

# *Guidelines for Rounding*

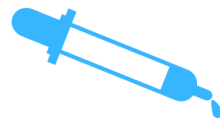
*Welcome:*

*The following information gives you an Ayurvedic primer on specific Doshas, examples of diet guidelines, and other information for The Rounding Retreat.*

*It covers materials you'll need to round, and examples of full days of Ayurvedic meal plans. These plans come from our intensive retreats, and serve here as Ayurvedic context.*

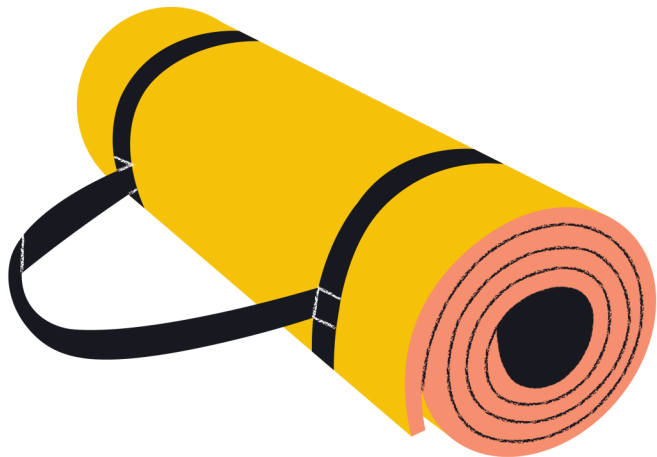
*They're informational, not daily requirements.*

*Dosage:*



*Rounding reduces stress much faster than normal 20-minute meditations. Depending on your constitution, schedule, and how you feel, we may adjust your dosage, or how you many rounds you do, as we go.*

## *Need to have:*



*Yoga mat or Carpeted Floor for Asanas,  
Comfortable Exercise Clothes*

## *Nice to have:*



*A Bolster or Blankets for Modifying Poses*

## DOSHA GUIDELINES

*It's best if you can eat local, organic foods, made with love. We have included 3 recipes that are easy to make and pair well with Rounding.*

*You want your food to be sattvic -- or pure and balanced in nature -- as opposed to spicy or heavy. This is so your digestion is easy and your mind can rest.*

### *Foods Suggestions:*

*Kitchari, dal, breakfast porridge, steamed veggies and rice or lentils, smoothies, fresh fruit and juices, herbal teas -- foods that are light and easy to prepare and digest.*

*Ayurveda, or "The Science of Life," sees that everything that exists in Nature exists within us. It is based on the 5 elements -- earth, water, fire, air and ether.*

*These elements combine to form three doshas, or metabolic functions in the body - Vata, Pitta & Kapha.*

## *Sleep Hygiene Information:*

*Again, these come from the retreat, but can be useful information for your overall sleep routine.*

*Establish a bedtime routine and stick to it*

*Finish dinner by 7pm*

*Reading/taking a bath/oiling your feet*

*Prepare bedroom space with fresh sheets and low lights*

*Power down devices*

*Lights out by 10*

*Sama Veda*

*Sleep*

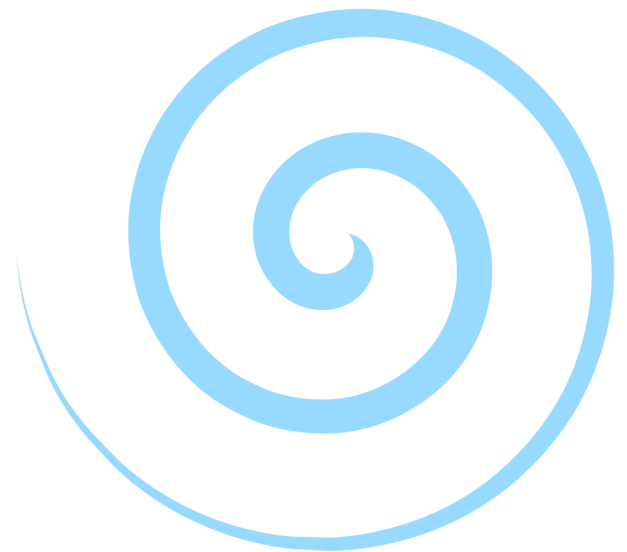


*The Red Phone Support Line*

*917-523-9563*

**V**ATA

*Air & Ether*



*Attributes:*

*Dry, Light, Cold, Rough,  
Subtle, Mobile, Clear*

# *Nourish & Ground: 3 meals & 2 snacks*

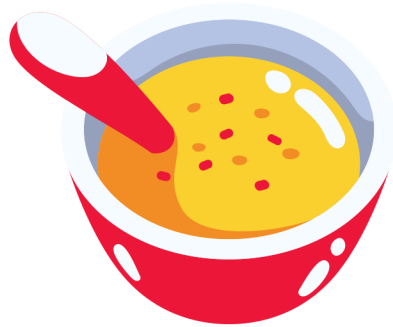
*Wake at or just after sunrise, scrape tongue, abhyanga/shower, drink warm water with lemon*



*Porridge, warm  
chai or ginger tea*

## *Breakfast*

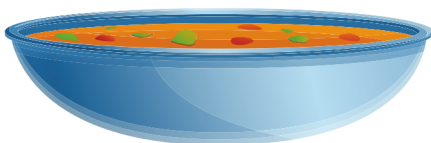
## *Lunch*



*Kitchari with avocado,  
pumpkin seeds, cilantro,  
ghee, cooked veggies*

## *Snack* 2 - 3pm

*Soaked, skinless almonds,  
baked or stewed fruit, warm  
whole grain bread with ghee.  
Milk, or Tea*



*Kitchari, soup or rice  
and veggies with ghee,  
avocado, seeds*

## *Dinner* 6 pm

***AVOID:** Cold, light, airy, crunchy, dry foods like crackers, salads, chips, frozen foods or iced drinks. If you do eat toast or salad add fat like ghee, tahini, or avocado.*

*Vatas DO WELL with foods that are warm, nourishing and slightly oily*



## *Teas for Vatas*



*Ginger*



*Cinnamon*



*Fennel*



*Cardamom*



*Nutmeg*



*Chicory*

# PITTA

*Fire*

*&*

*Some Water*



*Attributes:*

*Oily, Sharp & Penetrating, Hot, Light, Mobile, Liquid*



## *Calm & Cool: 3 square meals*

*Wake at or just after sunrise, scrape tongue, abhyanga w/coconut oil and shower, drink warm water with lime*

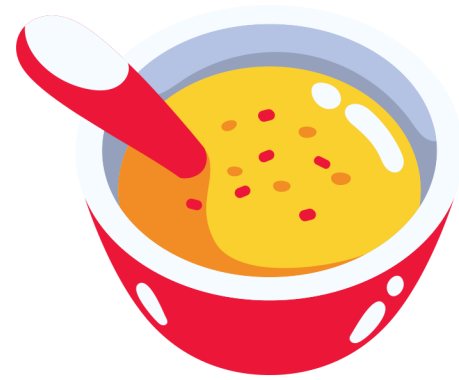


## *Breakfast*

*Green juice, Smoothie, or Porridge with fresh fruit. Mint Tea.*

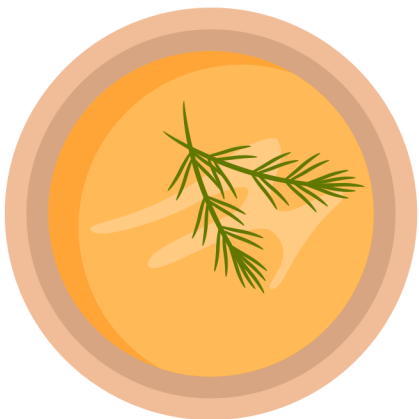
## *Lunch*

*Kitchari with avocado, pumpkin seeds, cilantro, coconut oil, or salad of fresh veggies with light dressing and protein.*



## *Snack*

*Sunflower seeds, yogurt blended with water, mint, or cardamom leaves. Fruit*



*Kitchari, soup or rice and veggies with ghee, avocado, coconut oil. Can add side salad.*

## *Dinner*

*AVOID: Foods that are too hot, oily, salty, and spicy such as garlic, onions and peppers.*

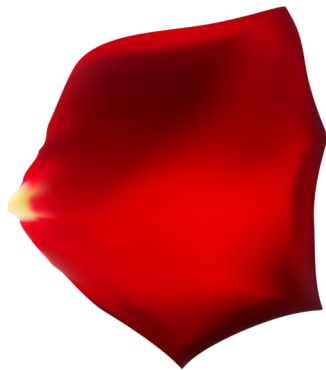
*Pittas do well with foods that are cooling, sweet, and bitter. Fresh fruits, watery vegetables like cucumbers, coconut, milk, and lots of greens.*



## *Teas for Pittas*



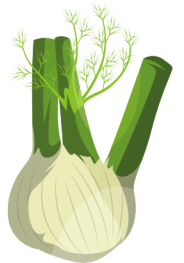
*Hibiscus*



*Rose Petal*



*Chamomile*



*Fennel*



*Coriander*



*Licorice*



*Peppermint*



*Cardamom*

# KAPHA

*Earth & Water*



*Attributes:*

*Heavy, Slow, Cold, Oily, Smooth, Dense, Soft, Static & Stable, Cloudy*

## *Stimulate & Inspire: 2 meals*

*Wake just before sunrise, scrape tongue, dry brush or use garshana gloves, light Abhyanga and shower with lighter oil like safflower, drink warm water with lemon.*

*Kaphas generally do well with 2 meals per day, so consider having your main meal at 11am - 1 pm, and a very light dinner by 5pm.*



*Light barley or rice porridge, fresh fruit or juice or tea. Or fast.*

## *Breakfast*

## *Lunch*

*Kitchari with veggies, avocado, pumpkins seeds, cilantro, or salad of fresh veggies with light dressing*



*Kitchari, soup or rice and veggies with ghee, avocado, coconut oil*

## *Optional Dinner*

*AVOID: Cold, heavy, dense, oily foods such as mac and cheese, mashed potatoes, and iced beverages. Add sprouts or chopped greens to your meals to lighten them up.*



## *Teas for Kaphas*



*Ginger*



*Cinammon*



*Turmeric*



*Tulsi*



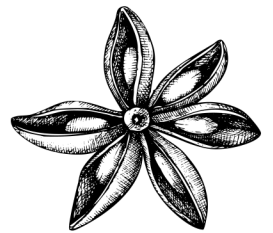
*Cardamom*



*Cumin*



*Fennel*



*Anise*



*Licorice*



*Fenugreek*



*Black Pepper*



*Cloves*