

of the three postures first—the Relaxing posture—tensions and excess are removed, and the body begins to move into a place of balance and wellness.)

2. Scorpion

Time for Harmony. When the oily quality is out of balance, there can be wavering and indecision. The shape of the Scorpion is a circular, back-bending form. The pelvis and throat are stretched. Note that the energy of the throat and pelvis was unwound in the Plough; and here in this pose, they become receptive, spacious, renewed, and revitalized. The bladder meridian is squeezed, and the kidneys are strongly massaged. As the forearms are placed onto the earth to provide a firm foundation for Scorpion, the focus required to maintain the balance creates a steadiness in the mind and cures any unwavering tendency.

3. Lion

The strong focus of the mind and the clarity in the senses is now ready to be channeled positively. The Lion's Pose allows for the outcome of the full expression of a strong and healthy Shukra energy. Expression from the pelvis, via the throat, establishes a primal connection to the source of your creativity and the strong energy that maintains your health. The roar is also drying, which, in the case of oiliness, will be helpful. The brightness of the internal organs now manifests through this glorious pelvic roar!

What if you're a beginner?

You may still be mastering Mountain Pose, so don't freak out if you can't handle Scorpion or Peacock. Tomlinson reminds us that each of the postures has a beginning—so that's where you start! With time, patience, and a steady, mindful approach, more difficult postures will begin to flower like a well-nurtured plant. Remember—there is no rush to attain anything. The energy of an asana is present in its foundation, so by practicing and creating the foundation again and again, the posture will reveal itself to you, and—if it's appropriate for you—you will move deeper into the asana.

medical terminology, Sauls does provide refined guidance on diet, healing, exercise, and homeopathy, pinpointing behaviors which negatively impact your life.

Holistic healing in harmony with planetary influences

Unlike modern Ayurveda, which only focuses on the dosha (body type) or constitution, Tarabilda's findings reveal not only the disease types and pathways, but how to implement holistic healing solutions in order to harmonize each planet's influence on one's life. During a consultation with Sauls, he analyzes the eight archetypes/fields of living, which are:

Physical: Knowing what your disease tendencies are.

Vital Body: Governs your mental stress, immunity, and healing abilities.

Dharma: The gifts we bring to life in order to help the world.

Creative Play: What we like to do for leisure and recreation time.

Career: How and what you choose to do.

Relationships (which includes two parts): Relationships with everyone, including those you date; and marriage relationships, including those that result in cohabitation.

Desires: What we seek for temporal fulfillment and happiness.

Spiritual Path: An inward look at your true nature while integrating the other seven fields of living.

"Our basic life potential is given in our blueprint from birth, and we actually choose how to play them out in our lives," says Sauls. This crucial information can clear away blockages to attain an enriching journey towards looking within and developing a meaningful connection to God.

From mantras to yantras (geometric designs used for visual meditation based on the sound vibration of the mantra), Sauls provides his clients with multiple curative therapies to profoundly enrich each field of living. However, the rewards come only when the individual makes the commitment. "The person has to take the responsibility to do it," adds Sauls, who recommends seasonal follow-ups to his devotees. Clients who have been unlucky

Below: Gandharva Sauls co-founder of the Ayurveda-Yoga Institute.

