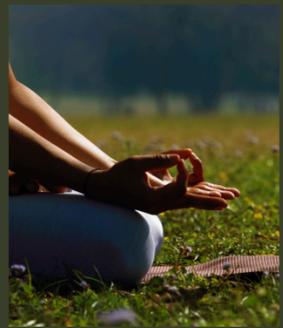
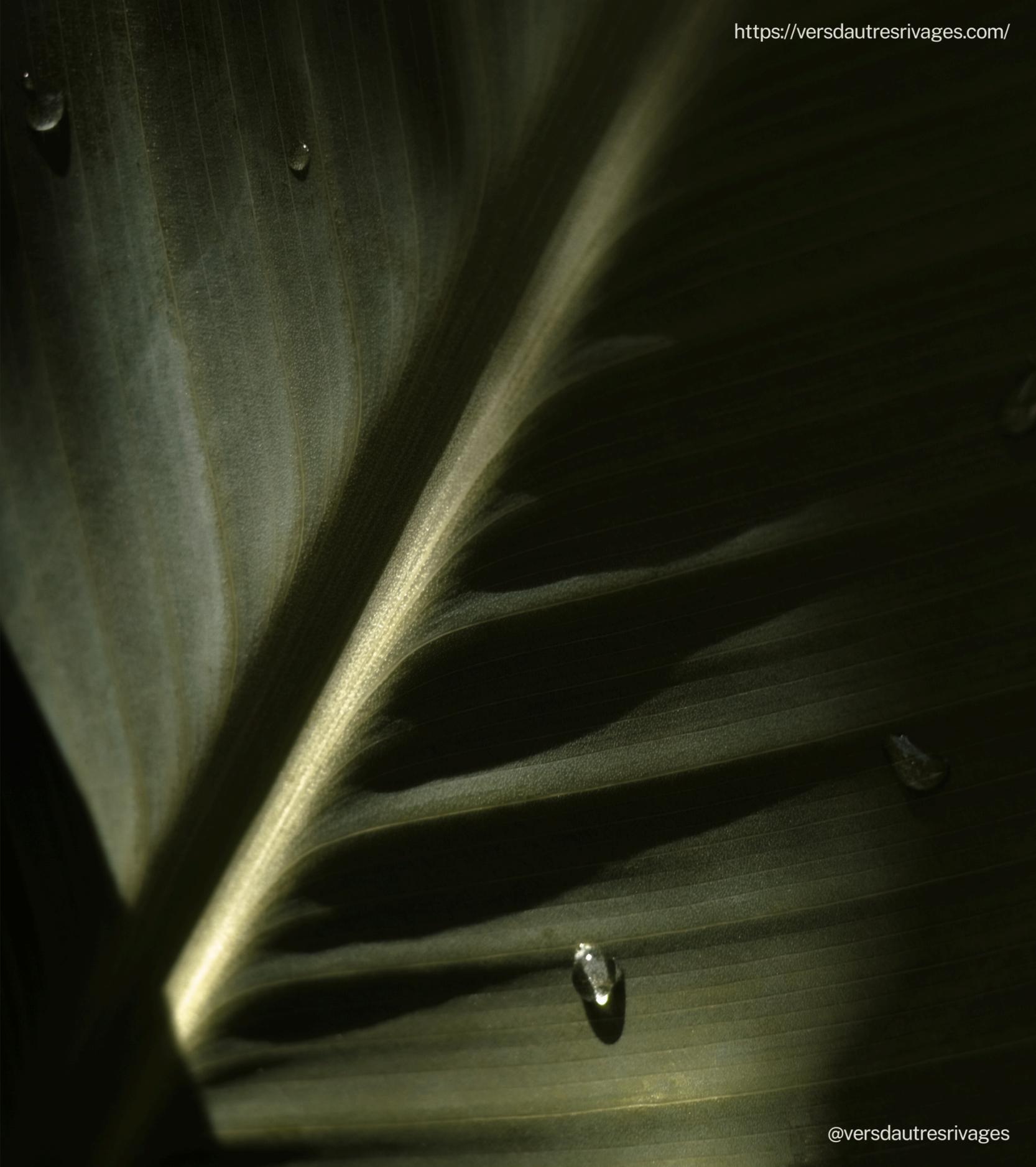


A HOLISTIC  
APPROACH TO  
OPTIMAL  
HEALTH



# AYURVEDA AND YOGA



# THE LINK BETWEEN AYURVEDA AND YOGA: A HOLISTIC APPROACH TO OPTIMAL HEALTH



Ayurveda and yoga are two ancient disciplines originating in India, deeply interconnected and complementary in their vision of well-being and health. Ayurveda, often translated as “the science of life,” is a traditional medical system that aims to maintain the balance of vital energies within the body, known as doshas: Vata, Pitta, and Kapha. Yoga, for its part, is a physical, mental, and spiritual discipline that uses postures (asanas), breathing techniques (pranayama), and meditation to harmonize body and mind.

In this guide, we explore the deep connection between Ayurveda and yoga, with a particular focus on two specific practices: Yin Yoga and breath-centered yoga. These gentle and conscious approaches are especially well suited to maintaining good health according to your Ayurvedic constitution and doshic imbalances.

I am an Ayurvedic practitioner and offer personalized consultations as well as individual online classes. You can also discover my educational videos and practical advice on my YouTube channel and Instagram account @versdautresrivages



# UNDERSTANDING THE DOSHAS FOUNDATIONS OF AYURVEDA



AYURVEDA IS BASED ON THE IDEA THAT HEALTH RESULTS FROM THE BALANCE OF THE THREE DOSHAS, WHICH ARE COMBINATIONS OF THE FIVE ELEMENTS (ETHER, AIR, FIRE, WATER, EARTH) PRESENT IN EACH OF US:

- Vata (air + ether): energy of movement, the nervous system, and circulation.
- Pitta (fire + water): metabolic and digestive energy, responsible for transformation.
- Kapha (water + earth): energy of structure, stability, hydration, and protection.

EACH PERSON HAS A UNIQUE CONSTITUTION, A SPECIFIC BALANCE OF THESE DOSHAS AT BIRTH. THIS ORIGINAL BALANCE IS THE REFERENCE POINT WE AIM TO MAINTAIN THROUGHOUT LIFE. THERE IS NO "BETTER" DOSHA OR IDEAL BALANCE TO COMPARE OURSELVES TO-OUR OPTIMAL BALANCE IS OUR OWN.

However, these energies can be disturbed by internal factors (emotions, diet, sleep, stress) or external factors (climate, seasons, environment). Yoga, combined with Ayurveda, helps restore this balance through postures, breathing practices, and meditation tailored to individual needs.



# YOGA ADAPTED TO DOSHIC IMBALANCES



A DOSHA IS CONSIDERED AGGRAVATED WHEN WE MOVE AWAY FROM OUR ORIGINAL CONSTITUTION. WHEN ONE DOSHA IS DISTURBED, THE OTHERS ARE ALSO AFFECTED—LIKE COMMUNICATING VESSELS. RESTORING BALANCE, THEREFORE, REQUIRES ADDRESSING ALL THREE DOSHAS.

## VATA AGGRAVATION – EXCESS AIR AND MOVEMENT

When Vata is aggravated, agitation, insomnia, and digestive discomfort may appear. Yin or restorative yoga, with slow, grounding postures in a warm setting, plus gentle twists, Child's Pose, and calm breathing, is best practiced in the morning or afternoon.

## PITTA AGGRAVATION – EXCESS FIRE AND INTENSITY

When Pitta is aggravated, symptoms such as irritability, inflammation, and insomnia may arise. Yin or gentle yoga, calming postures, and cooling breathing practices help soothe excess heat, ideally practiced in the early morning or evening.

## KAPHA AGGRAVATION – EXCESS EARTH AND WATER

When Kapha is imbalanced, heaviness, fatigue, and sluggish digestion may arise. Dynamic yoga with active standing postures, energizing breathing (Kapalabhati, Bhastrika), and movement-based meditation helps stimulate and lighten the body, best practiced in the morning or evening.

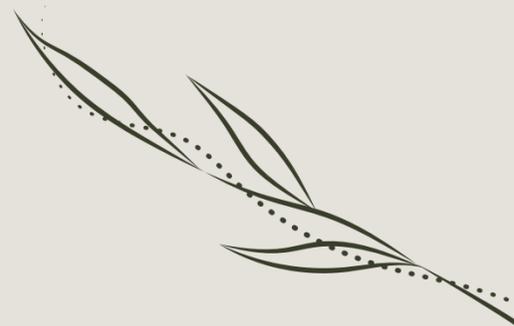


# YIN YOGA: A GENTLE PRACTICE FOR AYURVEDIC BALANCE



Yin Yoga is a slow, meditative practice targeting deep connective tissues (fascia, ligaments, tendons) through long-held postures. It supports nervous system relaxation, energy circulation, and emotional balance.

- For Vata, Yin Yoga calms an overactive nervous system.
- For Pitta, it soothes internal heat and intensity.
- For Kapha, it improves mobility and body awareness.
- Yin Yoga aligns perfectly with Ayurveda by honoring individual rhythms and constitutional needs.



# BREATHWORK (PRANAYAMA) AND DOSHIC REGULATION



In Ayurveda, breath carries prana—the vital life force. Conscious breathing directly influences doshic balance.

- Vata: Slow, deep breathing (abdominal breathing, Nadi Shodhana).
- Pitta: Cooling breaths (Sitali, Shitkari).
- Kapha: Stimulating breaths (Kapalabhati, Bhastrika).

Integrating pranayama into yoga practice supports digestion, stress management, and mental clarity.



# CONCLUSION

## READY TO TAKE THE NEXT STEP?

To deepen your exploration of these practices, you're welcome to join my online classes or book a personalized consultation. Visit <https://versdautresrivages.com> and follow me on YouTube <https://www.youtube.com/@veronique-laurent19> and Instagram <https://www.instagram.com/versdautresrivages/> for ongoing guidance, inspiration, and shared practices.



Namaste,  
Véronique

<https://www.youtube.com/@veronique-laurent19>

The combination of Ayurveda, Yin Yoga, and conscious breathing offers a powerful yet gentle path toward balance and vitality. By adopting practices aligned with your dosha, you cultivate harmony in both body and mind.

