



DETOX + EVOLVE

FALL AYURVEDA CLEANSE



MIND & BODY PRACTICES

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# Overview

Hello and welcome to the the body practices within Detox & Evolve Ayurvedic program. This booklet is your informational guide for the program. Follow your check list to know what to do each day.

Here you will find instructions and pictures for the practices as best as we can document them for you. On the Detox & Evolve website you will find the corresponding videos to support your practices. The key is to plan out each day of the program to take care of the whole Self.

The GOAL of an Ayurvedic cleanse is always to improve digestion, fortify Agni, our digestive fire and burn, clear away Ama, toxins. Thus the body will be busy carrying out these functions and will not have that much extra energy to do a lot of physical work. I myself am amazed at how much rest I require and want and how little motivation I have to do anything else other then the process of truly cleansing, clearing and lightening. So these practices when offered are simply to help you move the body into healing space.

Pranayama is best done first in the morning on an empty stomach. Your other practices can come as you best have time to fit in. Sometimes an afternoon practice works well, avoid moving briskly after 8 pm.

## The Practices Overview

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You will notice that depending on the day you will have options within the following practices:

- Pranayama (breath exercises)
- Stretching Exercises
- Fall Detox & Evolve Namaskar
- Asana
- Meditation
- Walking

If you are familiar with our program and have practiced with Maria before you will likely not need to spend time with instructional videos. If you ARE NEW WATCH AND READ

Instructional materials. The “Practice with ME” portion is efficient and led as if I were sort of practicing with you. Not tons of instruction to keep it short as possible.

# Pranayama

## INTRODUCTION

According to the ancient yogic texts we breathe approximately 21,600 times per day, yet most of the time, we are not aware that our lungs and cardiopulmonary system is continuously working. Even more profound is the fact that both ancient and modern science detail how we switch nostril dominance every sixty to ninety minutes throughout the day. Which means that we are either breathing more strongly from either the right or the left nostril depending on the time of day or activities that we are engaged in. In chapter ten we discussed the energetic pathways, nadis, of the body. Ida and pingala nadi correspond to the left and right nostril respectively. Both ida and pingala nadi represent opposing energies and thus we can tune into which type of energy is more predominant depending upon which nostril our breath is moving through. Yogis and sages would pay attention to this alternating rhythm to support all of their daily activities from going on a long walk or journey to farming and tending to hygienic practices such as bathing. Thus living in harmony with our breath has been a living practice that all can benefit from.

Morning Pranayama practice is equal to your shower in the morning. It cleanses the mind and energy body for the day. It helps to cancel many of our negative thoughts and energy patterns and move energy in a new and different direction.

Done first thing in the morning on an empty stomach. Upon waking find a place to sit comfortably, face East. Bring the rising sun and beginning of the day image into the mind's eye, breathe in the day. Align the spine, sit upright and begin your breath work mindfully.

## Pranayama Practice for Fall Detox & Evolve

You will have options between the long and short set of pranayama.

Short Set	Long Set
Anuloma Viloma, 2 sets of 90 seconds	Kapalabhati ,2 sets of 200
Agni Sara, 10x	Anuloma Viloma, 2 sets of 90 seconds
	Agni Sara, 10x
	Brahmari, 9x
	Sheetali, 7x

## Kapalabhati

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### **Instructions:**

1. Start in a comfortably seated position as described above.
2. Let your rest arms mid-thigh so that the elbows bend slightly to the side.
3. Bring the thumb to meet the index finger with the palms facing up (gyana mudra).
4. During this practice, the focus is on the exhalation; the inhalation happens naturally, without effort. But exhalation is forceful.
5. You will feel like you are throwing/pushing air out from the belly similar to the action of coughing.
6. Take a deep inhale and then expel and push the breath out through both nostrils by forcefully contracting the abdominal muscles in and up – pushing the diaphragm into the lungs to expel the air out.
7. Allow the inhalation to fill the lungs naturally, without effort. The inhalation is spontaneous and involves no effort while the exhalation is strong and active.

After your first round you enter into natural suspension of breath. Enjoy the natural suspension of breath during the rest as your lungs enter a spontaneous resting phase, there is no need to breathe it will happen natural. Enjoy the rest.

## Anuloma Viloma

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### **Instructions:**

In this practice, only the right hand is used to alternately close off the nostrils. The breath moves with vigor and strength through each nostril. Exaggerate the inhalation and exhalation.

1. Start in a comfortably seated position as described above.
2. Let your arms rest mid-thigh so that the elbows bend slightly to the side.
3. Bring the left thumb to meet the index finger with the palms facing up (gyana mudra) of the left hand.
4. Take the right arm out to side and bend the elbow out to the side so the hands come toward the nose.
5. Connect to the breath in and out through the nostrils.

6. Begin first round by forcefully inhaling through the left nostril. Switch fingers and nostrils.
7. Breathe out strongly through the right. Inhale right.
8. Exhale on the left nostril. This is ONE complete round.
9. The pattern is: IN left – OUT right – IN right – OUT left. Only switch on the exhale.

## Agni Sara

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### Instruction:

1. Start in a comfortably seated position as described above.
2. Let your arms rest mid-thigh so that the elbows bend slightly to the side.
3. Bring the thumb to meet the index finger with the palms facing up (gyana mudra) of the left hand.
4. Must be done after a full exhalation with retention of breath outside. Bhaya Kumbhaka.
5. Inhale fully and exhale to empty all of the air out.
6. At the end of the exhalation expel out any residual air and then hold the breath out.
7. With the breath held outside pump or contract the belly area including the diaphragm in and up.
8. Feel that you are massaging all of the digestive organs in and up.
9. After completing 3 to 10 repetitions, stop relax. Breathe in and out normally.

## Brahmari

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### Instructions:

1. Start in a comfortably seated position as described above.
2. Let your rest arms mid-thigh so that the elbows bend slightly to the side.
3. Place hands on the face: use the thumbs to close the ears, index finger to the third eye and remaining three fingers cascade down from the corner of eyes which are closed. The middle finger to the corner of the eye, with the ring finger on the side of the nose and the pinky finger above the side of the mouth.

4. Close the lips gently while keeping the teeth from touching.
5. Bring the tip of the tongue to touch the palate behind the front teeth.
6. Keep the spine long and take a deep inhalation through both nostrils. Allow the chin to drop toward the heart.
7. Inhale then exhale slowly while making a steady, low-pitch humming sound at the back of the throat (like a humming bee).
8. Continue until set is finished.
9. Then, release the fingers, lift the head, return to normal breathing and observe any changes that have occurred. Let the vibrations fill your entire head and extend to the body, becoming one with the sound.

## Sheetali

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### Instructions:

1. Start in a comfortably seated position as described above.
2. Let your rest arms mid-thigh so that the elbows bend slightly to the side.
3. Place hands on the face: use the thumbs to close the ears, index finger to the third eye and remaining three fingers cascade down from the corner of eyes which are closed. The middle finger to the corner of the eye, with the ring finger on the side of the nose and the pinky finger above the side of the mouth.
4. Close the lips gently while keeping the teeth from touching.
5. Bring the tip of the tongue to touch the palate behind the front teeth.
6. Keep the spine long and take a deep inhalation through both nostrils. Allow the chin to drop toward the heart.
7. Inhale then exhale slowly while making a steady, low-pitch humming sound at the back of the throat (like a humming bee).
8. Continue until set is finished.
9. Then, release the fingers, lift the head, return to normal breathing and observe any changes that have occurred. Let the vibrations fill your entire head and extend to the body, becoming one with the sound.



# Meditation

One of the most powerful aspects of the an Ayurvedic cleanse is it's complete wholeness. Mental body become toxins that are also part of the physical body. When there is tension in the mind there is tension in the body. We constrict and hold. Feel tight. There are many emotions we've felt between April and now. Spring to Fall. That is the cycle. Therefore, Meditation ranks #2 after Pranayama as what you do not want to miss. There are very subtle changes that will come with meditation practice that will support beyond what you think is possible.

Meditation is not a technique, but a process. It is not a method or system. It could be called skill in action yet it is more a special capacity that is hard to analyze or teach. Meditation means experiencing the silence between two breaths, which is the space between two thoughts. Even if you are walking on a crowded road, you can listen to silence. Meditation is awareness where, without choice, you simply surrender to the surrounding environmental and totally remain with the present moment. In that moment, there is bliss and peace.

- Reduce stress and bring deep relaxation at the cellular level and promote healing and access innate intelligence
- Clear confused, conditioned mental and emotional patterns
- Improve orderly thinking
- Slow biological aging process and strengthen immune system
- Enhance mindfulness and presence in daily living
- Increase creativity
- Aid our ability to think and act appropriately under stress, pressure and challenging situations
- Helps us experience both positive and negative event with no inner tension

MORNING : 5 to 10 minutes of So Hum Meditation

EVENING: 5 minutes Mantra Mahamrtunjaya Mantra at bedtime

## Mahamrityunjaya Mantra

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*(maha-mrityun-jaya) is one of the more potent of the ancient Sanskrit mantras. Maha mrityunjaya is a call for enlightenment and is a practice of purifying the karmas of the soul at a deep level. It is also said to be quite beneficial for mental, emotional, and physical health. Hailed by the sages as the heart of the Vedas, the **maha mrityunjaya mantra** will help you tune into the healing force that is always at work within you, supporting your growth, lifting you up in times of trouble, and reminding you of the higher aim of life*

Om Tryambakam Yajamahe

Sugandhim Pushtivardhanam

Urvarukamiva Bandhanan

Mrityor Mukshiya Maamritat

*We Meditate on the Three-eyed reality  
which permeates and nourishes all like a fragrance.  
May we be liberated from death for the sake of immortality,  
Even as the cucumber is severed from bondage to the creeper.*

# Morning Stretches

Follow the video series and below is a list of exercises. Do your best to complete full range of motion on all the joint movements from the ankles to the fingers. These exercises are meant to move energy through the joints and help with lymphatic circulation to help awaken the body and circulation in the morning.

- toes point, in/out, together circle right and left
- double knee bounce
- butterfly
- sit in vajrasana: claw hands, catch thumb in and out, wrist rolls right and left, shoulder rolls
- interlace hands inhale arms up, hold 5, exhale down repeat
- stand up: knee lift, ankle raise hold

# Detox & Evolve Namaskar

(12 minutes)

The basic pattern is below. You will notice on the video Maria has added the following variations unique to the Fall Program:

Focus: pay attention to hands pressing together or on the floor. Mindful of placement of body move slowly, monitor even ujayii breath throughout. Avoid erratic movements, keep it smooth and mindful.

- keep Anajali mudra hands pressing together
- Stay on hands and knees and add side opening instead of Ashtangasana
- Stretch one arm up in lunge
- Avoid looking. Look forward, steady you gaze.

# Namaskar Illustration

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# Asana Practice

The goal of asana is to stretch, move energy through the limbs and allow steadiness in body to bring steadiness to the mind. Hold each pose for 7-12 breaths.

Utkatasana

Vira I

Warm Arm/Leg, Twist,  
Center, Twist

Trikonasana

Twist Lunge

Naukasana

Naukasana

Gomukhasana (Each Side)

Ardha Matsyendrasana

Pawanmuktasana