



RASĀYANA^{LLC}
AYURVEDA | MASSAGE | YOGA

FIRESTARTER| MODULE 3

Rejuvenation, Re-entry, and Reflection

KRIS QUIÑONES, LMT, AHC, CYT500

- Owner & Founder of Rasayana, LLC, specializing in traditional Ayurvedic bodywork treatments
- Over 2 decades of combined professional experience in clinical massage, orthopedics, competitive sports, Yoga, and Ayurveda
- Certifiable Foodie
- Pitta-Kapha Constitution



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रसायन

RASĀYANA
(RUH-SAI-YA-NAH)

A remedy or formula in Ayurvedic medicine, promoting intelligence, vitality, and longevity.

OBJECTIVES

Transition from kitchari phase is smooth



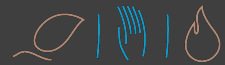
OBJECTIVES

Find the RITUAL
in routine



OBJECTIVES

Stride into the holidays
with a few easy things to
remember

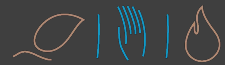


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OBJECTIVES

Next steps to deepen
your practice & study

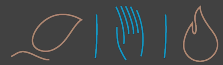


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REJUVENATION

External: Massage
Pour
Bath



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REJUVENATION

External: Massage
Pour
Bath

Internal: Nasya
Diet
Basti



BENEFITS OF OLEATION

- Balances the 5 Pranas



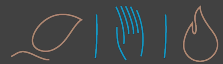
BENEFITS OF OLEATION

- Balances the 5 Pranas
- Oil vs. Pressure



BENEFITS OF OLEATION

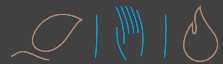
- Balances the 5 Pranas
- Oil vs. Pressure
- Medicated oils strengthen muscle



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BENEFITS OF OLEATION

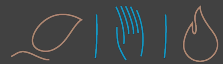
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- Oil vs. Pressure
- Medicated oils strengthen muscle
- Reduce stiffness & dryness



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BENEFITS OF OLEATION

- Balances the 5 Pranas
- Oil vs. Pressure
- Medicated oils strengthen muscle
- Reduce stiffness & dryness
- Supports nervous system

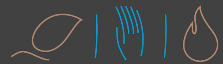


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BENEFITS OF OLEATION

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- Diminished inflammation & pain

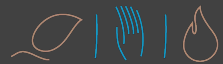


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BENEFITS OF OLEATION

- Balances the 5 Pranas
- Oil vs. Pressure
- Medicated oils strengthen muscle
- Reduce stiffness & dryness
- Supports nervous system
- Diminished inflammation & pain
- Glowing skin



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ABHYANGA (AH-BEE-YANGA)

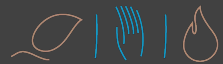


ABHAYANGA (AH-BEH-YANGA)

Self massage with oil is everyday home culture

Mothers massage babies daily

Syllables specifically refer to movement of *sustenance* toward all the body tissues, so they glow with health.



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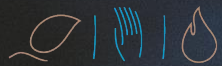
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THERAPEUTIC OILS




THERAPEUTIC OILS
OUR HEALING TOUCH



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THERAPEUTIC OILS
OUR HEALING TOUCH
OUR INTENTION

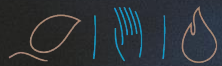


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THERAPEUTIC OILS
OUR HEALING TOUCH
OUR INTENTION
OUR OWN ENERGY



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DAILY ROUTINES & RITUALS



DAILY ROUTINES & RITUALS

Creating a world of sensual delights:

Focal Points
Fragrances
Food



DAILY ROUTINES & RITUALS

Sensory Care

Morning
Afternoon
Evening
Seasonal



DAILY ROUTINES & RITUALS

Crafting Sacred & Seasonal Meals



DAILY ROUTINES & RITUALS

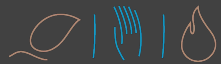
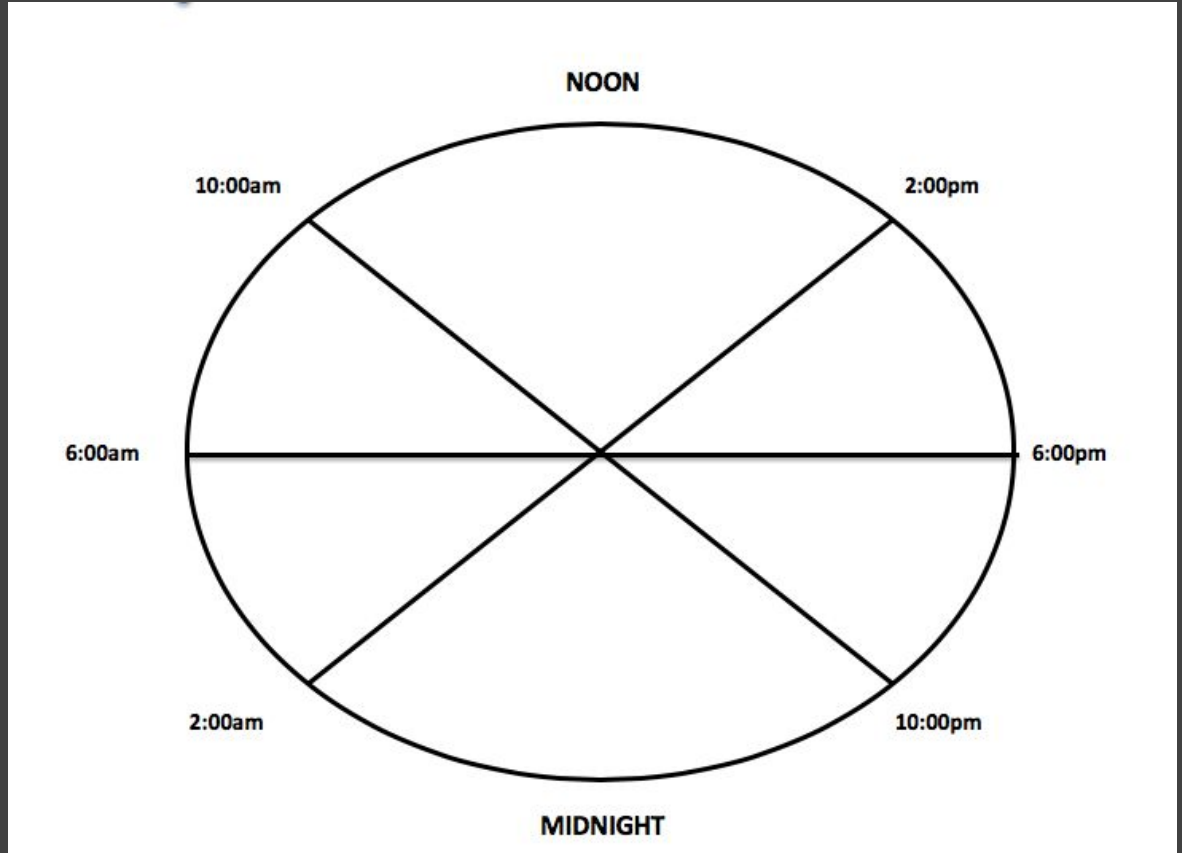
Crafting Sacred & Seasonal Meals

Sattvic kitchen space
Sourcing responsibly
Schedule integrity



REFLECTIONS

1. For each wedge, write in the kind of activities you are typically engaged in during those windows of time.
2. What parts of your daily routine are the most helpful? Most challenging?



WADING INTO RE-ENTRY

1. Maintaining relaxation and rhythm around eating is the **MOST IMPORTANT** thing
2. Cautious food combining



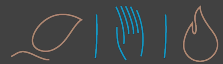
DAY ONE

Add only one or two seasonal veggies
to your kitchari

Avoid white flour & sugar

Favor the world of whole grains

Continue with clear broths



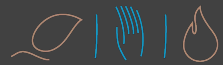
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DAY TWO

Begin eating other veggie-sourced protein
(beans, tofu, tempeh, nut butters)

Continue with fortifying clear broths
(miso soups)

Warm, spiced milks



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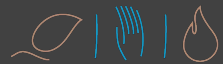
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DAY THREE

Experiment with adding dairy back
(plain yogurt, lassi, tatrik/buttermilk,
Kefir, soft cheeses)

Fresh, cooked fruits

Fruit juices (in moderation)



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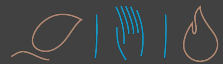
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DAYS FOUR-SIX

Fish, seafood
(wildcaught, flaky white)

More complex food combinations

Cooked seasonal veggies



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EASY TIPS TO REMEMBER

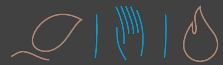
Porridge is a great breakfast



EASY TIPS TO REMEMBER

Porridge is a great breakfast

Drink warm or room temp water



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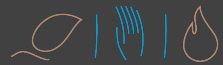
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EASY TIPS TO REMEMBER

Porridge is a great breakfast

Drink warm or room temp water

Start the day with warm lemon water



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EASY TIPS TO REMEMBER

Porridge is a great breakfast

Drink warm or room temp water

Start the day with warm lemon water

When in doubt, eat kichari!




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WHAT NEW ASPECT OF YOUR DAILY ROUTINE WILL YOU BEGIN WITH?



**“HERE’S TO A LIFE OF
ENDLESS ENERGY AND
STEADY STAMINA, SO YOU
CAN LIVE OUT YOUR
PURPOSE WITH PASSION,
GREATER CLARITY AND
EASE!”**

Kris