

Light on Ayurveda

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DVD Review. The Ancient Ayurveda Yoga Series with Sarah Tomlinson.

By Genevieve Ryder.

The DVD is professionally presented. The content is based on the teachings of Edward Tarabilda and Swami Sivananda Radha. Its philosophy is that of Ancient Ayurveda, founded by Tarabilda. Ancient Ayurveda is a multidisciplinary system using yoga and Ayurveda to heal the physical in a spiritual way.

It is easy to navigate through the chapters and asanas. The DVD is divided into three sections; the first emphasizing relaxation, the second for harmonizing to stabilize and harness one's energies, the third dynamic, designed to stimulate the physical, plus to clear and focus the mind. One can choose from among the three sets, depending on the time of day and what they feel is needed when they approach the mat.

The presentation has the intention to invoke the planetary energies not only through asana, but through the use of yantras and mantras. The appropriate yantra is displayed in the background as the filming proceeds and the planet's mantra is chanted. The viewer has the option to turn off the chanting when a silent practice is preferred.

The planets are the Sun, Moon, Mars, Mercury, Jupiter, Venus, and Saturn. Sarah does the demonstration and teachings which are clear and easy to follow. Many poses are very challenging for a beginner; for some asanas, alternates are suggested. Advanced students will love this video!

Sarah advises viewers that, when practiced regularly, the series will help one to connect with the various planetary energies in their bodies/lives. The DVD comes with a nice chart summation of the series with the mantras in written form, the yantras and asanas in pictorial form.

Pizhichil: Art of Full Body Oiling

Basti: Panacea of Ayurveda

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