



Yoga & Ayurveda Cork

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Simple pre and post massage actions to allow for toxins(ama) to be released from the body without disruption to the natural rhythm. This combination of actions and intake can begin 2-3 days before and 2-3 days after the massage to receive the most benefit from the work.

1. Freshly chopped or grated ginger root(pungent) and a squeeze of lemon(astringent) into a flask of hot water and sip before and after all meals. You can add cinnamon, fennel or honey to this drink that enhances the digestive power and removal waste products and other toxic residue.
2. Getting 10-20 minutes fresh air daily, and make sure to wrap up warm if it is cold outside. If possible, everyday adding some amount of Pranayama or some relaxation and focused breathing to slow down the nervous system and bring the mind out of the subjective and into a less heightened state of Self.
3. Eating foods that encourage ease of digestion will allow the body to focus on the healing nature of Ayurveda and its restorative power. So eating warmed cooked foods, refrain from toxins or try to reduce, such as smoking, alcohol, refined sugar. And in an overall view staying clear of foods that represent the 'white things' of our diet. Including dairy(including cheeses), red meat, wheat bread(try spelt or rye) and sugary sweet things and the dreaded 'processed foods'.
4. Getting to bed before the mind gets very active is important, so before 10:30pm.
5. Waking before 7am to help get the body moving and making time for the preparation of the day, including in that a good nights sleep is most important.
6. Drinking two (preferably three, this will be a bit uncomfortable for some people)cups of warm or hot water upon waking helps to eliminate the toxins of the body.
7. Smile as often as possible and Exhale.