New Beginnings

Seasonally, January is the mid-winter period but, according to the calendar year, this is the new year’s beginning. It is a period of new planning, commitment, and resolutions; people drop their old habits and create new changes. Smokers quit smoking, drinkers quit drinking, and people who have negative thinking change it to positive. It is a new page, a new leaf, a new beginning. In that sense the new year representing a new beginning is very significant; however, according to the Ayurvedic calendar it is still mid-winter.

Ayurveda says that this is the best season to do exercise, pranayama, meditation, and contemplation and to help prepare for the unfolding of the new beginning of their inner journey. Chyavanprash is a wholesome tonic for all bodily tissues, containing shatavari, dashamula, pippali and abhrak. It is excellent to consume during January for a new beginning of dhatu agni. You can also take red wine at night to kindle agni and to improve the digestion. This time is the period of dhatu agni sambukshun, which means one can kill the dhatu agni by doing physical exercise, therefore it is a good time for indoor exercise.

This is a period of more introspective change, to go within the inner world of our inner thoughts, feelings, and emotions. January, the new year, is the period of new beginning, accepting new challenges and the challenge of change. It demands a great deal of awareness, determination, conviction, and the right kind of decisions. This period is a period of new life and a beautiful time for people to unfold their new qualities.

Cardinal in a Tree © 2009, EEl_Tony@istockphoto.com
We are excited to announce the NEW Ayuryoga® Teacher Certification Program at the Ayurvedic Institute, led by Maria Garre, MEd, E-RYT-500, and Ayurvedic Institute faculty, including Vasant Lad, BAM&S, MASc. Ayuryoga is a unique system integrating Yoga and Ayurveda for therapeutic holistic healing to the mind, body and spirit created by Vasant Lad. It offers a complete, integrated system by which Ayurvedic principles and theory guides the practices of Yoga that are best suited for each individual.

The Ayurvedic Institute is offering various Ayuryoga courses, which can also serve toward reaching certification within Ayuryoga. Our program is perfect for experienced yoga teachers or Ayurvedic practitioners looking to integrate and bring these sciences together to expand upon in their professional practice.

We will be offering 3 levels of training with each one progressing toward the next level.

Level 1: Ayuryoga® Instructor Program
A 200-hour program designed to introduce you to the foundation and principles of Ayuryoga. This program offers 100 hours of focused Ayurvedic study alongside specific training protocols within Ayuryoga such as pranayama, meditation and asana practice. Upon completion, this program is a recognized 200 RYS with Yoga Alliance.

Level 2: Ayuryoga® Wellness Consultant Program
The next level, comprised of 300 hours, integrates deeper Ayurvedic studies and Ayuryoga techniques from a foundational clinical perspective. Combining anatomy, marmani, physiology and disease pathogenesis through the lenses of Ayurveda students learn to create individualized Ayuryoga protocols as chikitsa therapy. This program is listed as a 300 RYS through Yoga Alliance.

Level 3: Ayuryoga® Therapist Program
This final level is geared for those interested in become Ayurvedic Yoga Therapists. This highly specialized yoga therapy program blends together the healing modalities of Yoga and Ayurveda to create healing protocols for the whole of life. Combining what you learn in level one and two, this final module is based on completing clinical practicum(s), research projects, western and eastern based medical modules to prepare you to be a leader in the field of Ayurvedic Yoga Therapy.

For the complete listing of training dates and details for all of our upcoming Ayuryoga modules, please visit our website or call our front office, 505.291.9698, Ext. 0.

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**“Ask the Institute”**

**Question**
How can a pitta person with low agni kindle agni without aggravating pitta?

**Answer**
Use the bitter herb tiktta, 1/4 teaspoon before meals and a bit of fresh ginger, finely chopped, with a pinch of rock salt and a few drops of lime juice. Pitta constitutions may have low agni due to an increase in liquids or the liquid quality, therefore they should restrict the intake of liquids before and during meals.

~ A question from past issue of Ayurveda Today

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**Who’s Who in Ayurveda**

Dr. Jennifer Rioux has an international reputation in the fields of Ayurvedic Medicine and Yoga Therapy as an educator, clinician, and researcher. Dr. Rioux was most recently an Assistant Professor on the faculty at the University of New Mexico, School of Medicine. She holds a doctorate in Medical Anthropology and is certified in Ayurvedic Medicine and Yoga.

Dr. Rioux is an experienced researcher in the fields of community health, health promotion, and clinical trials design and development for the holistic interventions. She specializes in designing and implementing clinical trials using a whole-systems approach and focusing on patient-centered outcomes. She completed the first ever whole-system pilot study of Ayurvedic Medicine and Yoga Therapy for obesity treatment. Other areas of clinical and research interest are chronic pain, women’s health and mood disorders. She has designed unique instrumentation to collect outcomes data relevant for Ayurveda and the other integrative medical disciplines.

Dr. Rioux teaches courses, workshops, and seminars that promote deep understanding of what Ayurveda/ Yoga and traditional world medicines have to offer contemporary societies, with the objective of inspiring mutual respect and true collaboration amongst health care practitioners from diverse fields. One of her passions is increasing access to holistic medicine for diverse populations and under-resourced communities.

> More about Jennifer Rioux, PhD Here