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# Building Immunity In Home & Heart

AN AYURVEDIC GUIDE  
TO SUSTAINABLE IMMUNITY

# Building Immunity in Home & Heart, is dedicated to all women, as we are the nurturers of self, of family units and of communities.

It is our hope that this guide leaves you feeling empowered to take discernable action during times of vulnerability, but more importantly to bolster eternal health in mind, body and soul.

We intend this guide to inspire you to take small steps towards improving your body's ability to weather any storm. A "take what feels good, leave the rest" approach is what is being asked. This guide is written through the lens of centuries old wisdom, woven into the practicality of our modern lives. It is our humble opinion that the wisdom of Ayurveda offers a beautiful analogy and guiding light for finding new ways of understanding balance, adaptability, sustained immunity and a peaceful heart.

Our profound love for Ayurveda stems from its acknowledgement that our bodies are inherently intelligent, knowing exactly how to foster and protect optimal health. Knowing this brings us to a place of deep gratitude and peace. It is not about finding remedy for symptoms, but rather addressing the root cause of imbalance, building a solid foundation. It's sometimes esoteric practices can be simplified down into intuitive and customizable assessments and rhythms.

As women, mothers and caregivers navigating the ever-changing realities of our roles and the omnipresent shortage of time, this guide is written in bite-sized chapters. Find what resonates, knowing that any attunement is a worthwhile step in building immunity in your home & heart.

*Claire + Cassie*

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## Cultivating Immunity in The Home

Our bodies are our first true homes, the intimate spaces we inhabit within ourselves. Always communicating to us, when we learn how to listen and honor our needs, we can nurture a loving relationship with our bodies through the many seasons of life.

Ayurveda teaches us that immunity is the natural outcome of a body well cared for. A healthy diet and supportive lifestyle is one that moves with the rhythms of nature, not against it. Living in alignment with these natural principles are the foundations for a vibrant life. Our bodies flourish with proper nutrition and adequate sleep; they do even better when we commit to cultivating healthy connections with ourselves and others, embracing joy and being in balanced service to our communities and dharma.

In the modern and fast-paced world we live in today, it's easy to stray the course and get caught in a cycle of overdoing. It's in these times, we see our immunity suffer as our vital energy, our ojas, becomes depleted. If you've found yourself far away from your center, may this wisdom be a gentle invitation to reconnect with your inner wisdom... a path to return home.

### IN THIS SECTION YOU'LL FIND:

- \* *Ways to familiarize yourself with your own digestive fire*
- \* *Four simple shifts to building agni*
- \* *Four simple shifts to reduce ama*
- \* *Suggestions for healthy sleep habits*
- \* *Tools for common sleep problems*

“Our bodies communicate with us clearly and specifically, if we are willing to listen to them.”

– SHAKTI GAWAIN



## Build Agni – The Fire Within

In the ancient wisdom of Ayurveda, **Agni** refers to the essential fire within us that helps to digest all substances we take in – food, information and experiences. A strong digestive fire protects, purifies and transforms all that we take in and turns it into fuel for the body. This fuel is the foundation of our immunity.

### YOUR AGNI IS BURNING BRIGHT

*healthy appetite / steady energy  
regular bowel movements / clear skin  
focused mind / inspired thinking*

### YOUR AGNI NEEDS SUPPORT

*lack of appetite / chronic fatigue  
sluggish digestion / bloating / cramps  
skin irritations / brain fog / irritability*

\* To protect your inner fire and keep it burning bright, try these four simple shifts!

1

**FOLLOW NATURAL CYCLES:** *Eat regular meals after waking, midday (largest meal of day), and last meal as the sun goes down. Avoid skipping meals to snack or graze.*

2

**WARM, COOKED & GENTLY SPICED FOODS:** *Opt for a simple cooked meal over a raw salad when your digestive fire is low. Try the Everyday Kitchari recipe (pg 10)!*

3

**HYDRATE:** *Sip warm or hot beverages throughout the day, starting first thing upon waking. Skip the icy drinks and smoothies that dampen your fire. Try the CCF Immunity Tea recipe (pg 15)!*

4

**FULL PRESENCE AT MEALTIMES :** *Try eating without distractions. When ready to eat, take 5 deep breaths to prepare your body to receive food. You can even say a small prayer of gratitude before your first bite.*



*Nourishing Immunity Soup, pg 8*

# Nourishing Immunity Soup

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**Makes 4-6 servings**

*Ginger, garlic, leeks and black pepper form the warming spice base of this nourishing soup. Potato and lentils bring a heartiness, while fresh herbs and bitter greens bring an added boost of antioxidants. This one pot meal can be made on your stovetop or in an InstantPot.*

**INGREDIENTS:**

**2 hearty tablespoons of ghee**  
**1 leek, finely chopped**  
**1-inch fresh ginger, minced**  
**4 cloves garlic, minced**  
**12 shiitake mushrooms, chopped**  
**4 medium red potatoes, cubed**  
**1 cup green lentils**  
**6-7 cups water**  
**¼ tsp cracked black pepper**  
**½ - 1 tsp Himalayan pink salt**  
**1 bunch dandelion greens, chopped**  
**1 bunch parsley, chopped**  
**1 bunch cilantro, chopped**  
**2 cups fresh greens (spinach, chard or kale), roughly chopped**  
**1 tbsp white miso paste**  
**½ lemon, juiced**

**METHOD:**

In a large soup pot, heat the ghee on medium heat until melted. First, add the leeks and allow to cook for 1-2 minutes until tender. Add the ginger and garlic and cook until golden. Stir in the shiitakes and cook for another minute. Then, add the chopped potatoes and stir to combine the mixture. Cover the pot with a lid and allow the steam to cook the potatoes, stirring frequently to avoid burning. After 5 minutes, add the lentils, water and salt, then turn the heat up and bring to low simmer. Cook for 25-30 minutes until the lentils are tender, add more liquid if needed. Towards the end of cooking, stir in all the greens and herbs. Cover with a lid and continue to cook for another 5 minutes. Remove from heat to stir in the miso paste and lemon juice at the end. Cover with lid and allow to sit for another 10 minutes before serving. Before serving, taste and adjust seasoning as desired.



*Everyday Kitchari, pg 10*

# Everyday Kitchari

This recipe is an excerpt from  
*Living Ayurveda*, Claire's upcoming book!

## Makes 2-4 servings

*This simple one-pot meal is often deemed Ayurveda's "chicken soup" for its nourishing medicinal qualities. This dish is prized not only for digestive healing and cleansing protocols but also as a nourishing complete meal to be enjoyed anytime. Made from mung beans, rice, and spices, it can be a simple meal used for fasting or dressed up with extra veggies and chutneys for an exciting feast. Kitchari is **tri-doshic** — wonderful for all body types and adaptable through the seasons.*

### INGREDIENTS:

**1–2 tablespoons ghee**  
**2-inch fresh ginger, minced/grated**  
**2 teaspoons ground turmeric**  
**1 teaspoon black mustard seeds**  
**1 teaspoon ground cumin**  
**1 teaspoon ground coriander**  
**1 teaspoon ground fenugreek**  
**½ cup split mung beans**  
**½ cup dried basmati rice**  
**5–6 cups water**  
**½ teaspoon salt**  
**Lemon or lime juice, for garnish**  
**Cilantro, for garnish**

### \* VEGGIE IDEAS:

**sweet potato, pumpkin, squash,**  
**carrots, zucchini, asparagus,**  
**spinach, kale, dandelion greens**

### METHOD:

In a medium pot, heat the ghee on low heat and add spices. Toast them lightly until fragrant, stirring frequently to avoid burning. Add the mung beans, rice, water, and salt. Bring to a boil. Reduce heat, cover, and allow to simmer for 25–30 minutes. For a soupier variation, continue adding water until desired consistency is reached. For a thicker stew-like variation, cook until water is mostly absorbed. Play around with adding a variety of seasonal vegetables to cook into the mix. If using dense vegetables, such as root vegetables, add about halfway through cooking the kitchari and give them time to cook down. For lighter vegetables and leafy greens, steam on top in the last 5–10 minutes of cooking to keep them fresh and vibrant. Serve with a squeeze of lemon or lime juice, a heaping handful of cilantro, and a spoonful of chutney/yogurt.

## Reduce Ama

When agni is low, ama creeps in and our immunity goes out the window. What is **ama**? It's the accumulated toxins from undigested food, emotions or experiences. When we get out of our regular routine or experience stress and trauma, our digestive fire can weaken leaving a build up in body and mind. So as enticing as it is to watch Netflix and eat chocolate all day, gentle movement and routine helps to move these toxins out and keep our body supported to run efficiently. To clear out ama, try these three simple shifts!

1 **GET MOVING:** *To bolster the body's natural detoxification process – walk, hike, bike, do a more vigorous yoga routine – move the energy and break a sweat once a day.*

2 **BOOST YOUR BREATH:** *Conscious breathing is a quick and easy way to move stagnation and boost your body with a bath of prana. Try 10 deep belly breaths or Nadi Shodhana (pg 30).*

3 **COOK WITH PUNGENT SPICES & SOUR FOODS:** *Add fuel to your inner fire with pungency (ginger, garlic, fennel, cinnamon, cumin & black pepper) and sour foods (citrus, vinegars, yogurts, & ferments), Try the Trikatu Spice Blend recipe (pg 13 ) before your meal!*

4 **DETOX OVERSTIMULATION:** *Take a break from media and other sensory input. A digital detox can do wonders for clearing clutter out of the mind, building a strong immunity. Work through hard emotions with a journaling practice and explore setting energetic boundaries.*

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\* **RESILIENCE & SMALL SHIFTS:** *When making mindful shifts to clear out ama, notice how the act of tuning into your inner wisdom brings awareness and improvement to all areas of your life.*



*Trikatu Spice Blend, pg 13*

# Trikatu Spice Blend

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**Makes 10-20 servings**

*FOR DIGESTION, COUGHS & COLDS — Trikatu is another simple blend of three common kitchen spices — ginger, black pepper and long pepper (pippali) — used to stoke your digestive fire and help burn up ama in the body. These pungent spices are very warming, so they help to break up congestion in the lungs and dry up excess mucus. This is a great blend to have while traveling, in the damp spring season, when a cough or cold arises, or when your appetite is sluggish or absent. Take this medicinal blend until your hunger returns and your digestion is back on a healthy track. If you're experiencing heartburn or vomiting, have an ulcer or have inflammatory skin conditions, consider skipping this heating blend and stick with a more soothing CCF Tea or a gentle fennel or mint tea. This blend is safe for pregnant and breastfeeding mothers, and children.*

**INGREDIENTS:**

**1 tablespoon ground ginger**

**1 tablespoon ground black pepper**

**1 tablespoon ground pippali**

**METHOD:**

In a small bowl, combine the three powders and mix together. Store the spice blend in a sealed airtight container, like a mason jar, and store in a dry cabinet out of direct sunlight.

**HOW TO USE:** Mix ½-1 teaspoon of the powder into warm water. This is best taken on empty stomach (as an apéritif) 15 minutes before a meal. This allows it to have direct action to break accumulated ama and stoke your digestive fire.

**\* FOR KIDS:** *Try mixing ¼ tsp with 1 Tbsp of honey for a tasty lickable they can eat right off the spoon.*



*CCF Immunity Tea, pg 15*

# CCF Immunity Tea

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**Makes 2-4 servings**

*CCF Tea is a simple blend with powerful benefits! Made from common kitchen spices — cumin, coriander and fennel seed — this savory tea helps to boost your immune system by increasing your digestive fire. The spices together work to alleviate gas and bloating, clear up congestion, and help move the lymph. We like to make a hot pot in the morning and store in a thermos, so there's a warm brew ready to sip throughout the day between meals. You can make this blend as you go, or prep a bulk batch of the blended spices to store in a jar for quick daily use. You can also order the spices pre-blended. This blend is safe for pregnant and breastfeeding mothers, and children.*

**INGREDIENTS:**

**4 cups water**

**1 tablespoon cumin seeds**

**1 tablespoon coriander seeds**

**1 tablespoon fennel seeds**

**METHOD:**

In a small pot, bring water to a boil and add the spices. Simmer for 5 minutes. Turn off the heat and steep for another 5 minutes before straining. Store in a thermos or jar, sip warm between meals.

**\* BREWING TIP:** *This tea is best brewed fresh and enjoyed warm each day.*

## Protect Ojas

**Ojas** is the subtle quality that builds our vitality, strength, and happiness—three things we want to have in abundance when it comes to building our immunity. If our ojas is weak, our health, mood, and overall energy takes a hit. During times of vulnerability (ie. changing seasons, post deep cleansing, major life transitions or change in routines, cold & flu seasons), protecting our ojas is of utmost importance.

### OJAS BUILDING FOODS

- \* Cooked whole grains & root veggies
- \* Rich fruits (*dates, figs, raisins*)
- \* Healthy fats (*ghee, avocado, soaked almonds, walnuts and cashews*)
- \* Organic whole milk cooked w/ spices
- \* Herbs & spices  
(*shatavari, ashwagandha, amla, saffron, rose*)

### OJAS BUILDING LIFESTYLE

- \* Consistent daily routine
- \* Nourishing & uplifting relationships
- \* Time spent in nature
- \* Loving touch
- \* Silence
- \* Good sleep habits

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\* **OJAS IS LOVE:** *The word **sneha** in Sanskrit means both “love” and “oil”, so a simple self-massage with a little warm oil can boost ojas through loving touch. It’s also a wonderful nighttime ritual you can do with your newborn or young children to prepare for sleep. Our favorite massage oils are referenced in the resources (pg 33)*



# Strength & Vitality Ojas Bites

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**Makes 12, 1-inch bites**

*These little bites are a healthy alternative to packaged energy bars, and also make a great kid-friendly snack. Dates, almonds, ghee and rose are all considered nourishing ingredients for boosting your strength and vitality. When we eat wholesome foods, including our snack foods, it brings proper nutrition to all the **dhatu**s — tissue layers of the body. Make a batch or two ahead of time and keep them on hand for an easy afternoon treat when you need an energy boost.*

**INGREDIENTS:**

**8 juicy dates, pitted**  
**½ cup unsalted almond butter**  
**or sunflower seed butter**  
**¼ cup maple syrup**  
**or brown rice syrup**  
**2 tablespoons ghee**  
**½ teaspoon ground cinnamon**  
**½ teaspoon ground cardamom**  
**¼ teaspoon ground ginger**  
**¼ teaspoon sea salt**  
**4 cup rolled oats**

**METHOD:**

In a food processor, pulse the dried dates until broken down into small chunks. Add the nut butter, sweetener, ghee, spices, and salt, and blend until combined. Add the rolled oats and shredded coconut. Pulse again until fully incorporated. Roll into 1-inch balls and place in the fridge to set for 30 minutes before serving.

**\* STORAGE:** *Store in a sealed container in your fridge for up to 5 days.*

**For rolling:**

**2 tbsp unsweetened shredded coconut**  
**1 tbsp turmeric powder (optional)**  
**1 tbsp dried crushed rose petals**  
**(optional)**

## Create Healthy Sleep Rituals

Sleep is the pillar of good health and strong immunity. It's at night, from 10pm-2am, that our organs get a chance to repair, metabolize waste and rejuvenate. However, with stimulating technology and to-do lists on our minds, we often find that second wind at 10pm, later finding it difficult to fall asleep, stay asleep and wake feeling rejuvenated. Nothing depletes us more than being in a cycle of burning the midnight oil.

To honor your immunity, we recommend creating nighttime rituals that support your transitions from activity to rest. Guided meditations like **Yoga Nidra** (pg 33) in the early evening are a great way to deregulate the nervous system to a more relaxed place, and breathing practices like **Nadi Shodhana** (pg 30/31) can be soothing for a busy mind.

\* Are you struggling to create healthy sleep rituals? Try these simple shifts!

1 **HAVING TROUBLE FALLING ASLEEP?** *Try turning all screens off by 9pm, sip the Cardamom & Saffron Sleep Tonic (pg 16), and transition with an evening meditation.*

2 **HAVING TROUBLE STAYING ASLEEP?** *Try taking a hot bath and massage warm oil into your feet before bed. Our favorite massage oils are referenced in the resources (pg 33).*

3 **HAVING TROUBLE GETTING THE DAY GOING?** *Try waking before the sun and starting the morning with an invigorating yoga practice or personal quiet time.*

\* **SPECIAL NOTE ABOUT YOGA NIDRA:** *Did you know an hour of yoga nidra is the equivalent to a full night of rest? Because of this, we caution against practicing yoga nidra right before bed if you have trouble getting to sleep. Instead, try exploring this practice in the afternoon – think siesta – or as the bridge between your busy day and evening routines to help you unwind.*



*Cardamom & Saffron Sleep Tonic, pg 8*

# Cardamom & Saffron Sleep Tonic

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## Makes 1-2 servings

*This Ayurvedic tonic recipe is both a remedy for better sleep and building overall vitality.*

*The combination of soaked almonds, ghee, sweet dates and raw honey are considered to be **rasayanas** — foods that nourish and build vitality. This recipe uses Ashwagandha, a unique adaptogenic herb that enables the body to reserve and sustain vital energy throughout the day while aiding restful sleep at night. It is considered one of the best herbs for supporting the nervous system, which can often cause difficulties staying asleep at night. Saffron is also a potent medicinal spice with many benefits from supporting the reproductive organs to relaxing the nerves. Make this warming drink after dinner to satisfy a sweet tooth and help you wind down after a long day and prepare for deep sleep. Early to bed, early to rise with the sun...*

## INGREDIENTS:

**2 cups fresh almond milk**

**(or organic milk of choice)**

**1-2 pitted dates**

**1 tbsp ghee**

**1 tbsp raw honey**

**½ tsp ground cardamom**

**2-3 threads saffron**

**(or a pinch of ground nutmeg)**

## \* OPTIONAL:

**¼ tsp ashwagandha powder**

## METHOD:

In a small saucepan, lightly heat the almond milk until warm, not boiling. Transfer to a blender and add the remaining ingredients. Pulse until well combined and frothy. Pour into a mug and enjoy warm before bed.

**\* PANTRY:** *We know some ingredients are hard to come by or out of our budgets. For this recipe, swap in nutmeg instead of saffron for an equally potent medicinal beverage.*

*Same goes for ashwagandha powder – This adaptogenic herb is completely optional.*

## Cultivating Immunity in The Heart

In Ayurveda, the inherent intelligence of our bodies goes beyond intuitively knowing how to foster and protect optimal health within our cells, but also within our mind and spirit. It reminds us that making small, mindful gestures to recalibrate individualized balance, is how we go about cultivating a stable, steady, calm, and tranquil mind. It's the permission to explore your internal and external environment and leave behind what is no longer serving you.

When building immunity in the heart, we're paying close attention to our subtle bodies, protecting the vital essence (ojas) that we have on reserve. Ojas, one the foundations of immunity, is a reflection of all that we have digested (physically & emotionally), and is responsible for the deepest kind of nourishment.

The self assessments and practices in this section of the guide provide you with points of observation and reflection. They bring connection to your inner wisdom, so you can make small, mindful gestures towards vitality, resiliency and stamina.

### IN THIS SECTION YOU'LL FIND:

- \* *Journal prompts for navigating fear, surrender, our vital essence and undigested emotions*
- \* *Exploring mantra & prayer*
- \* *Ayurveda breathing practices to connect with the ancient wisdom within*
- \* *Establishing energetic boundaries*
- \* *Suggestions for building community and backup support to inspire collective wellness*

“The bodhisattva-warrior makes a vow to wake up not just for [her]self, but for the welfare of all beings.”

– PEMA CHÖDRÖN



## A Self-Reflection Sādhana

Immunity In The Heart starts by laying a foundation for healthy thought patterns with fully digested emotions. **Ama**, the Sanskrit word for “undigested”, refers to anything left over in the body that wasn’t cleared, processed or removed. This accumulation leads to a compromised immune system, mental fog, fatigue and eventually dis-ease within the body. A journal or self-reflection **sadhana**, or practice done with a devotional heart, is the perfect way to process events and emotions, clearing ama with each prompt.

1

**CREATE A  
SPACE FOR  
CLEARING**

inviting  
comfortable  
free of distractions

2

**FOSTER  
A TENDER  
HEART**

gentleness  
compassion  
self-love

3

**REFLECT  
WITHOUT  
CENSORSHIP**

honest  
transparent  
with depth

**\* PERMISSION:** *An important part of immunity is vowing to put myself on the “priority list” – What actions can I take to ensure my self-reflection sadhana is consistent, without distractions, conscious to foster a tender heart, and free to express without censorship?*

## An Ayurvedic Guide to Sustainable Immunity

✳ **SURRENDER:** *How can I observe current events through the lens of oneness instead of duality? How can I surrender my expectations entirely and embrace the unknown?*

✳ **RELEASING FEAR:** *What does fear feel like in the body? Where does it hold tension? What does my breath do to alter my perception of fear? Can I have gratitude towards fear for its intentions in protecting me?*

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✳ **DID YOU KNOW:** *By simply bathing the body's tissues in thoughts of deep respect and self-love, we can improve our body's intelligence on a cellular level.*

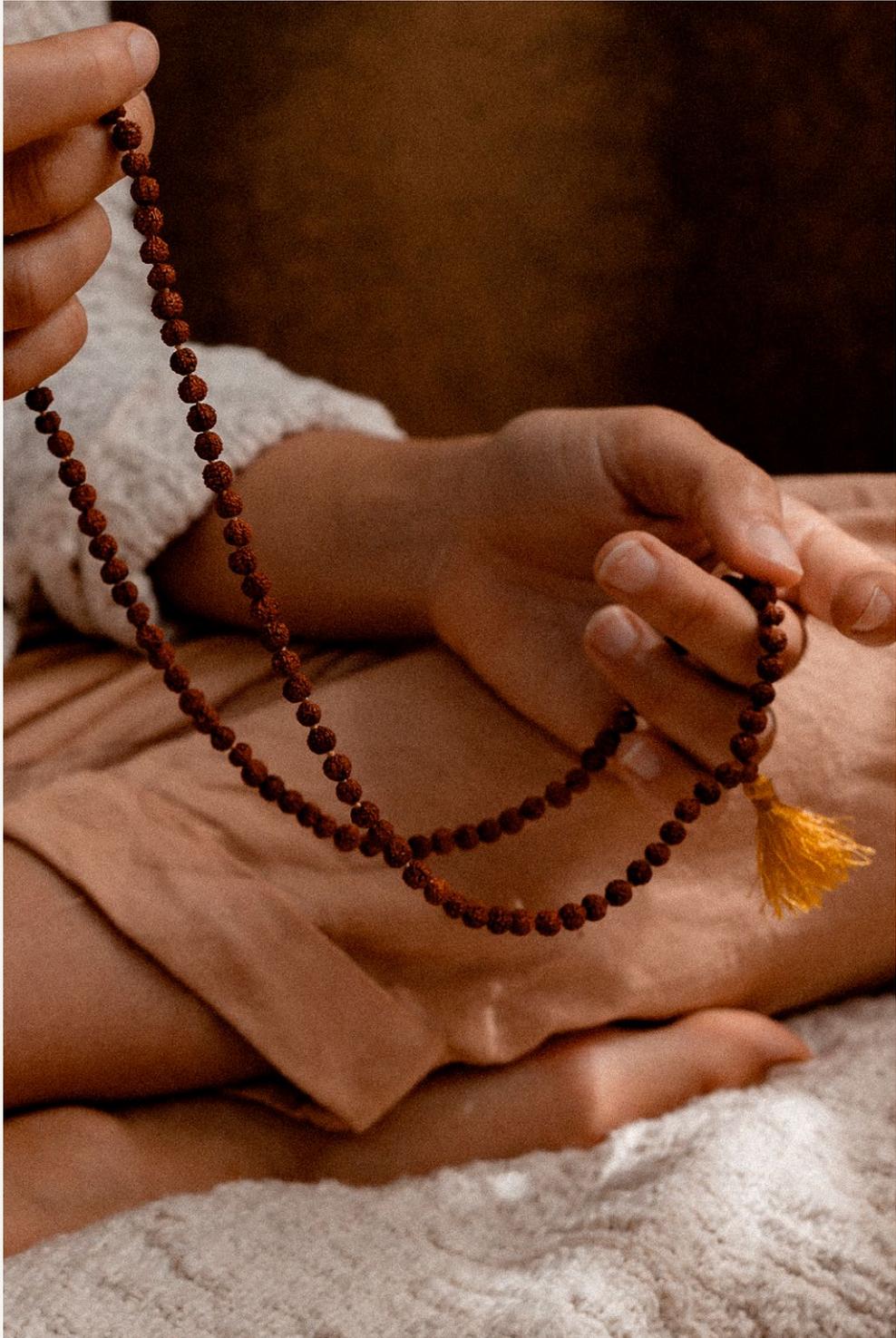
## An Ayurvedic Guide to Sustainable Immunity

✱ **THE UNDIGESTED (AMA):** *Noticing my body & mind, where do I feel stagnation? Can I find better, more productive ways to move through my emotions? What does toxicity in mind, body and soul teach me?*

✱ **MY VITALITY (OJAS):** *When do I feel most vibrantly alive and harmonious in my life? What activities bring me the greatest nourishment and joy? I am most abundant when...*

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✱ **JUST GET IT OUT:** *We know traditional journaling practices aren't for everyone, but highly suggest some sort self-reflection. Try calling up a close friend and having a reflective conversation or digital journaling in your phone's Notes app. The goal is to acknowledge what comes up, honor it for what it has taught you, and integrate what is most valuable from the experience.*



## Mindfulness Practices & Prayer

Ayurveda uses the sound therapy of **mantra** to elicit vibrational healing within our homes and hearts. By reciting specific syllables we attune the body and mind to flow with more ease and balance. A newfound inner peace radiates to the collective conscious, remedying a more harmonious, compassionate existence. Whether you're chanting or simply listening along (see our Mantra Playlist pg 33), you'll quickly notice the uplifting effects of mantras.

Om Dum  
Durgayai Namaha

Ohm Dumm  
Dur-gah-yi  
Nah-mah-ha

### **DURGA MANTRA**

### **THE PRACTICE: RECITING THE DURGA MANTRA FOR PROTECTION**

This mantra invokes the Divine Mother in her aspect as destroyer of negative forces and remover of obstacles. Starting with the sacred cosmic sound of **OM** and ending with **NAMAHA**, the humbleness and total dedication to oneself. With this mantra we have the ability to bolster one's immunity, by seeking protection from the universal divine.

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The Metta Prayer, a profound loving intention, starts by blessing oneself and expands to wish good intentions to all. It's a simple practice in recognizing the beauty in one's immunity.

May I be peaceful & happy. May I be strong & healthy.  
May you be well in body & mind. May you be at ease.  
May all beings be peaceful, happy, strong & healthy.  
May all beings be safe from inner & outer harm.

### **METTA PRAYER**

# A Peaceful Hand Washing Ritual

## METTA (LOVINGKINDNESS) PRAYER



1

Deep breath



2

May I be peaceful & happy.



3

May I be strong & healthy.



4

May you be well in body & mind.



5

May you be at ease.



6

May all beings be peaceful & happy.



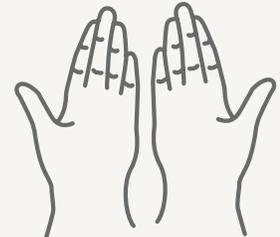
7

May all beings be strong & healthy.



8

May all beings be safe from inner & outer harm.



9

With wide open heart – send out prayer.

## Calm Your Nerves With Breath

Nadi Shodhana (alternate nostril breathing) is a practice used to move our vital breath (**prana**) through the channels (**nadis**) of the body. In simple terms, nadi shodhana can be translated as a “nerve cleansing” and is an extremely efficient tool to bring down heightened anxieties (excess vata) or other manifestations of an overstimulated nervous system.

1 **GETTING STARTED & HAND POSITION:** *Sit in a comfortable upright position with relaxed shoulders, neck and jaw. Raise your right hand and fold your index and ring fingers inward until they touch the palm. You will alternate between using your right thumb to close your right nostril and your right pinky to close the left nostril. Left hand is resting on your left knee.*

2 **LEFT SIDE BREATH:** *Use your right thumb to close your right nostril. Exhale gently, but fully through the left nostril. With the right nostril still closed, inhale through the left nostril, deep into the belly. Imagine the prana moving upward along your left side of the body. Pause.*

3 **RIGHT SIDE BREATH:** *Now use the ring finger on your right hand to gently close off the left nostril, releasing the right nostril. Exhale, surrendering breath out the right nostril and down the right side of the body. Pause.*

4 **COMPLETE FIRST ROUND:** *Keeping the left nostril closed, inhale once again through the right nostril. Pause. Then again use the right thumb to close the right nostril as you release the left nostril, exhaling completely. Pause.*

5 **REPEAT:** *Repeat for several more rounds (about 5 minutes), focusing on the path of prana, cleansing all the nerves along the way. When complete, relax both hands on your knees and take a few full, deep breaths through both nostrils.*

## A Visual Guide to Nadi Shodana

### ALTERNATE NOSTRIL BREATHING



**LEFT SIDE BREATH**

- \* Use your right thumb to close your right nostril.
- \* Exhale gently, but fully through the left nostril.
- \* With the right nostril still closed, inhale through the left nostril, deep into the belly. Imagine the prana moving upward along your left side of the body. Pause.



**RIGHT SIDE BREATH**

- \* Use the ring finger on your right hand to gently close off the left nostril, releasing the right nostril.
- \* Exhale, surrendering breath out the right nostril and down the right side of the body. Inhale through the right nostril, deep into the belly. Imagine the prana moving upward along your right side of the body, completing a full round of breath. Pause.

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If you find it difficult to breath through your nose because of sinus infection or nasal congestion, postpone this practice until you have a clear pathway. Nadi Shodhana is safe to be done during pregnancy or while trying to conceive.

\* **NEED EXTRA GUIDANCE?** A How-To video can be found on the resource page (pg 33)!

## Fortify Immunity With Boundaries

Another really amazing way to boost our immunity is to evaluate personal and energetic boundaries, creating a stronger foundation within. When we are stretched too thin, moving too quickly or giving away more than we are receiving an imbalance can happen making us feel burnt out, extra sensitive, and unclear about what next step to take. Consider these simple shifts based on your Ayurvedic **constitution**. To learn more about these different doshas, see the Dosha Quiz link in on page 33.



**FOR VATA TYPES:** *We often need to infuse a bit of structure to our day to build layered awareness and stronger boundaries. Try moving through the day more slowly, observing where your energy is going – focusing on the present moment and taking pause for rest when needed.*



**FOR PITTA TYPES:** *We often need to say “NO”. Saying “NO” isn’t about weakness, but about honoring our humanness and cultivating a gentle humility. Try cultivating quiet self-worth, deeply understanding that it’s about who YOU ARE and not about WHAT YOU DO.*



**FOR KAPHA TYPES:** *We often need permission to do something just for ourselves. We are governed by earth and water, making our energetics slow and steady, enticing others to take advantage. Try making caregiving sustainable by “putting your oxygen mask on first”.*

No matter your constitution, overconsumption of media and screen time taxes our bodies, challenging our immunity on a daily basis. Would you consider doing a digital detox as part of your immunity practice?

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\* **IMMUNITY TIP:** *To prevent overextending yourself, bring in steady rhythms and routines that allow you to check in along the way, make micro-adjustments – an essential practice for building sustained immunity in home and heart.*

## Resources & Sanskrit Translations

**DOSHA QUIZ:** get to know more about our unique body type and how to stay balanced

**PSOAS RELEASE:** a simple and powerful practice for soothing the nervous system, easing an achy back and releasing tight hips

**YOGA NIDRA DOWNLOADS:** quick downloads for this essential guided meditation

**NADI SHODHANA HOW-TO VIDEO:** a simple breathing practice for calming an anxious mind

**DURGA MANTRA:** learn to chant the Durga Mantra or just listen along

**MANTRA MUSIC:** an uplifting playlist of mantras for around the house

**BANYAN BOTANICALS IMMUNITY SUPPORT PRODUCT BUNDLE**

**ORGANIC MASSAGE OILS:** organic oils for self-massage and massage for your little one

✳ **CLICK AROUND!** All underlined text are clickable links to external resources.

1. **Tri-Doshic:** A substance or practice good for all three doshas – Vata, Pitta & Kapha
2. **Agni:** Our essential digestive fire – transforms food into tissues, energy, & consciousness
3. **Ama:** Accumulated, unmetabolized food, emotions and experiences waste in the body
4. **Ojas:** The subtle essence of that gives the body strength, vitality and immunity
5. **Dhatu:** The seven tissue layers that form the body
6. **Rasayanas:** A substance that nourishes and tones the entire body – builds dhatus
7. **Sadhana:** A devotional daily practice
8. **Mantra:** Sacred sounds that can be repeated to guide the mind into vibrational healing
9. **OM/AUM:** Sacred sound that is said to be the the first sound, the vibration of the universe
10. **Namaha:** A reverent salutation or honoring to the goddess – “I bow to you”
11. **Prana:** The vital life force that we gather from breath, food, water and the flow
12. **Nadis:** The subtle energy channels of the body, similar to our nervous system
13. **Constitution:** An individual’s inherited predisposition and influenced tendencies

## Meet The Guides, Cassie Ballard & Claire Ragozzino



**CASSIE BALLARD**

Cassie is the founder of **Our Seva**, an Ayurvedic postpartum doula and women's group facilitator dedicated to forging deeper dialogue around the unspoken spaces of motherhood. Through activism and transparency, she is inspiring women to tap into their inner wisdom, find gentleness within, and honor the transition into motherhood as a forgotten rite of passage. As a guiding light, Cassie connects with Ayurveda through its ancient wisdom around balance, rhythms, and full-body wellness.

You can join the **Our Seva Motherhood Circle** for transparent discussions around shifting identities, maternal mental health, cultural expectations and the sacred service to motherhood.

\*[WWW.OUR-SEVA.COM](http://WWW.OUR-SEVA.COM) | [@OUR.SEVA](https://www.instagram.com/our.seva)



**CLAIRE RAGOZZINO**

Claire is a yoga instructor and holistic nutrition educator with a background in the Vedic sciences and natural cooking. Having struggled with digestive disorders growing up, she turned to Ayurvedic wisdom to heal her body. She holds a BA in International Affairs and has deepened her work with additional studies and certifications in Ayurveda, Functional Yoga Therapy, Yoga Nidra, Nondual Philosophy, and women's health.

Claire founded **Vidya Living** with the mission to empower women to transform their own lives using the tools of Ayurveda in a modern context, working with clients around the globe. Her first book, **Living Ayurveda**, releases this fall (2020) with *Roost Books*.

\*[WWW.VIDYALIVING.COM](http://WWW.VIDYALIVING.COM) | [@CLAIRERAGZ](https://www.instagram.com/claireragz)

We recognize and honor the non-discriminating roles and responsibilities of all caregivers as the pillars of our universal wellness and are excited to offer this resource to connect us to the inner and ancient wisdom that guides us all.

“The feminine principle that lives in us all is the principle of compassion for all beings.”

– VANDANA SHIVA

VIDYALIVING | our seva

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