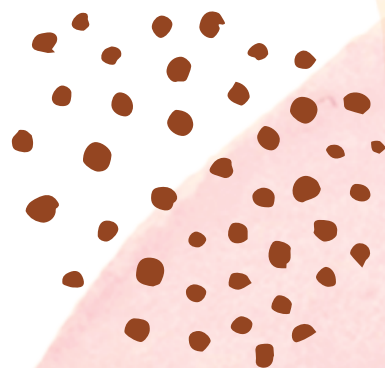
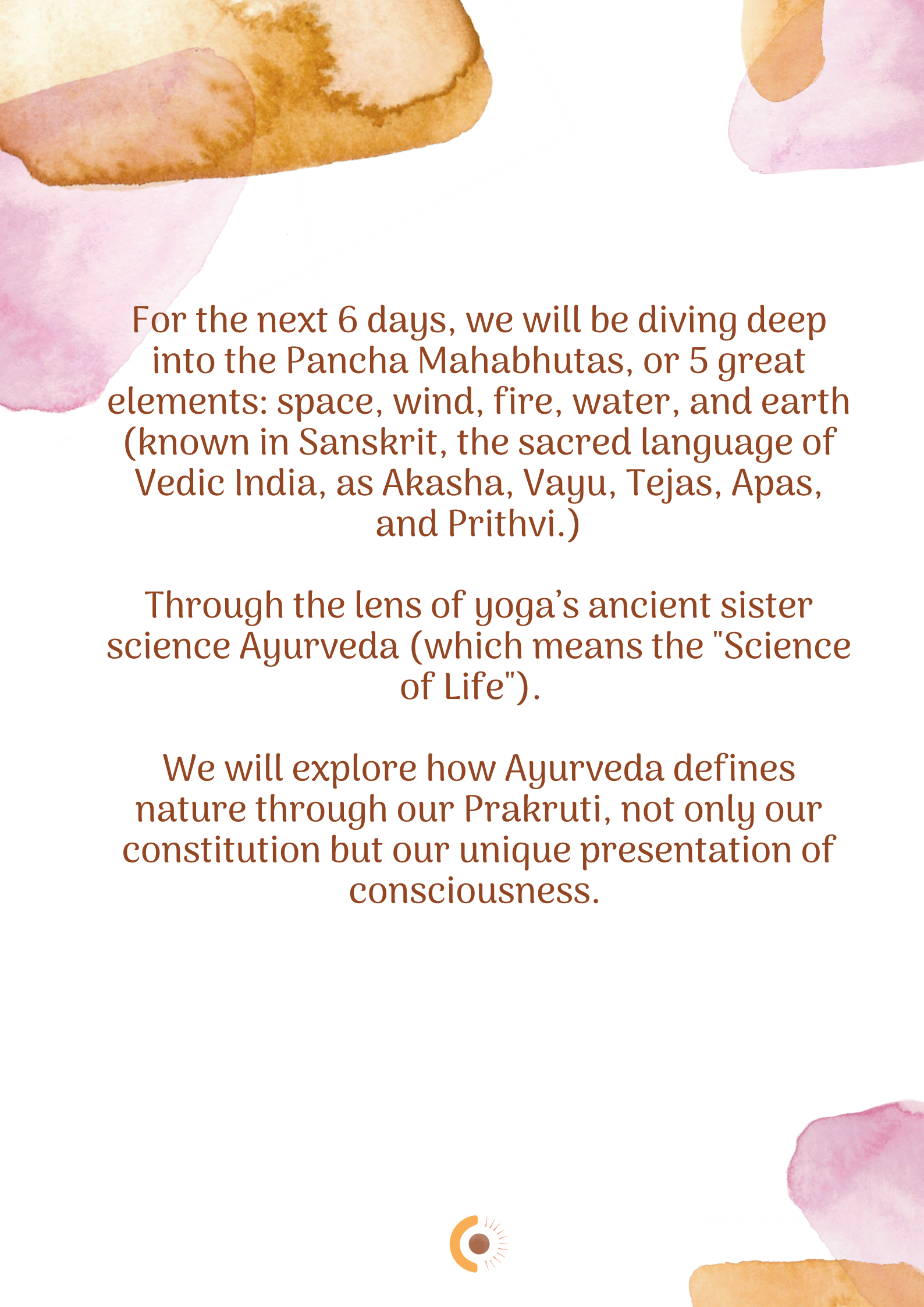


COINCIDE PROGRAM #2

6 Days Of Redefining Our Connection To Nature Using Ayurveda & Yoga






For the next 6 days, we will be diving deep into the Pancha Mahabhutas, or 5 great elements: space, wind, fire, water, and earth (known in Sanskrit, the sacred language of Vedic India, as Akasha, Vayu, Tejas, Apas, and Prithvi.)

Through the lens of yoga's ancient sister science Ayurveda (which means the "Science of Life").

We will explore how Ayurveda defines nature through our Prakruti, not only our constitution but our unique presentation of consciousness.





Each class is dedicated to an element associated with one of the 3 Doshas:
Vata, Pitta, and Kapha.

We will also be nourishing our body, mind, and spirit in these classes through restorative asana/postures to deepen our connection to the earth and help in relaxing, nourishing, and revitalizing our nervous system (Majja Dhatu).

At the end of each lesson, further, the knowledge you've gained with an insightful tip from the Vaidya and practitioner of Ayurvedic Medicine
William Jackson, AHS, FSC.



Day 1: Vata—Air

Season:

Fall into winter.

Qualities:

light, dry, changing, cold, and mobile.

Physical body:

Think about these qualities in our body: the air in our lungs, bloating, and gas.

William's foods for balancing Vata:

Dietary suggestions for Vata dosha (foods and liquids predominant in being sweet, salty, and sour):

- **Grains:** rice (brown or white)
- **Fruits:** avocados, bananas (ripe), pineapple, mangos, watermelon, papaya, coconut.
- **Vegetables:** beets, okra, onions (well cooked), sweet potatoes.
- **Nuts and seeds:** nut butters (in general, except for peanut butter), almonds.
- **Meat:** chicken, turkey, beef, eggs, seafood.
- **Legumes:** mung beans.
- **Spices:** anise, basil, cardamom, ginger (fresh), fennel, fenugreek, spearmint, poppy seeds, turmeric.
- **Sweeteners:** honey (raw, uncooked), jaggery (raw sugar).
- **Beverages:** room temp water (3-4 cups/day), chamomile/ginger/cinnamon teas.
- **Dairy:** milk (raw, organic), butter, yogurt (fresh).
- **Oils:** sesame, ghee.

Note: best superfood for Vata - Maca!



Day 2: Vata–Space

Vata Balanced:

Infinite potential, inspired, creative, open-minded, energetic, expressive, joyous, focused.

Vata Imbalanced:

Anxious, scattered, forgetful, uncertain, insecure.

Vata Needs:

Routine, earth connection, grounding warming food, full night's rest, and creative outlet.

William's lifestyle tips for balancing Vata:

Here are the best tastes for keeping Vata dosha good, grounded, and stable: sweet, sour, salty. A healthy Vata diet should predominate in foods and liquids distinguished by those flavors.

Furthermore, Vata predominant individuals would do well to engage in lifestyle, recreational, or hobby activities that nourish them.

This could look like: collecting rocks or crystals, swimming, watching movies, going to art shows, arts & crafts, hanging out in nature, sleeping in, sitting in the spa, oil massage (in general, but one could use oils specific to balancing Vata, such as bhringaraj, avocado, castor, and sunflower.



Day 3: Kapha—Earth

Season:

End of winter through spring.

Qualities:

Cool, heavy, slow, smooth, soft, and static

Physical body:

Think about these qualities in our body: the heavy sensation we feel in the mornings, the bones in our body, and the focus we put into the things we love.

William's foods for balancing Kapha:

Now here are some dietary suggestions for Kapha dosha (foods and liquids predominant in being bitter, astringent, and pungent):

- **Grains:** basmati rice, quinoa, barley
- **Fruits:** dried fruit (in general), cherries, cranberries, grapefruit, pomegranate, raisins.
- **Vegetables:** artichoke, asparagus, bell peppers, kale, lettuce, onions, mustard greens, spinach, radish, carrots, cilantro.
- **Nuts and seeds:** sunflower and pumpkin seeds.
- **Meat:** chicken or turkey (dark meat only), rabbit, freshwater fish (note: Kaphas thrive as vegetarians and even vegans).
- **Legumes:** mung beans, soybeans/tofu, red lentils.
- **Spices:** anise, basil, bay leaf, black pepper, wasabi, galangal, garlic, ginger (especially dry), nutmeg, mustard, sage, hot spices (in general).
- **Sweeteners:** honey (raw).
- **Beverages:** 2 glasses of spring water/day in cool weather, 3 glasses in hot weather (unless doing a strenuous activity), cranberry juice, green juices (in general).
- **Dairy:** goat milk, skim milk, soy milk (note: Kapha does best to warm up their milk first).
- **Oils:** corn, flaxseed, safflower, sunflower, mustard Kapha needs fewer oils in their diet)

Note: best superfood for Kapha - Spirulina!



Day 4: Kapha—Water

Kapha Balanced:

Dependable, steady, caretaker, down to earth, loyal, calm, thoughtful, and nurturing.

Kapha Imbalanced:

Depression (sits heavy and for a long time) allergies, colds, lethargy, trouble letting go of things/people.

Vata Needs:

Daily exercise, mental and physical stimulation, warming light food, early rise, and declutter.

William's lifestyle tips for balancing Kapha:

Here are the best tastes for keeping Kapha dosha stimulated, flowing, and being free from excess: astringent, bitter, pungent. A healthy Kapha diet should predominate in foods and liquids distinguished by those flavors.

Furthermore, Kapha predominant individuals would do well to engage in lifestyle, recreational, or hobby activities that help keep them in balance, and this could look like: exercise (in general), going to the gym, jogging, Surya Namaskar (but at a faster, almost aerobic, pace), hanging out in the desert, martial arts, boxing, massage (dry, no oil).



Day 5: Pitta—Fire

Season:
Summer

Qualities:
Transformational, hot, intense, sharp, and acidic.

Physical body:
Think about these qualities in our body: the acidic liquids that help us digest food, our warm blood, and even warm sweat when we are hot.

William's foods for balancing Pitta:

Now here are some dietary suggestions for keeping pitta dosha under control (those foods and liquids predominant in being bitter, astringent, and sweet).

- **Grains:** white basmati rice, jasmine rice.
- **Fruits:** apples, avocados, blueberries, coconut, dates, grapes, raisins, raspberries, strawberries, pineapple.
- **Vegetables:** bitter melon, broccoli, cabbage, kale, leafy greens, onions (well cooked), cilantro, seaweed, pumpkin.
- **Nuts and Seeds:** sunflower, and pumpkin seeds.
- **Meat:** chicken, egg whites, freshwater fish, tuna (for pittas, meat consumption should be limited to 2-3x/week).
- **Legumes:** mung beans, soybeans/tofu, red lentils.
- **Spices:** cardamom, coriander, fennel, cumin, dill, peppermint, spearmint
- **Sweeteners:** maple syrup.
- **Beverages:** 5 cups of water/day (in general), alfalfa, dandelion, hibiscus (teas), milk, wheatgrass juice
- **Dairy:** ghee, unsalted butter, cottage cheese.
- **Oils:** ghee, olive oil.

Note: best superfood - Amalaki!



Day 6: Pitta—Water

Pitta Balanced:

Radiant, teacher, determined, enthusiastic, go-getter, insightful, focused, athletic.

Pitta Imbalanced:

Hot-tempered, inflammation, overly critical, perfectionism, acne, hormonal imbalances.

Pitta Needs:

Self-care, cooling, anti-inflammatory, alkalizing foods, internal/external growth, and humor.

William's lifestyle tips for balancing Pitta:

Here are the best tastes for keeping pitta dosha cool, at ease, and in balance: bitter, astringent, sweet. A healthy pitta diet should predominate in foods and liquids distinguished by those flavors.

Furthermore, pitta predominant individuals would do well to engage in lifestyle, recreational, or hobby activities that nourish them. This could look like: going to the beach, swimming, kayaking, mountain climbing, hiking, chess, snowboarding, skiing, treasure hunting, eating ice cream, receiving acupuncture, going to the sauna, oil massage (with pitta balancing oils, such as sesame, coconut, and rose).





*Thank you for going on journey into the
ancient practices of Ayurveda!*

For those interested in diving deeper,
schedule a consultation with William Jackson
through Leimert Wellness
(leimertwellness.com).

Will has his own line of medicinal ghees
called Medighee (medighee.com).

Each is crafted with organic herbs, spices,
superfoods, and medicinal mushrooms from
all over the globe and according to ancient
Ayurvedic and Tibetan medical traditions.

