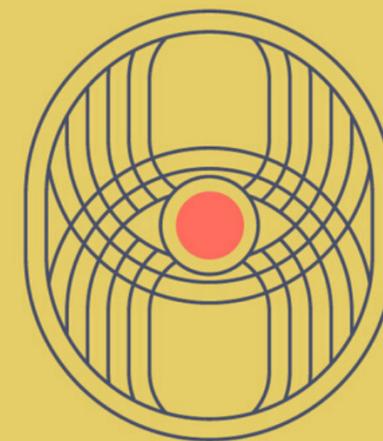


Wired + Tired
No More:
Healing Sleep
Issues + Fatigue
Naturally

An Ayurveda Workshop



COURTNEY
LACAVA

AYURVEDIC PRACTITIONER + HEALTH COACH

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Hi! I'm Courtney

As an Ayurvedic Practitioner and Health Coach, I'm so passionate about guiding people to heal and evolve with the essential habits of Ayurveda and Yoga.

I discovered Ayurveda through my own health crisis with chronic fatigue in 2005. It led me to Ayurveda. It revolutionized my life and I now dedicate my work to empowering people to heal.



Ready to get started?

Click below to watch the live workshop
and follow along with the slides

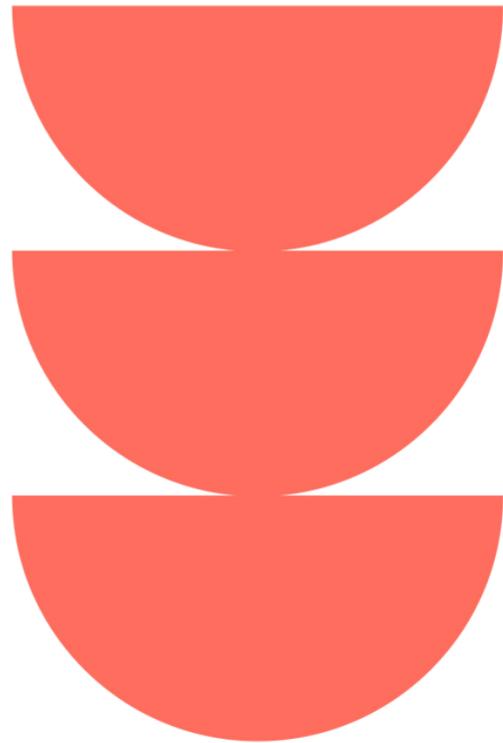
[Access the
workshop](#)



The Five Elements

- Everything in the universe is composed of the 5 elements
- Space, Air, Fire, Water + Earth

Dosha Theory



- Everything in the universe, including our physiology, is composed of the 5 elements.
- These elements have qualities
- These qualities (*gunas*) are described in pairs of opposites
- The elements manifest in the body as "doshas" - forces of nature that carry out the physiological functions of the body.
- Basic Principle of Healing: "Like increases like, opposites balance."
- We take in these qualities through all 5 senses and create balance or imbalance.

Doshas, Elements and Qualities of Ayurveda

Like increases like. Opposites balance.

5 Elements	SPACE	AIR	FIRE	WATER	EARTH
Qualities:	space/connection	movement	light/heat/ transformation	lubrication	solidity/stability
HEAVY/LIGHT	Light	Light	Light	Heavy	Heavy
COLD/HOT	Cold	Cold	Hot	Cold	Cold
MOIST/DRY	Dry	Dry	Dry	Moist	Dry
SOFT/HARD	Soft	Hard	Hard	Soft	Hard
MOBILE/STABLE	+/- both	Mobile	+/- both	Stable	Stable
SHARP/DULL	Sharp	Sharp	Sharp	Dull	Dull
ROUGH/SMOOTH	N/A	Rough	Rough	Smooth	Rough
DENSE/FLOWING	Flowing	Flowing	Flowing	+/- both	Dense
SUBTLE/GROSS	Subtle	Subtle	Subtle	Gross	Gross
CLOUDY/CLEAR	Clear	Clear	Clear	Cloudy	Cloudy
DOSHAS	VATA		PITTA		KAPHA
	Light		Light		Heavy
	Cold		Hot		Cold
	Dry		Slightly Moist		Moist
	Hard		+/- Soft/Hard		Soft
	Mobile		+/- Static/Mobile		Stable
	Sharp		Sharp		Dull
	Rough		+/- Rough/Smooth		Smooth
	Flowing		Flowing		Static
	Subtle		Subtle		Gross
	Clear		Clear		Cloudy

Opposing Qualities (Gunas)

Reducing, Lightening , Catabolic
Langhana/Yang
Vata + Pitta

Building, Nourishing, Anabolic
Brahmana/Yin
Kapha

DRY
HOT
MOBILE
LIGHT
SHARP
ROUGH
HARD
SUBTLE
CLEAR

MOIST
COLD
STABLE
HEAVY
DULL
SMOOTH
SOFT
GROSS
CLOUDY

Vata Dosha

- Composed of air + space elements
- Rules circulation and movement
- Is light, cold, dry, hard, mobile, sharp, rough, flowing, subtle, clear
- More langhana/yang/reducing

Pitta Dosha

- Composed of fire + water elements
- Rules metabolism/digestion and transformation
- Is light, hot, slightly moist (oily), sharp, flowing, subtle, clear
- More langhana/yang/reducing

Kapha Dosha

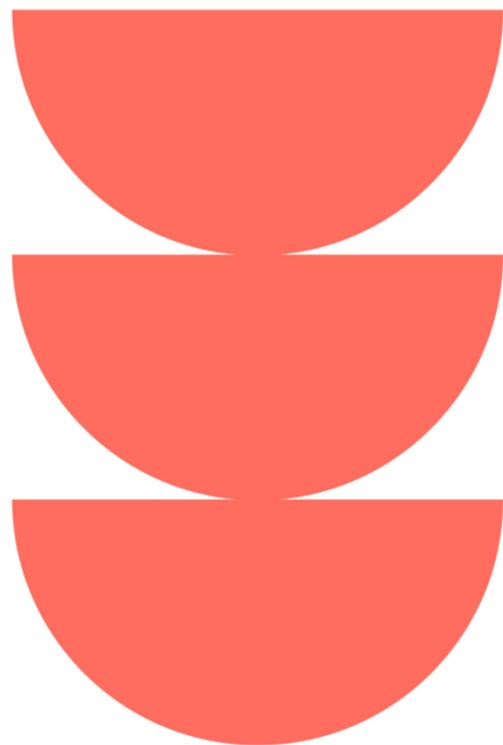
- Composed of water + earth elements
- Rules stability, structure, immunity
- Is heavy, cold, moist, soft, stable, dull, smooth, static, gross, cloudy
- More brahmana/yin/building
- ****Kapha dosha rules sleep and stable, consistent energy.****

Lightbulb Metaphor

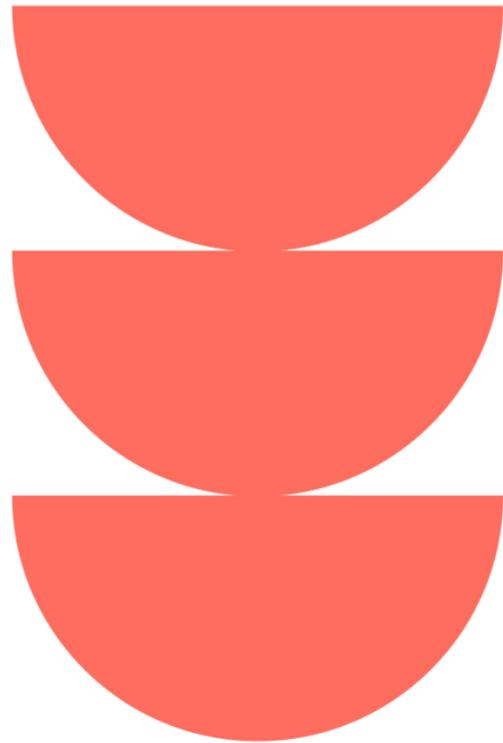
Imagine the components of a lightbulb. You have the electrical current, the flame, and the glass.

In the subtle body, the energetics of Vata (movement, flow, life force energy) are represented by the current. The energetics of Pitta (heat, digestion, transformation into usable energy) are represented by the light). The energetics of Kapha (stable, contained, grounded) are represented by the glass.

When the current and/or the heat become excessive, it shatters the glass.



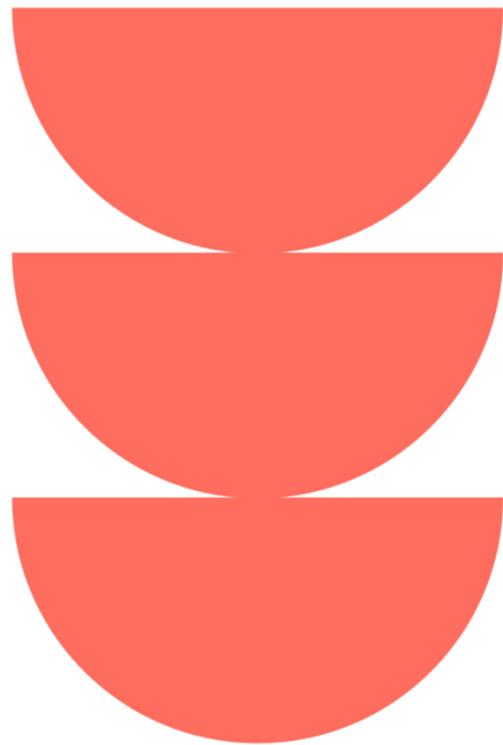
Lightbulb Metaphor (cont).



When the glass shatters, it can't contain the energy within it. The energy flows out, becomes erratic.

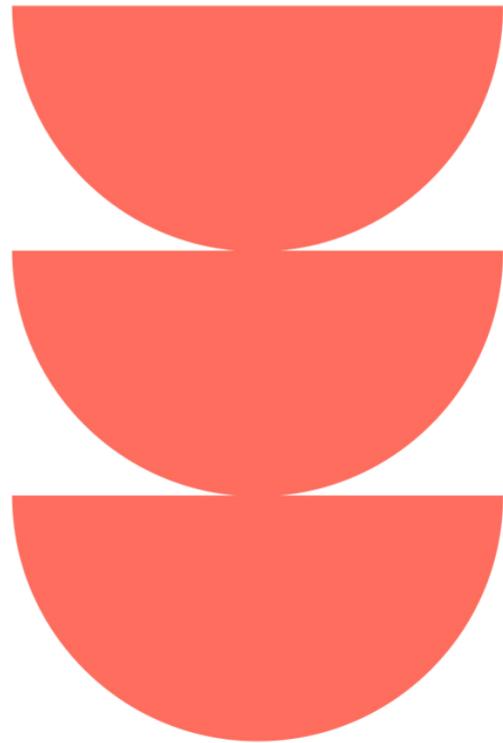
Results in low energy, sleep issues because the body and mind can't ground itself or contain its energy.

Vikruti: Your Current State of Imbalance



- We are constantly taking in the qualities through our senses (ie. *dry* food, *irregular* mealtimes, *heated* arguments, etc.)
- Like increases like, opposites balance.
- Too much of any quality can cause a dosha to become out of balance
- Imbalanced dosha => symptoms + disease

Stress + Sex Hormones in Women



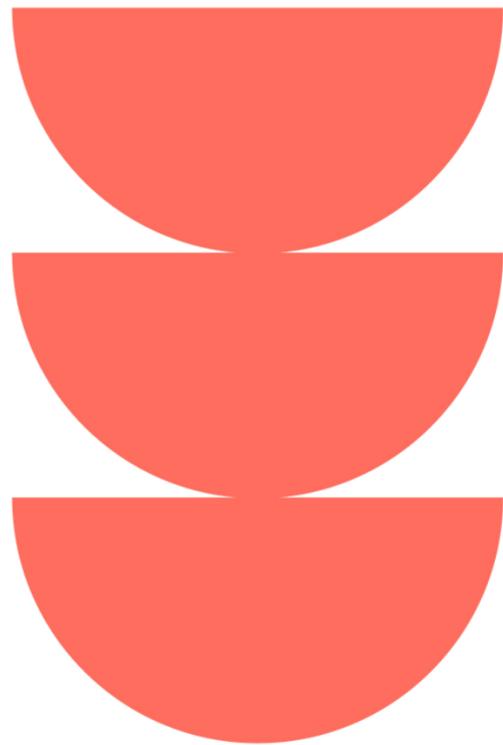
Stress Hormones:

- Langhana/Yang
- Adrenaline + Cortisol
- Energizing, activating, mobilizing, reducing
- Energetics similar to Vata and Pitta

Sex Hormones:

- Brahmana/Yin
- Progesterone + Estrogen
- Nourishing principle of life
- Energetics similar to Kapha

The Qualities of Sleep + Stable Energy



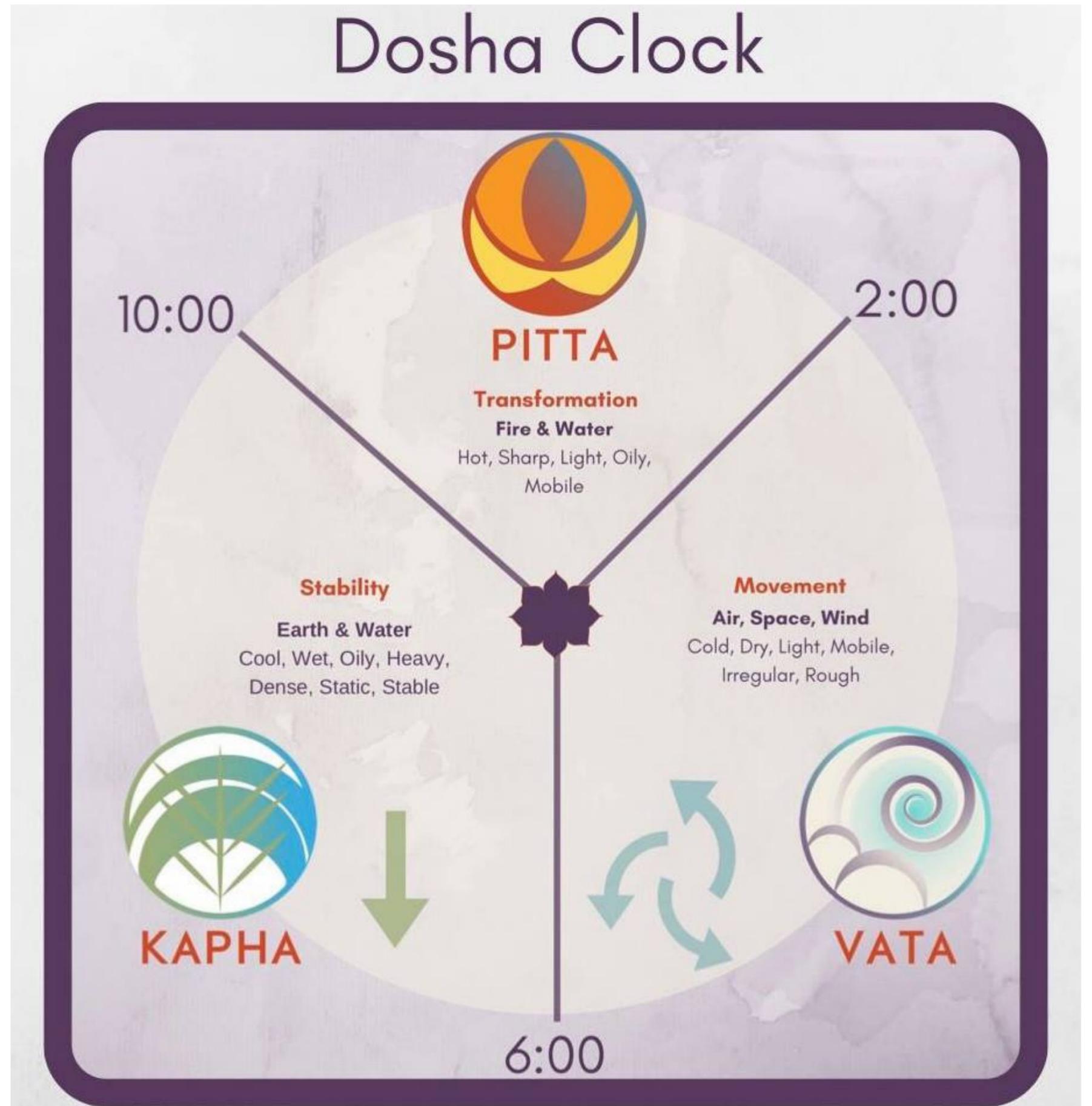
MOIST
COLD
STABLE
HEAVY
DULL
SMOOTH
SOFT
SOLID
GROSS
CLEAR

Daily Cortisol Levels

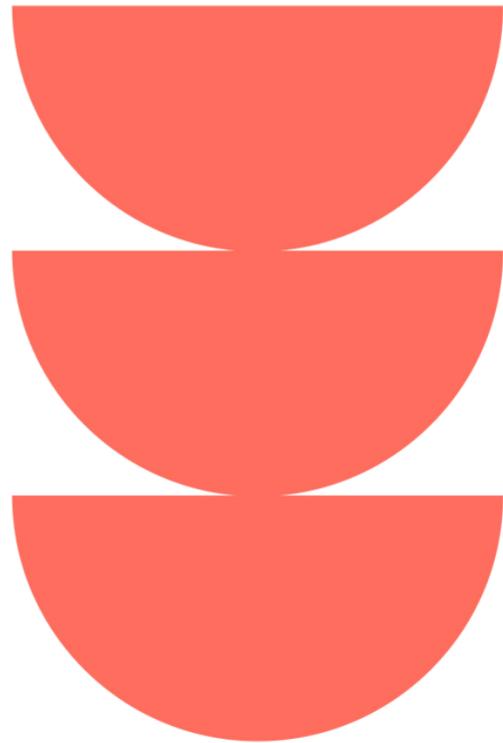


Image Source: www.integrativepro.com

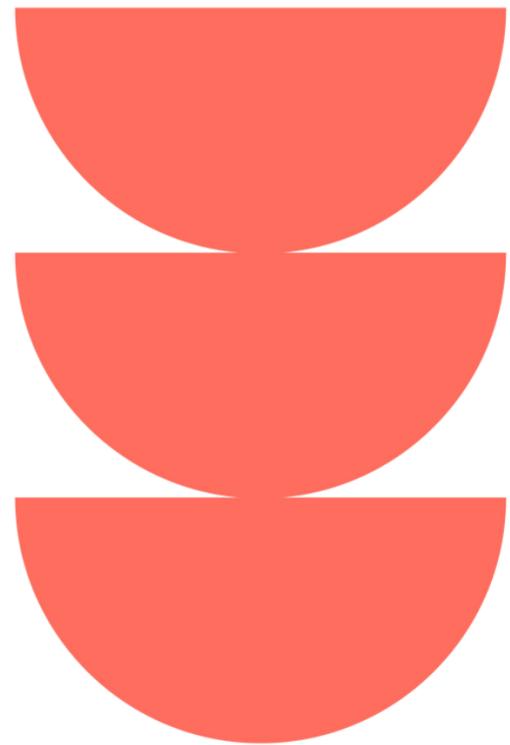
The Dosha Clock



Vikruti: How We Get Out of Balance



- **Your Habits** - moving out of rhythm with the cycles of nature
- **Your Senses** - Like increases like, opposites balance. What you take in through your senses - what you eat, when you eat, the qualities of your habits and schedule, etc. can all increase or decrease the doshas
- **Overriding Body Wisdom** Not listening to and responding to our body's needs when it sends us signals.

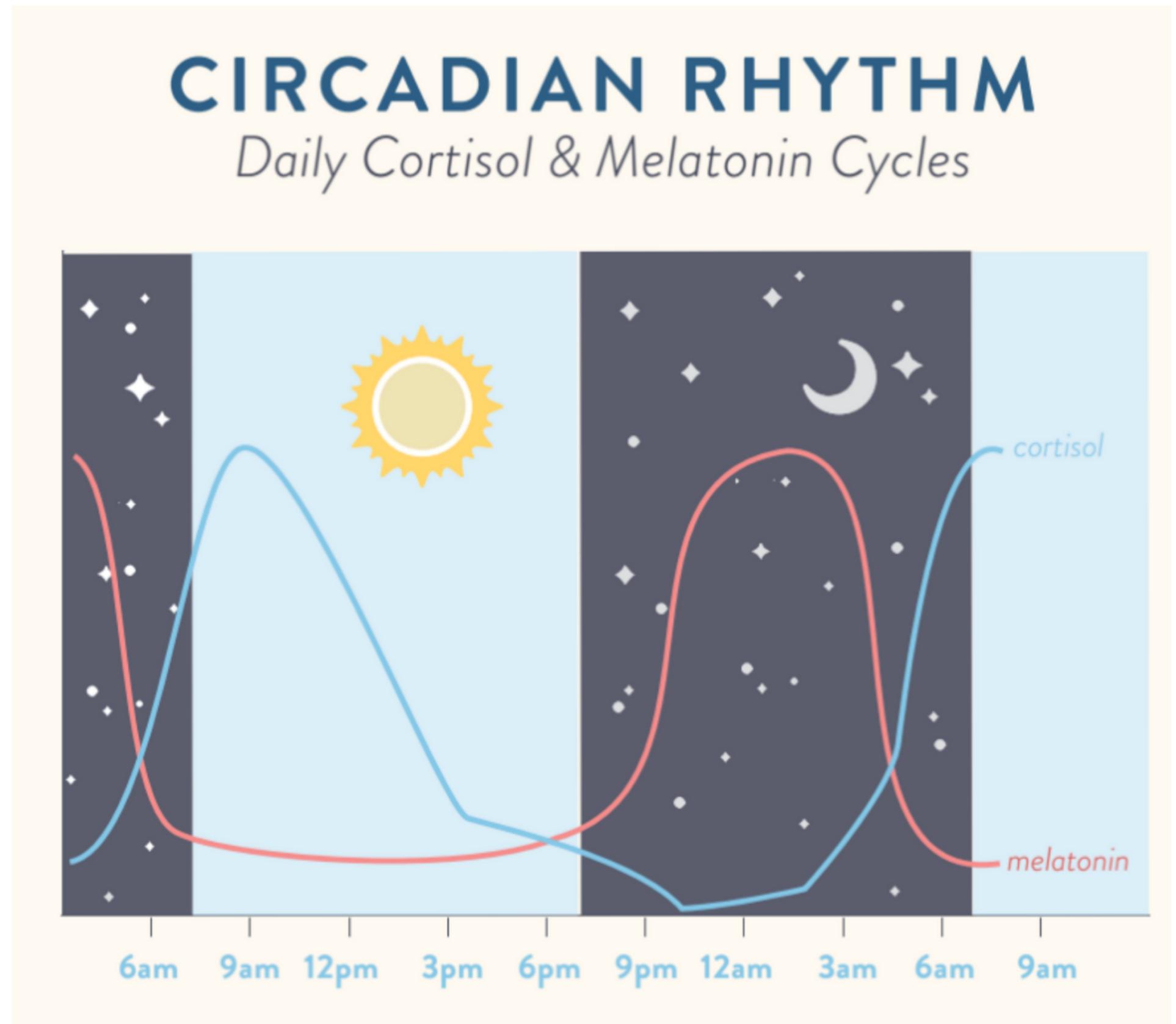


Activities That Disrupt Sleep + Vitality

#5 Screen Addiction

- ❑ Blue light disrupts the production of melatonin
- ❑ Melatonin is required to fall asleep and maintain deep sleep.

Image Source:
thepaleomom.com

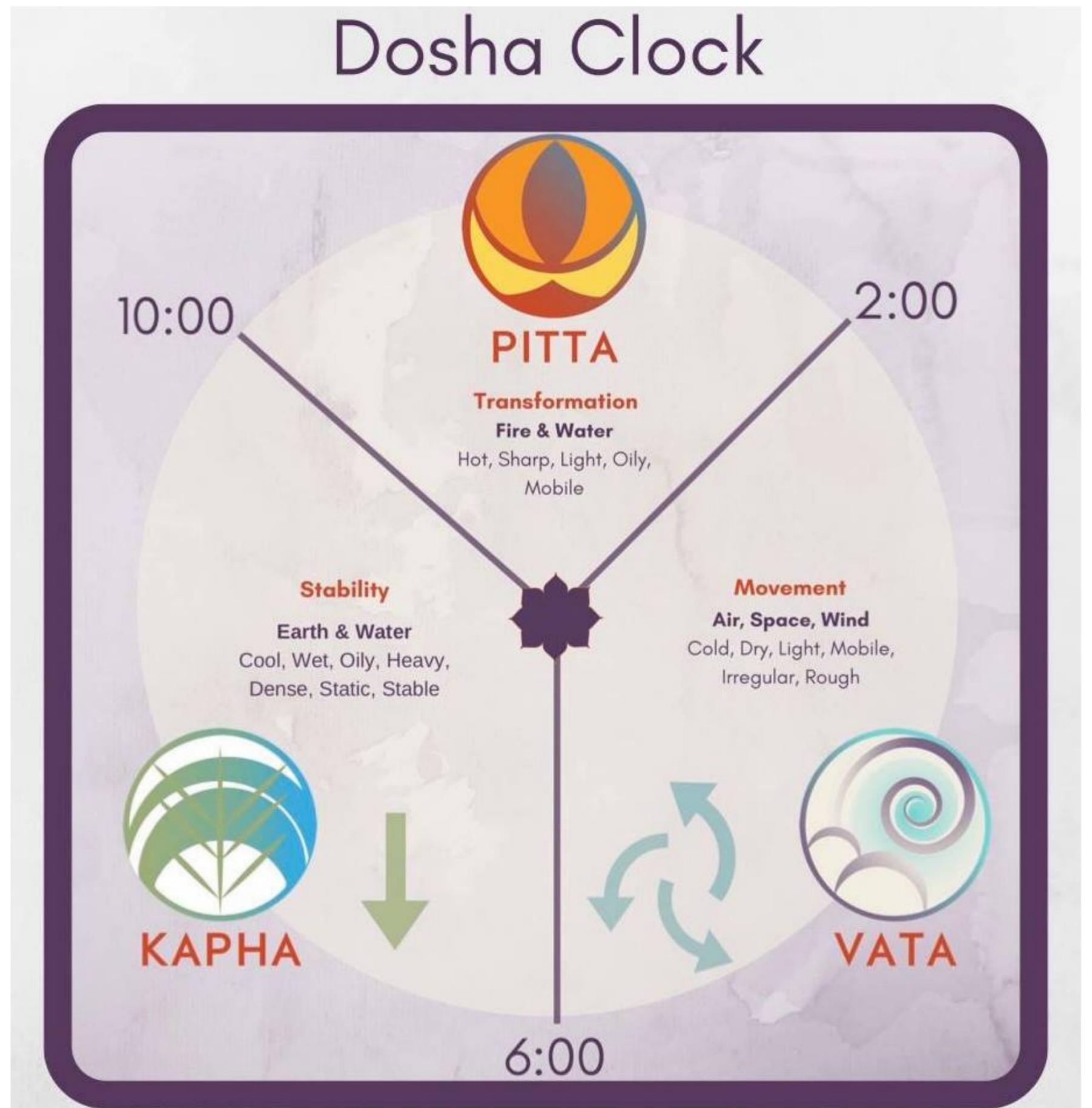


Kapha Hours (6-10 am/pm)

- Downward moving energy
- A physical (not mental) time of day
- Hours of cohesion, renewal, rejuvenation, connection
- Getting to bed during this time critical for deep sleep, recovery, strength, immunity

Pitta Hours (10 - 2 am/pm)

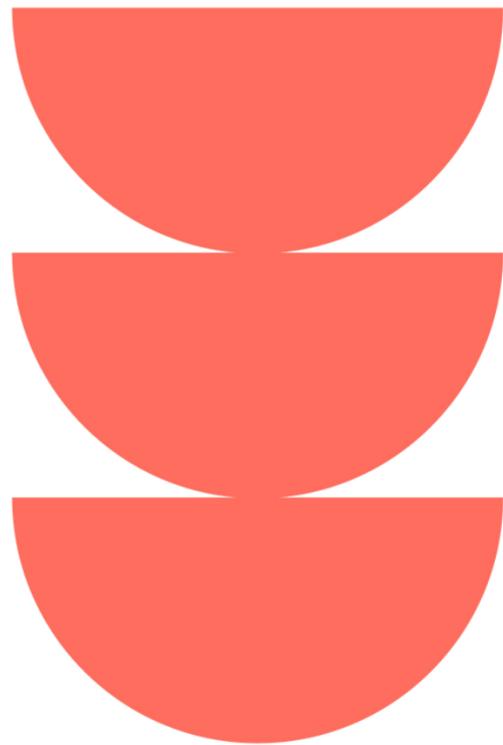
- Upward moving energy - brings energy up into the mind
- Hours of purification
- Going to bed during pitta hours means lighter, disruptive, more active sleep



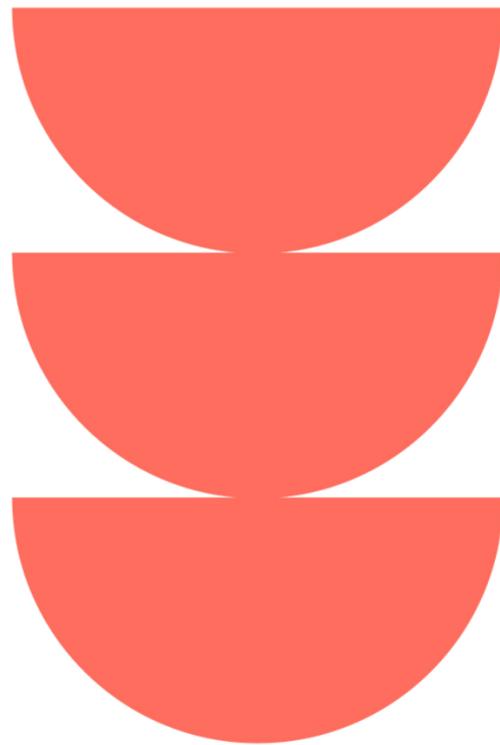
#4 Late Heavy Dinner

When we eat a late, heavy meal (after 7pm):

- Don't have strong digestion during kapha hours
- We're still digesting into the Pitta hours, we don't feel the kapha/downward moving energy of tiredness
- We're less likely to go to bed during kapha hours
- We get a "second wind"
- We don't tap into the kapha energetics of rebuilding, rejuvenation
- We don't allow our body the full pitta process of purification



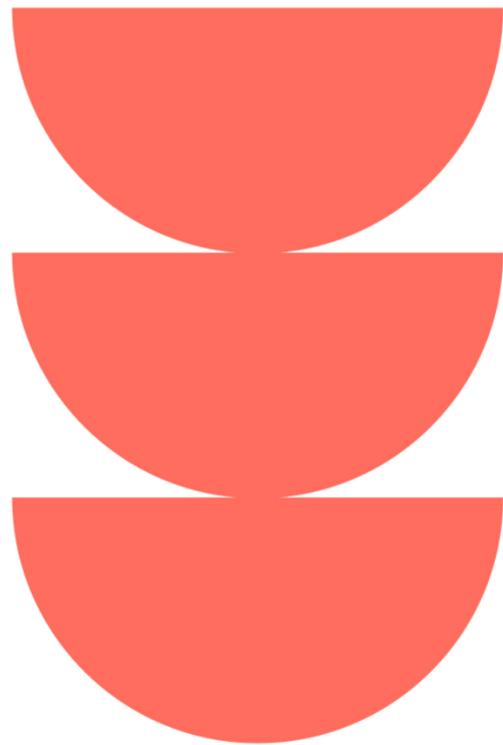
#3 Bed Past 10pm



When you get to bed is as important as how much sleep you get.

- 12-8am = 8 hours of sleep is not equivalent to
- 10pm - 6am = 8 hours of sleep
- If going to bed past 10pm, you're borrowing energy from the next day. You're already starting your day with sleep deprivation.

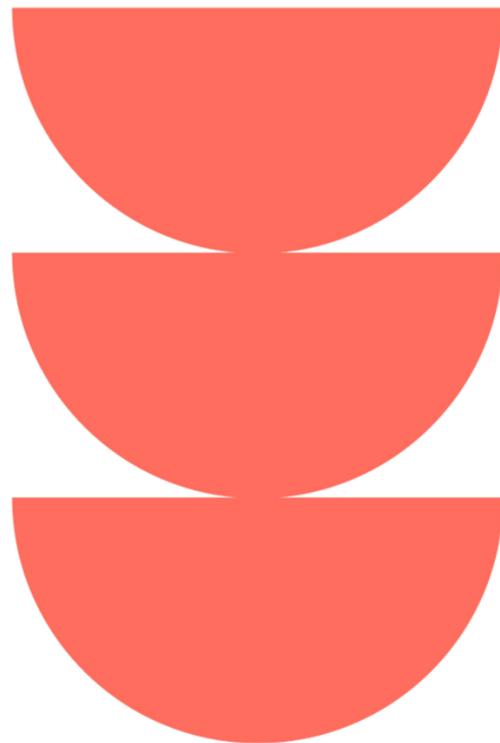
#2 Excessively Yang (Vata + Pitta) Lifestyle



Excess drive, movement, irregularity (mealtimes, schedule, travel), too much mental work, too much screen time.

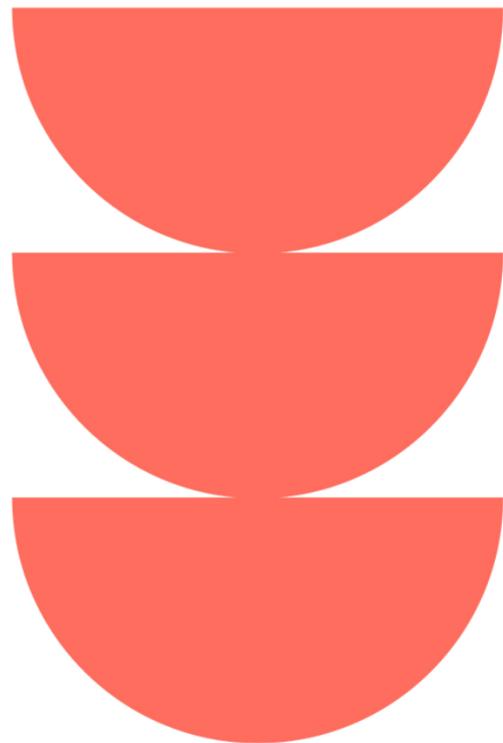
How we aggravate Vata

~ Excess dry, light, cool, rough, subtle, and mobile ~



- Cold, dry, spicy, bitter, and astringent foods, like chips, crackers, raw foods, greens, beans.
- Skipping meals
- Not eating meals at regular hours
- Late bedtime
- Travel
- Excess sensory input
- Multitasking
- Exposure to cold

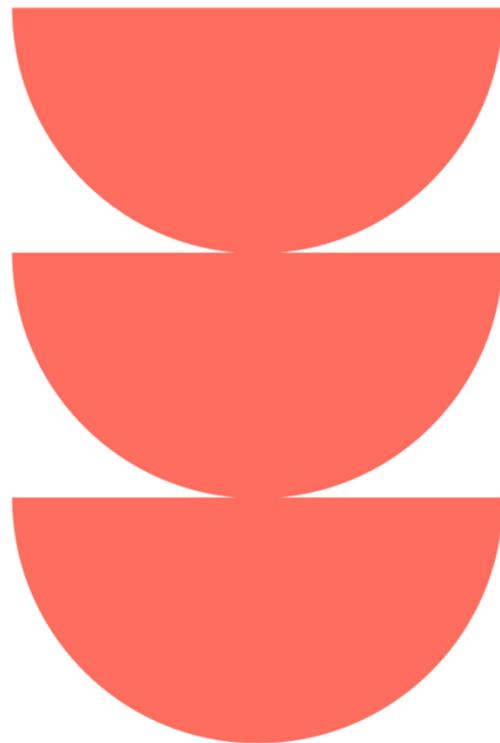
How we aggravate Vata (Example)



You are a vata individual. One of the qualities of vata is dryness. You live in a dry climate, like a desert, and you regularly snack on dry crackers. This added dryness adds to the dry quality of vata, which you already have plenty of. This usually increases vata and can lead to dry conditions like constipation or dry skin. This is an extreme example to illustrate the point.

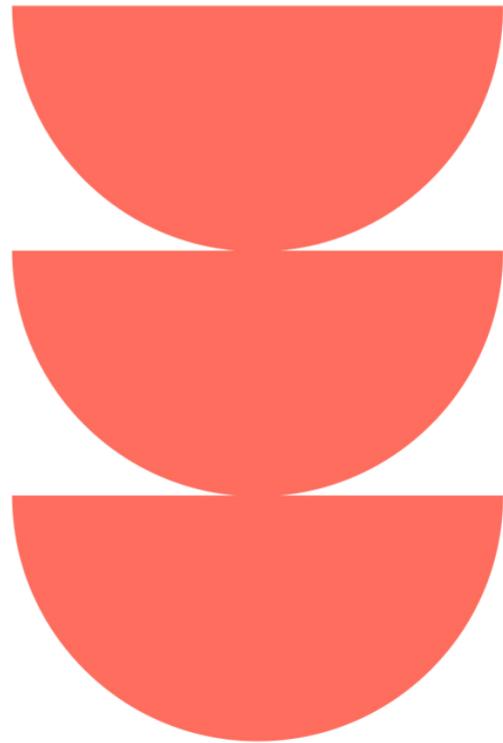
How we aggravate Pitta

~ Excess hot, sharp, oily, light, flowing qualities ~



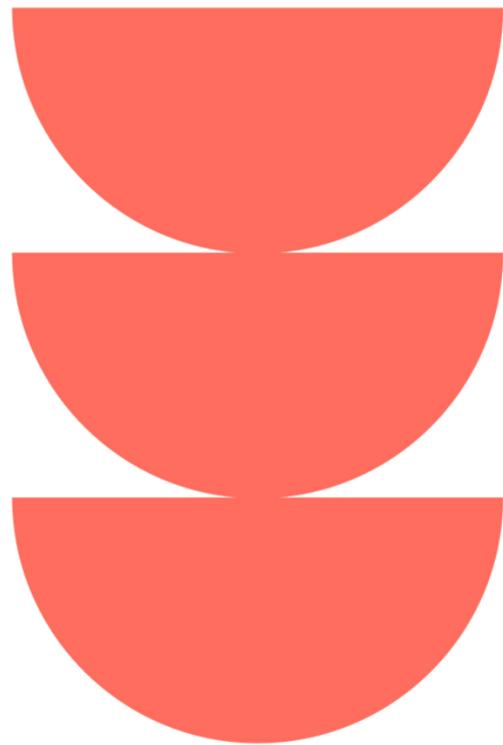
- Excess Pungent, sour, salty food (ie. hot spices, alcohol, coffee, fermented foods, etc.)
- Exposure to mid-day sun/excessive heat
- Late nights, bedtime past 10pm
- Excess competition
- Pushing, not taking rest, relaxation, or vacation
- Over-exercising, especially in the heat
- Skipping meals
- Judgment

How we aggravate Pitta (Example)

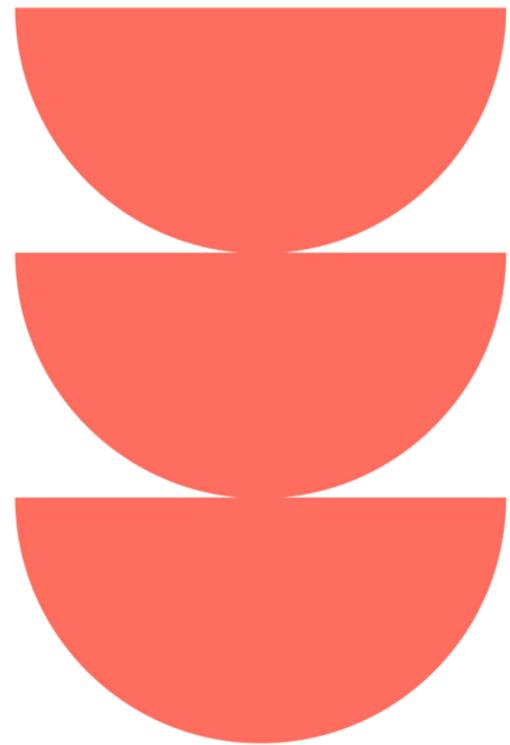


You are a pitta individual. Pitta is hot in nature. You visit the equator for a vacation and you sunbathe for six hours daily and enjoy hot, spicy food daily for one week. At the end of the week, you suffer from an acute rash and terrible heartburn and find yourself with an awful temper. Ayurveda would say that your heat-increasing indulgences increased the natural heat in your pitta constitution and lead to hot conditions “erupting” in your body and emotions. This is an extreme example to illustrate a point.

#1 (Tie) Overriding the wisdom of our body



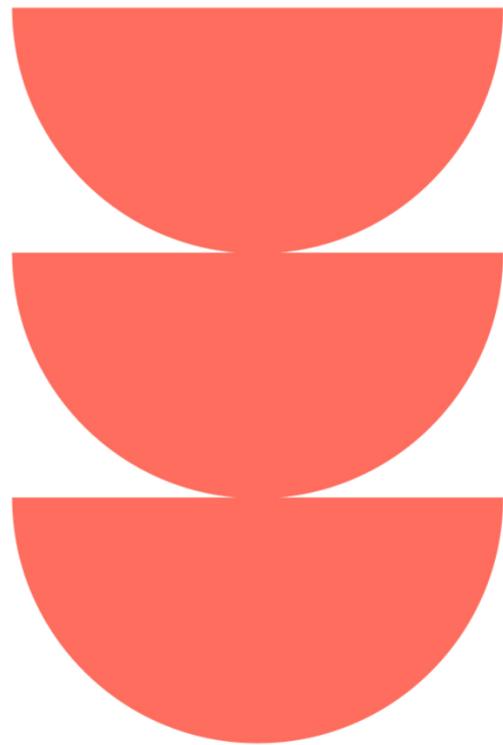
- Productivity-driven, puritanical inheritance:
 - More work, more intensity is better
 - Rest = low value
 - Focus on intensity and achievement leads to overriding the signals of the body
 - Lack of time and space to digest sensory impressions, emotions, experiences.
 - “Possession” with “success” (whatever that means for you) leads to the constant flood of stress hormones.



#1 (Tie) Disconnect from the cycles of nature

- Not honoring the shift in daily and seasonal rhythms inhibits our body's innate healing intelligence.
- As a culture, we're collectively out of sync with the cycles of nature and our energy integrity, which has a direct impact on sleep, vitality, and immune function.

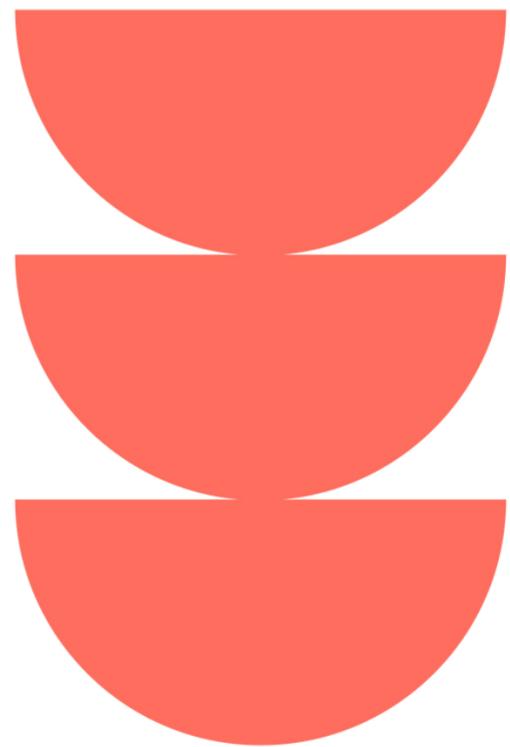
How to Restore Balance: Embodiment



□ Your body is constantly giving you information about what nourishes you and what doesn't.

Healing requires:

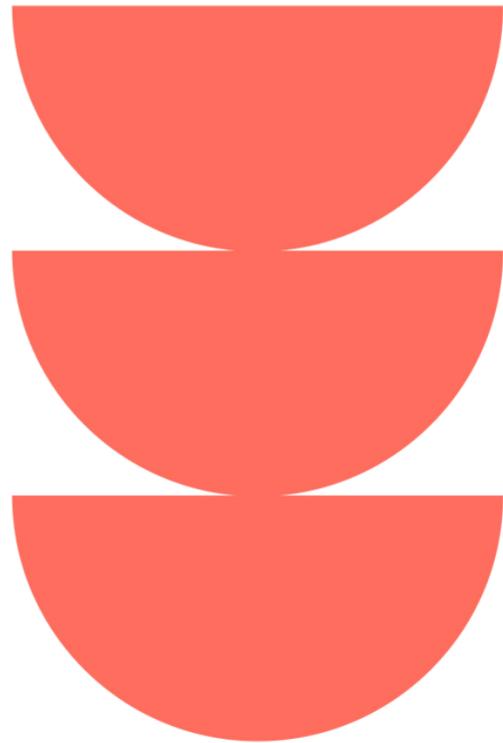
- Embodiment - reestablishing a relationship with your body
- Learning how to listen to the signals your body sends you
- Learning the language to interpret those signals
- Learning the tools to respond to those signals so that you can nourish yourself.



How to Restore Balance: Reconnecting to Nature's Rhythms

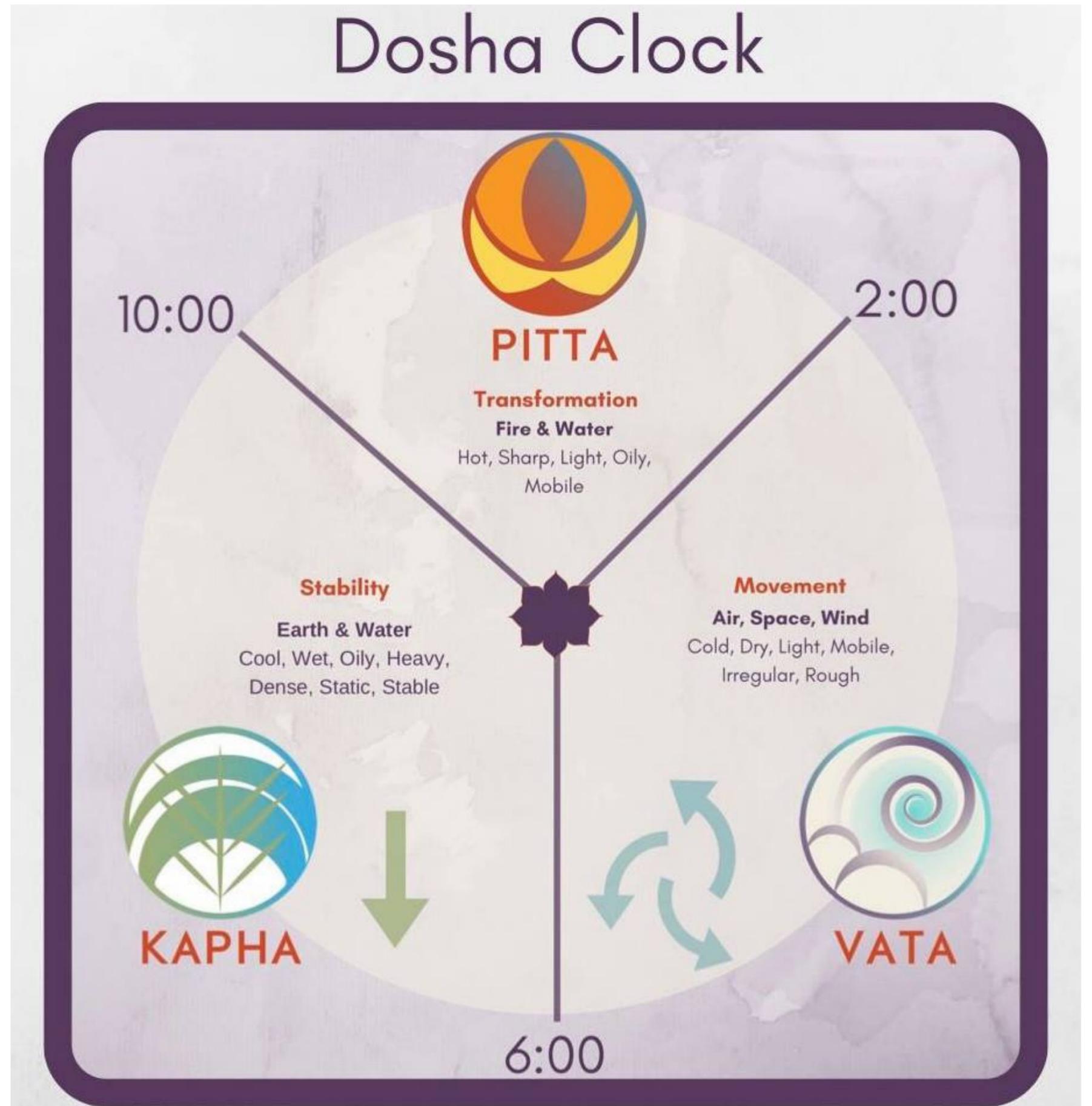
- You are part of nature. Your physiology is designed to move with the rhythms of nature (Circadian Science).
- How/when you eat, sleep, wake, hydrate, eliminate, move, rest, create space for mental, emotional processing, care for your senses, etc. - create balance or obstacles to healing.
- ****It's not just one habit. It's all the habits within the 24-hr cycle of the day that restore rhythm****

Somatic Experiencing: TIMES Practice

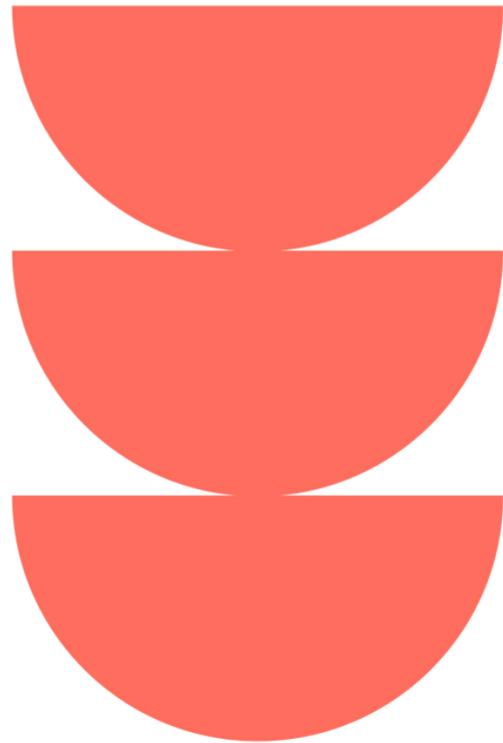


- Thought
- Image
- Movement
- Emotion
- Sensation

Your Habits + The Dosha Clock

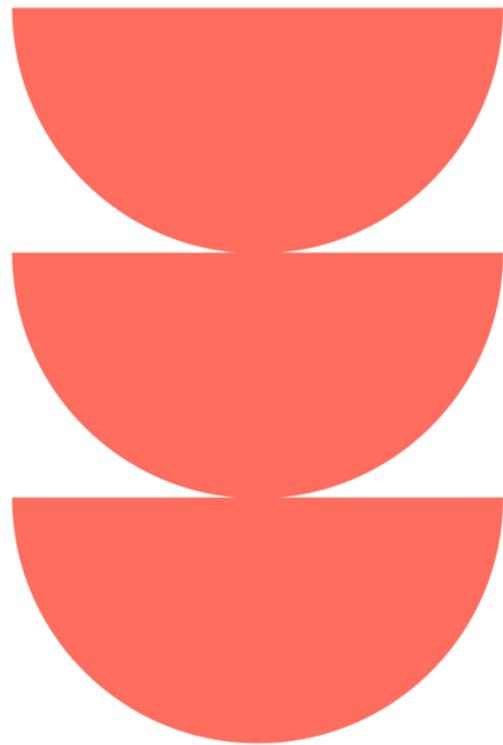


Earlier, Lighter Dinner



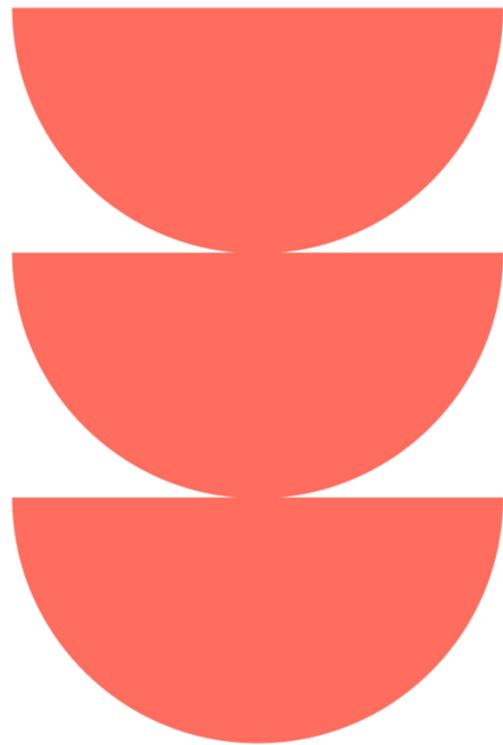
- What: Eat a light, plant-based meal by 6:30 pm.
- Why: When you eat dinner early, you digest your food before bed. You burn fat instead of waking up with a food hangover. You sleep more soundly and eliminate properly.

Bed By 10pm



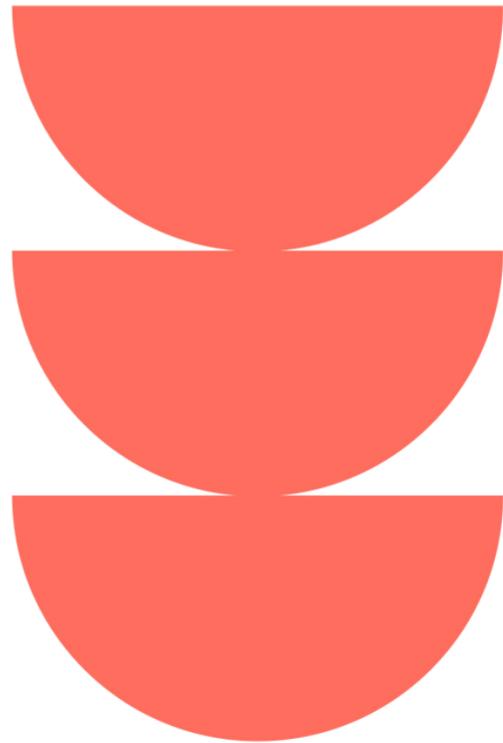
- What: Lights out by 10pm.
- Why: Going to bed after 10pm will set you up for lighter, less restful sleep and will disrupt your body's natural detoxification process. Going to bed after 10pm means you enter the next day already sleep-deprived.
- If you have fatigue, immune, disease or your nervous system is fried, aim for 9pm
- Kaizen - slowly move bedtime back by 15 mins every week

Optimize the kapha hours of the day: 6-10 am/pm



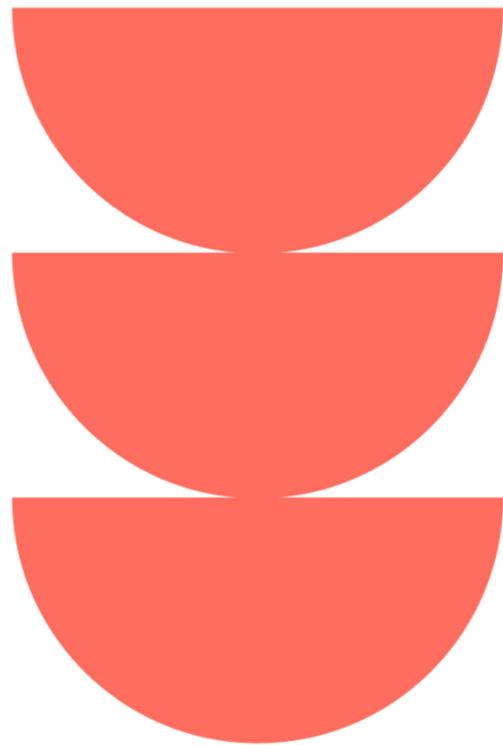
- We have the most stamina and grounding during kapha hours. This gives us the opportunity to build ojas when we use this time in the most supportive way.
- Connect: to loved ones, deeper purpose, physical body through chores, physical projects, take a walk, foot massage, meditation, journaling, gardening, etc.
- Limit work after 6pm. You're much less effective in getting work done during this time.
- In the morning, get moving upon waking for at least 20 mins. If you're fatigued, start slow and gentle. In order to access energy, we need to keep prana flowing.

Abhyanga: Self-Massage with Oil



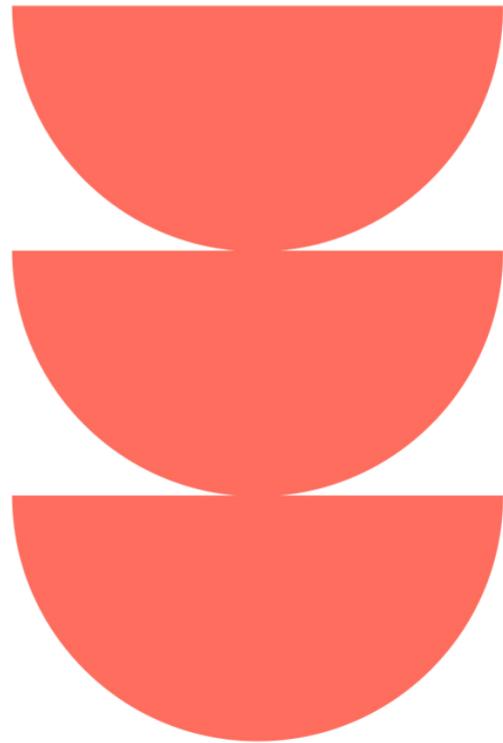
- This practice deeply calms the mind and nervous system, builds the tissues of the body and the immune system, protects the senses, and so much more.

Padabhyanga (foot massage with oil)



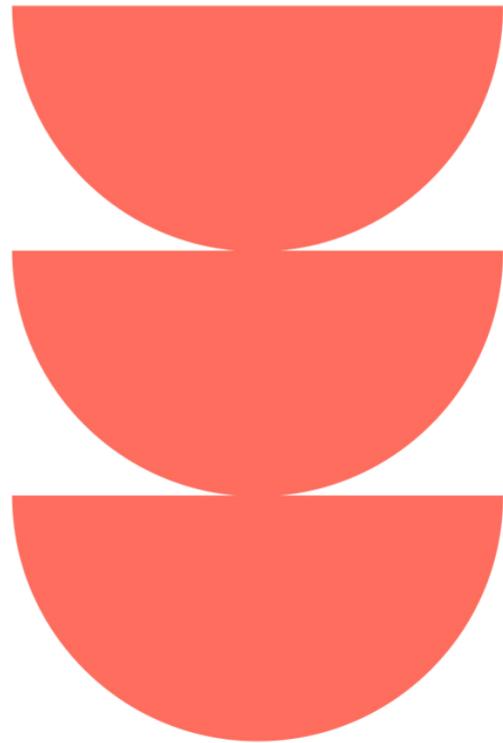
- Massage the soles of your feet with warm sesame oil (unrefined, non-toasted) right before bed. This practice deeply grounds the mind and helps you settle into a deeper sleep. Add 2-3 drops of grounding essential oils, such as Vetiver, Jatamansi, or Spikenard for a deeper effect. Put on a pair of socks after applying the oil and get into bed.

The 60% Rule



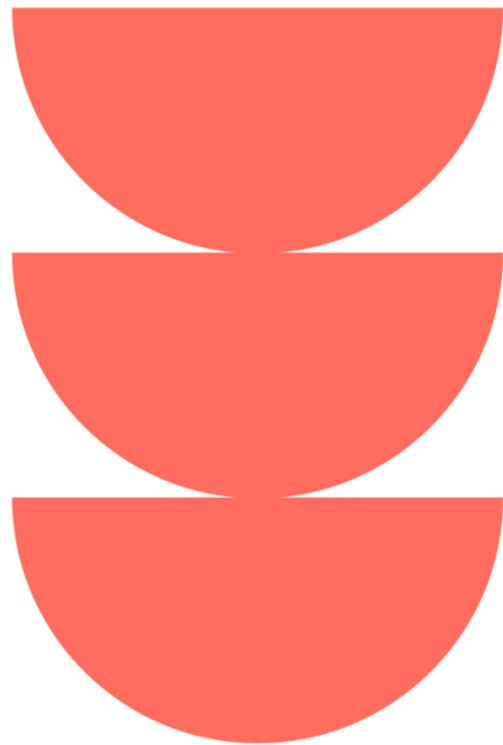
- As you're rebuilding the "container" (ojas) and start having more energy, it can be easy to use it all up.
- "The 60% Rule" is the practice of checking in with your energy each day, and moving at only 60% capacity. This will prevent further burnout and rebuild physical and mental ojas.

"What drives you?"



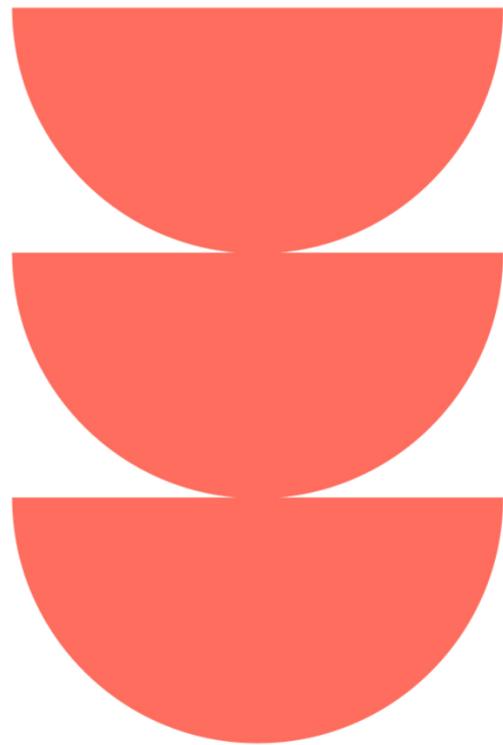
- What definition of "success" possesses you?
- What drives you to override the wisdom of your body?

More Yin Nourishing Practices



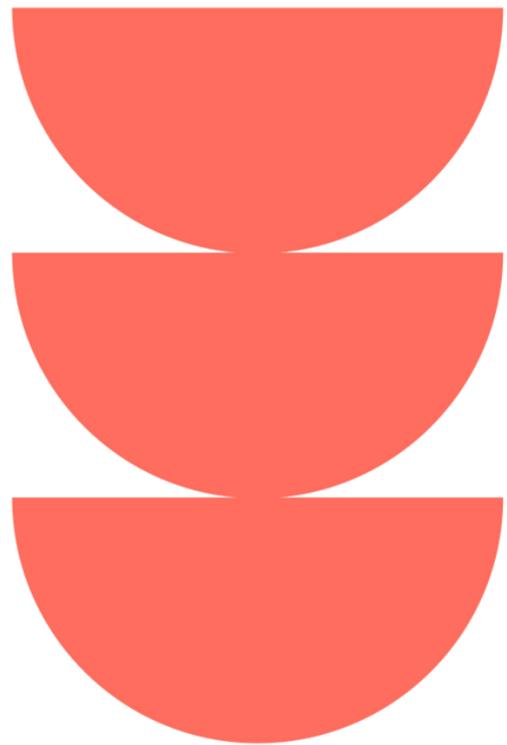
- Keywords: Routine, Warmth, Serenity, Nourishment
- The Habits: create a "container" to ground Vata
- Favor:
 - Foods that are naturally sweet in taste. Sour and salty in smaller amounts.
 - Warm foods, both energetically and in temperature.
 - Whole, freshly cooked foods.
 - A limited selection of legumes, including mung dahl, tofu, or tempeh that is well-cooked and warm soy milk spiced with cinnamon and nutmeg.
 - Warming spices like ginger, black pepper, cinnamon, and cumin, but not extremely hot spices like cayenne pepper.

More Yin Nourishing Practices (cont).



- Plenty of room temperature or warm drinks.
- Dairy, as long as it is not very cold. Avoid drinking milk with your meals. It is best to have it warm and spiced with cinnamon and nutmeg, at least an hour before or after other food.
- A generous amount of high-quality oils or ghee in your daily diet.
- Routine times for your meals.
- Taking a deep breath after swallowing your last bite and heading off for your next activity.
- Eating your meal in a peaceful environment.

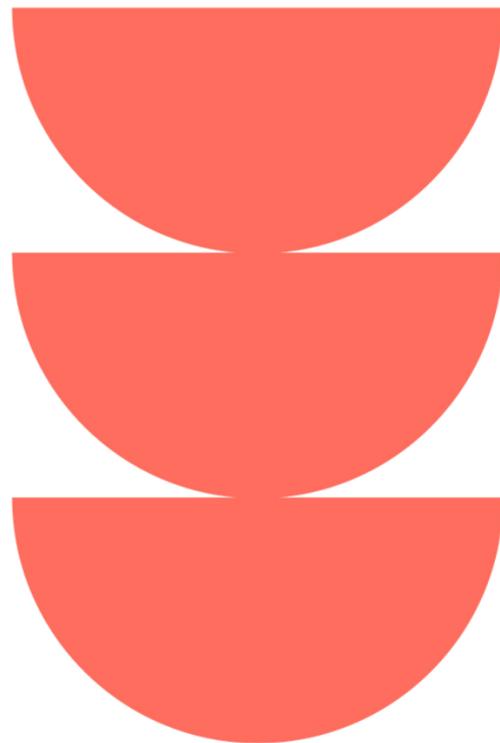
Herbal Support



Adaptogenic herbs: buffer the body against stress

TRIZ

- 3 columns
 - 1st: Make a list of all you can do to make sure that you achieve the worst result imaginable with respect to sleep and energy.
 - 2nd: Go down this list item by item and ask yourselves, 'Is there anything that I'm currently doing that in any way, shape, or form resembles this item?' Be brutally honest to make a second list of all your counterproductive.
 - 3rd: Go through the items on your second list and decide what first steps will help you stop what you know creates undesirable results.



Interested in working together?

□ Discovery Process:

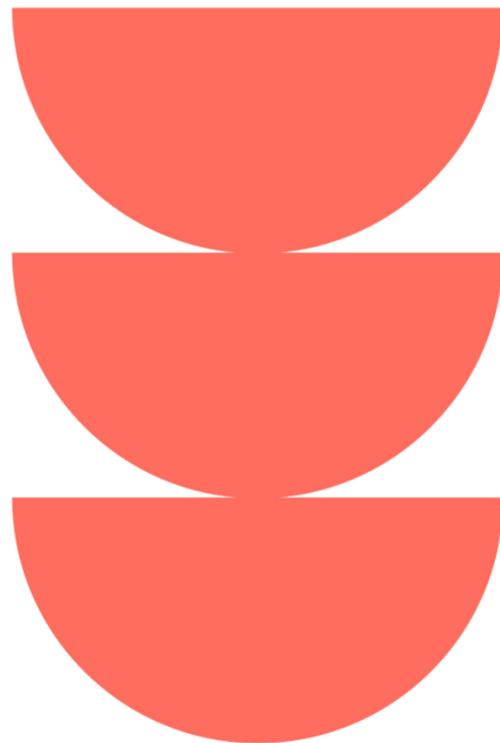
The Discovery Sessions are an opportunity for you to get clear on what you desire most for your health, habits, life purpose, relationships and more. The Discovery Process typically requires between 1-3 Discovery Session Zoom calls (30-45 mins each). All are free of charge.

<https://calendly.com/courtneylacava/introdiscoverysession>

□ Essential Living Course - enrolls each quarter

Step 1 for creating a life of balance. Tap into greater vitality, stronger immunity, clarity and ease through the essential habits of Ayurveda.

www.courtneylacava.com/essential-living-course



Sources

Banyan Botanicals:

"Introduction to Ayurveda"

"Understanding Vata, Pitta, Kapha"

"Balancing Vata"

"Balancing Pitta"

"Balancing Kapha"

Balance Your Hormones, Balance Your Life

Dr. Claudia Welch

Call of the Wild: How We Heal Trauma, Awaken Our Own Power, and Use It For Good

Kimberly Ann Johnson

Body Thrive

Cate Stillman

Image Sources:

www.integrativepro.com

www.thepaleomom.com