teachings of Ayurveda

With James Bailey, LAc, MATCM, MPH, DiplAyu

Ayurveda is divided into two primary teaching streams: the Ayurvedic practice of medicine and the lifestyle wisdom practices known as Swasthavritta. Swasthavritta is the Ayurvedic body of wisdom and practices that inform and inspire right livelihood and actions in the world given one's unique nature, and empowers the individual to self care. Similar to a Yogi, a Swastha is one who is established in one's true self, and who acts and lives in accordance to one's own nature.



Historically, yoga and ayurveda shared their respective teachings, informing each other of their unique inquiries and experiences of the body-mind evolution. The teachings of yoga were always taught within the backdrop of ayurveda which permeated Vedic culture. Only in the west are the two considered distinct disciplines. Yoga teachers, studios and schools today are benefiting enormously from the reunification of these two great streams of wisdom, creating more resourceful teachers and a matured teaching community.

This program satisfies Yoga Alliance requirements for anatomy and physiology, philosophy, lifestyle and ethics, and elective hours.

### Teaching Outline

#### FRIDAY AFTERNOON:

The Vedic Triad: Ayurveda as Yoga  
Historical Connections and the Yogic-Ayurvedic Lifestyle  
Ayurveda Introduction  
Swasthavritta: The Self Guiding Wisdom Stream of Ayurveda  
Pancha Mahabhutas: The Universal Five Elements

#### SATURDAY:

Tridosha Theory: Vata, Pitta and Kapha as Physiological Force  
Prakriti: Our Constitutional Nature  
Vikriti: Recognizing Common Signs of Doshic Imbalance in Yourself and Students  
Dosha Analysis and Group Discussion  
Lifestyle Planning for Each Dosha Type  
Ayurvedic Concepts of Health  
The Three Pillars of Health  
Ayurvedic Causes of All Disease  
Agni: The Alchemical Fires of Transformation and Digestion  
Digestion, Spices and Agni Tea Recipe  
Sapta Dhatus: The Seven Tissues  
Dravya Guna: Understanding Foods and Herbs

Ahara: Ayurveda and Nutrition

Healthy Digestion: Simple Remedies for the Most Common Digestive Concerns

SUNDAY:

Sevanti Cleanse: A Do-It-Yourself Approach to Detox and Renewal

Purva Karma: Ghee, Plant Lipids, Abhyanga and Sweat Therapies for Managing Toxins

Pancha Karma: The Ultimate Detoxification and Renewal

Dinacharya: Our Natural Biorhythms and Daily Routines for Self Care

Ratricharya: Evening Routines

Ritucharya: Seasonal Routines for Climatic Adjustments

Rasa and Ojas: The Sacred Sap, the Fluid Body and the Juice of Life

Rasayana: Authentic Rejuvenation and Longevity

Vajikarana: Sexuality, Virility, Fertility and Longevity

Asana for Each Dosha Type

Yoga Injuries and Ayurvedic Home Remedies

Healthy Joints Tips

**BIOGRAPHY**

**James Bailey, LAc, MATCM, MPH, Dipl Ayu**

is a third generation healer, health educator, and CAM physician who has been living yoga and ayurveda for 22 years, providing naturopathic eastern medical practices since 1990 in Santa Monica, California. Sevanti Wellness is an integrative practice fusing the best of acupuncture, Oriental Medicine and Ayurveda, recognizing that every medical practice has a limited view on life and healing. By combining both disciplines a broader range of practice is provided for each patient. James



teaches ayurveda and yoga workshops worldwide, and has been a contributing editor and former columnist for Yoga Journal, Light on Ayurveda, LA Yoga and Ayurveda and other wellness magazines.

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