

# ***Continuing Your Personalized Health Journey with the Guṇas***

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***Thank you!!***



# GUṄAS

**Here are the key, foundational components to really understanding ayurveda.**

Guṇa Pairs (pairs of qualities)	
Hot	Cold
Light	Heavy
Soft	Hard
Rough	Smooth
Dry	Unctuous
Sharp	Slow
Subtle	Gross
Liquid	Dense
Mobile	Static
Clear	Sticky/Cloudy

## THE RECAP

1. Your ability to trust what you already know and apply it to see the changes.
2. Guṇas are everywhere. They are the common denominator to everything!
3. Like increases like
4. Opposites decrease

# WHAT TO DO NEXT

1. CONTINUE practicing and building your own database of knowledge. Be as familiar with the gunas as you are with the back of your hand!
2. CONTINUE to see the gunas in your environment, food and body
3. Sit with what the gunas reveal to you - all this means is to not be judgmental. This can get us caught up in limiting thoughts and creates obstacles for us. If we just let ourselves be aware, all kinds of insights and understandings can come through.
4. Be open to trying something different in order to get a different outcome

## **Practical Practices to Learn AND See Changes**

(Through building awareness)

These are purely suggestions for you to “try on” or experiment with for 7-10 days. Don’t implement them all at the same time. Try one and notice any changes, if any. If any of them feels good to do, keep doing it longer!

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### Suggestion One:

Drink freshly boiled water in the am and throughout your day. (Try for 7-10 days - notice if you see changes in gunas)

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### Suggestion Two:

If you are feeling a bit stressed and/or tired choose one of the poses from the slide presentation and notice how you feel afterwards. Maybe continue to practice with this same pose for 7-10 days.

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### Suggestion Three:

Begin to notice (in terms of gunas) how you feel in the morning. (\*we can often be judgmental about ourselves the morning, so watch out for this). If you are feeling like you have energy and are well rested, this means that the gunas are pretty much in their right amount and there really isn’t anything to change or test.

However, if you feel “less than stellar”, groggy, still tired... then try:  
-going to bed earlier - before 10pm

- turn off tv and devices 30min to an hour before bed
- give yourself a little warm foot bath before bed

Choose 1 that seems easiest for you to be consistent with for 7-10 days.

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### Suggestion Four:

If you are someone who tends to snack in the afternoon,  
try eating a warm, full meal at lunchtime and see if that carries you  
through until the evening meal with no need for a snack  
If you don't snack, you're good to go!

## SERVICES BY THE BACKWOODS YOGINI

### **1. Ayurveda Consultations - by appointment**

We start with an Intake form, then our first Consultation. Plan on 90 minutes. This typically sets us up to move into Phase 1 which typically addresses digestion. We can stop there or move to Phase 2 if there are other health concerns. Phase 3 involves Rasayana that is appropriate for whatever was done in Phase 2. Each Phase is dependent on many variables. As such, there may be 1 to more followups within each Phase.

Contact me directly so I can send you the Intake form first. Once that is returned, we can set up our appointment time.

### **2. Living Your Ayurveda - Education Classes - tba**

The LYA education classes are undergoing a full revamping. The plan is to get a basic course recorded to be paid for and viewed any time. It is a pre-requirement to the Digestive Resets programs that will run for 2 weeks.

Digestive Resets

This program is a way to deepen your understanding of ayurveda and to practically and safely apply your level of Ayurvedic knowledge with my guidance. The focus is purely on "Digestive Resets". I do have a list going.

### **3. Group Classes - schedule and sign up are here:**

**<https://app.ubindi.com/Linda.Rowe>**

I am known for building a solid foundation with Heart Root alignment so classes are good for the Beginner as well as the seasoned student. I typically give a lot of verbal cues until I have a sense that students are integrating the information with their body.

Classes are an eclectic blend but the basis comes from old Kripalu yoga, Iyengar and Anusara.

### **4. Private Sessions - by appointment**

We decide how to utilize our time based on your needs.