





BHAKTI
ROSE



Five questions I
get asked the
most ...

from yoga teacher and author Katie Rose



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1 What is ayurveda and will I have to turn my whole life upside down for it to work for me?

Ayurveda is sometimes called the 'sister science' to yoga and literally means 'the wisdom of a life well lived'. It is the original natural health and wellness system from India with its foundations in the scriptures and in Vedic knowledge.

You do not need to change your whole life to benefit from what ayurveda has to offer you. The way I work is to suggest gradual changes to lifestyle such as better sleep routines or meal planning. I also work with adding in positive factors with suggestions like spend more time with those who nourish your soul, listen to mantra music, add a green smoothie to your daily food choices.

Once we have amplified the positives we then gently work on minimising the negative factors for example spend less time with people who dampen your spirits, minimise screen time, minimise junk food or alcohol.

I also work a great deal with 'sadhana' (conscious spiritual practice) to amplify the rituals and routines of your daily life to support wellbeing in the areas of physical body, energy body, mind and emotions / feelings.

2 What is the difference between the style of ayurveda you teach and others?

I work and practice in the feminine form meaning we do not see health and wellness as a linear or goal oriented journey but rather as a process which is constantly unfolding. We look for beauty and joy in simple practices and strive to awaken the deep knowledge of our ancestors and our own sacred body for vibrant health.

The way that ayurveda is practiced, applied and taught changed a lot when the British colonised India. The British brought with them the industrialised medicine model which is all about seeing the body / mind as 'unwell' and fixing it. This system places responsibility for healing and wellness in the hands of the doctor or practitioner.

Unfortunately many ayurvedic practitioners now work within this model in a highly prescriptive and hierarchical way.

I have been blessed to be trained by women in ayurveda within a system that encourages and nurtures intuition, self-responsibility and lifestyle oriented around

wellness. We see the body as infinitely well and capable.
We see our minds as strong and healed and we use spiritual

practices and devotion as a method for accessing our innate wellness.

③ What is the 'Yoga of Birth' ?

A multi-faceted journey into preparing a woman for conception, pregnancy, labour and motherhood using yogic wisdom and philosophy. Whilst we do cover the yoga asana practice (physical postures) we primarily focus on the journey of having a baby through yoga as lifestyle and the many practices which can be supportive such as yoga nidra (deep relaxation), ayurveda, breathing techniques (prananyama), mindset affirmations work and hormonal balance wellness.


④ What is a spiritual activist and how can I become one?

Let me share a quote from my teacher Sharon Gannon at Jivamukti Yoga.

'As yogis we wish to move people to be respectful, kind and compassionate towards each other, animals and the environment. The first step is to be a joyful example yourself. View everyone as providing you with opportunities to be kind and articulate empathy and compassion for other beings. See whomever you speak to as a holy being. Do not see anyone as mean, stupid, or compassionless or as a person who needs you to enlighten him or her. If you can't see people you speak to as compassionate, how can you ever expect them to see themselves that way? Before you speak to someone, ask yourself, how do I want this person to feel about himself or herself? Do you have the largeness of heart to see that person's highest potential? For that to occur, you must be willing to give up any negative thoughts about him or her in order to provide a space for the person to turn around in.'

We live under the same sun, we breathe the same air, we drink the same water. Our individual actions affect the communal sun, air and water. Reflecting upon that – it becomes apparent that all actions are political. In fact, we determine our shared future by the actions we take and choices we make in the immediate present, today, right now, wherever you are. Our karmas are intricately intertwined and it is of the utmost importance to make conscious, educated choices that will inevitably shape our communities far and near.

Yoga practice is about cleaning up our actions. To begin your journey of spiritual activism you can practice a vegetarian diet, minimise your carbon footprint by living in a way that is not wasteful and do your best to support in your thoughts, words and deeds minimising the suffering of all beings.



5 I am a yoga teacher just starting my teaching career what advice do you have for me?

Take as many opportunities to teach as you can. Don't be too ambitious too quickly. Teach your partner, your housemates, your best-mate or your child first. Teach your mum! Build up your skills and confidence. Don't teach for free, but don't be too attached to money to begin with. Teach as a trade for a dinner or a bunch of flowers or an essential oil (this is a good one because the prices vary so people can choose an oil to gift you that they can afford). Value what you do but know that you are still learning and value getting experience more than payment.

Don't expect to get busy / peak time classes straight away. I have taught many years of classes at 6am to two people. Be an apprentice. Don't be too proud to show up and keep showing up. If you follow this advice opportunities will come your way. Take those opportunities and your teaching career will flourish. Focus on what you love and know and pray that you can share yoga's light. Set an intention to be of service. You will succeed in every way with this attitude.

To grow your in-person following: teach in as many different places as you can. Bring the yoga to places that otherwise don't have it (your current place of work, your children's school, your local gym, your lounge room on a Tuesday night). Create a very simple website for yourself and simple business cards with your website on them; distribute these everywhere you go. Talk to people and tell them what you do! To grow your online following: build up your email list. Social media followers are fickle and can change, once you have someone on your email list they are really your follower. How to build up your email list? Give people something wonderful for free. A beautiful meditation you've recorded, social media with true content of value, be generous! Work on your money mindset (I like the work of Leonie Dawson on this topic, I also highly recommend her 'Launch your E-Course' online training). Value yourself.

Dive deeper into your Ayurveda Goddess journey or become an Ayurvedic Health Coach starting today with 20% off our signature program using code **GODDESS20** at the check out. **Go to www.bhaktirose.com.au/ayurvedagoddess for more ...**



