

INDU ARORA

SOMA

100 Heritage Recipes for Self-Care



YOG SADHNA

YOGSADHNA INC
MINNEAPOLIS, MN

SOMA REVIEWS

*Soma is a healing, regenerative, nurturing offering, and beloved teacher, Indu Arora shares her grandmother's lineage of heritage wisdom of Ayurveda and living yoga in a down-to-earth, effective way that will inspire you with juicy self-care practices for the common stressors of daily life. You can integrate any of the over 100 life-practices or use her index for practical, funny, and ojas-adoring rituals of self-care. **Soma is a treasure for beings around the world** to feel the nurturing support of natural, easy, readily available self-care practices for daily life. — Shiva Rea, Author of *Tending the Heart Fire* (Sounds True) Catalyst, Samudra Global School for Living Yoga*

*What a beautiful book. Soma is a portal connecting us through time and space to the ancient, indigenous wisdom of Yoga and Ayurveda. **This is a wisdom tradition that offers the potential for deep healing for all of us.** On this journey, Indu Arora is a wise and friendly guide offering poignant memories and practical tips along the way. — Jivana Heyman, Author of *Accessible Yoga and Yoga Revolution**

***Nectar all the way!** In her signature approach filled with love and humor, Indu Arora explores the day-to-day practice of Ayurveda in Soma: 100 Heritage Recipes for Self-Care. How must we wake up? Where should we place our attention? How should we eliminate, care for our skin, hair, senses, mind, and relationships? How do we deal with mundane things like what to eat for breakfast and mystical things like how to align with the universe? Everything is contained within the pages of this treasury of wisdom and knowledge. With personal stories and anecdotes, each recipe comes to life, inspires, guides, and becomes a gateway to nectar. **Anyone even remotely interested in self-care must read and partake of this nectar.** Can't recommend it enough! — Kavitha Chinnaiyan, MD, Cardiologist, Founder of Śabda Institute, and Author of *Shakti Rising: Embracing Shadow and Light on the Goddess Path to Wholeness, The Heart of Wellness: Transform Your Habits, Lifestyle and Health, Glorious Alchemy: Living the Lalitā Sahasranāma and Fractals of Reality: Living the Śrīcakra**

***This book is truly delicious!!! Soma is nutritious goodness for every aspect of being.** With wit, wisdom, and precious ancient insight, Indu gifts us with recipes to bring lasting nourishment to the depth of our souls. Thank you!!*

— **R. Nikki Myers, Founder Y12sr: Yoga of 12-Step Recovery**

Highly recommend!** As an Ayurveda doctor in the U.S., I have always admired Indu's work—the way she presents Yoga Sadhana is authentic knowledge. This is a go-to book for almost all Ayurveda practitioners, Ayurveda doctors, and enthusiasts. Highly recommend this book! **A pure wealth of experienced knowledge.** — **Vaidya Swati Mhaske B.A.M.S, M.Sc. Pharmaceutical Medicine (Ayurvedic Doctor)

Indu Arora's new offering, Soma: 100 Heritage Recipes for Self-Care could be titled Recipes for Awakening!** If you follow even a few of these family Ayurvedic and Yoga recipes, you can live a more awakened, balanced, and harmonious life. **Her recipes increase emotional wellbeing, physical health, and spiritual connection.** Savor, as I did, the remedy recipes passed down from generations of Indu's heritage. You can enjoy this book as Indu's homage to her Indian family, and then keep it as your daily reference on how to live a life of radiance, even in the hardest times. — **Amy Weintraub, Author of Temple Dancer & Yoga for Depression

I smiled all the way through my reading of Indu Arora's Soma.** She has woven together a beautiful tapestry of simple, daily recipes for meditation, health, healing, and kitchen cooking that I imagine as everyday rituals that can be applied little and often throughout our life. The reader can easily choose among the variety of 'strands' (meditations, beauty, health and kitchen recipes, mudras, meditations, etc.) that Arora has woven into this beautiful tapestry of recipes she's assembled. **She has done a masterful job of taking complex principles from the science of Ayurveda and making them easily understood and available to both Western and Eastern readers.** This simple yet elegant book is the perfect gift for yourself and those you love. — **Richard C. Miller, Author of Yoga Nidra: A Meditative Practice for Deep Relaxation and Healing

*In her new book, Soma: 100 Heritage Recipes for Self-Care, Indu Arora emphasizes that we are not our bodies—we are consciousness. Nevertheless, we have a body, and Indu has written another helpful book with practical recipes and techniques to care for the physical body, as well as the mind and spirit. Drawing from the wisdom of Yoga and Ayurveda, **Indu's recipes for self-care address the entire body from dry hair to “jet-lagged feet.”** Her remedies can beautify your skin or heal your heart, headaches, lungs, throat, leg cramps, digestion, and much more. Indu outlines healthy routines for the morning and evening and offers techniques for healing the emotions, including mudras, mantras, and other techniques you can use throughout the day as needed. Ayurvedic recipes and soothing teas round out the book for optimum self-care. — Sharon Steffenson, Editor in chief, Yoga Chicago*

***OMazing Book! So much wisdom easily digestible in everyday practices.** Balm for the soul. Ancient Ayurvedic practices of self-care demystified in easy-to-digest, page-long practices that you will be excited to put into practice immediately. So tenderly passed on and lightheartedly written as if you were across the table having tea with your best friend. An Ayurvedic apothecary at my fingertips, I will revisit each page frequently for the vast amount of self-care wisdom contained within. Thank you, Indu, for sharing your healing touch and that of your ancestors with us. — Christy Wandrei, Owner, Bali Malas*

*A book you want for your nightstand! **This book is full of great information in accessible and digestible format.** Thank you, Indu, for sharing all that you do! — Sweta Vikram, Author of *A Piece of Peace**

A must on any Yoga or Ayurveda student's bookshelf. Soma is an incredibly practical book for any student of Ayurveda. I can't believe how many easy recipes for self-care are in this book! Super practical and I love how she mixes the traditional and modern fun! ***She is one of the foremost experts of Yoga and Ayurveda in our country and I can testify that her books and teachings truly illuminate the deepest meanings of Yoga.*** Soma is the next beautiful offering from Indu! — **Katie Silcox, Author of *Healthy, Happy, Sexy, Ayurveda Wisdom for Modern Women***

Soma is such a wonderful offering of Ayurvedic wisdom. Indu Arora has so generously compiled a storehouse of profound and practical yogic self-care practices, home remedies, kitchen pharmacy, and life wisdom. She carries the age-old tradition of Ayurveda that has been passed from mother to daughter, over many generations. ***Soma will serve all who are interested in improving their overall health and vitality through self-care, as well as a desktop reference guide for Ayurvedic health counselors, practitioners, and yoga teachers.*** — **Vishnu Dass, Ayurvedic Doctor (NAMA), Author of *Ayurvedic Herbology East & West: A Practical Guide to Ayurvedic Herbal Medicine***

Soma—Sweetest Offering of Mothers' Advice. Such a gift to hear the wisdom of our mothers and grandmothers in each of these recipes. Simple, few-ingredients recipes that pack into powerful healing pastes, teas, protein drinks, skin balms. Natural, spicy, sweet kitchen helpers for all manner of rescue remedies. ***The perfect home-made self-care formulas to help you shine and be strong.*** — **Durga Leela, Author of *Yoga of Recovery: Integrating Yoga and Ayurveda with Modern Recovery Tools for Addiction***

DISCLAIMER

This book is not intended to treat, diagnose, or prescribe. The information contained herein is in no way to be considered as a substitute for a duly licensed health professional.

YogSadhna Inc, Minneapolis, MN
©2022 YogSadhna and Indu Arora
Photographs ©2022 by YogSadhna and Indu Arora
Illustrations ©2022 by YogSadhna and Indu Arora

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or any other information storage and retrieval system, without the written permission of the publisher.

The information in this book has been carefully produced, and all efforts have been made to ensure accuracy. YogSadhna and Indu Arora assume no responsibility for any injury suffered or for damages or losses incurred during the use of or as a result of following this information. It is important to study all directions carefully before taking any action based on the information in this book. Where trade names are used, no discrimination is intended and no endorsement by YogSadhna and Indu Arora is implied.

Published 2022.
Printed in India.

Creative Coordinator: Agota Sesztak
Editor: Lizzie Leone
Designer: János Gräfl
Illustrator: Ruby Lockard
Photographer: Milán Tóth

ISBN-13: 979-8-218-01776-7

TO ALL THOSE
WHO MOTHER

॥ श्रीः ॥

*Om Asato Maa Sad-Gamaya
Tamaso Maa Jyotir-Gamaya
Mrtyor-Maa Amrtam Gamaya
Om Shantih Shantih Shantih*

-Brihadaranyaka Upanishad—1.3.28



*Lead me from untruth toward truth
from darkness toward light
from death toward the nectar of immortality
Om Peace Peace Peace*

In thy name, In thy lotus feet

CONTENTS

Preface xv

I. DANCING TO THE TUNE OF CIRCADIAN RHYTHMS

Solar Routine/A.M. Care

No. 1. I Wake up Grrr...oggy 2
No. 2. Did You Wake up with the Wrong Foot? 4
No. 3. Poop Stories 6
No. 4. Who Eats Breakfast, Anyway? 8
No. 5. I Need a Lucky Charm 10

Lunar Routine/P.M. Care

No. 6. Do You Feel Wound Up? 13
No. 7. Time Is Flying 15
No. 8. Slurp, Gulp, and Chug 16
No. 9. I Am So Full, I Cannot Move! 18
No. 10. Brrrrrr....My Feet Never Warm up 20
No. 11. Who Let the Thoughts Out? 22

Beauty Rituals

No. 12. Probiotic for Naughty Skin 24
No. 13. Food for Skin—My Secret in 3 Steps 26
No. 14. Always Wear Your Invisible Crown—Yogi's Halo 29
No. 15. BeHOLD the Beauty—Ancient Ayurveda Apothecary 31
No. 16. Siesta for the *Hora Sexta* 33

Come Back to Your Senses

No. 17. Eyes, Eyes, Baby 35
No. 18. Buzz, Click, Hum, and Ring—Hearrrring? 37
No. 19. Losing My Sense of Smell—Now, That's Fishy 39
No. 20. Pass the Hot Sauce 41
No. 21. Give Love to Rough, Scratchy, Patchy Skin 46

2. YOGA RX

| | |
|---|----|
| No. 22. Rock the Boat—It's Okay | 50 |
| No. 23. Emotional Hiss=Mental Bliss | 52 |
| No. 24. I Cannot Think Straight | 54 |
| No. 25. I Blew It—Now Blow It | 56 |
| No. 26. Ten Percent Happier | 58 |

3. WHAT'S YOUR MANTRA?

| | |
|---|----|
| No. 27. Say "Yes" to the Universe | 62 |
| No. 28. Your Mind=Your Power | 64 |
| No. 29. Power Up! | 65 |
| No. 30. How Do I Fix This...? The Body. | 67 |

4. MUDRA RX

| | |
|---|----|
| No. 31. Sleep Like a Baby: Surina Mudra | 72 |
| No. 32. I Hear Them Pop and Crack—My Joints: Pushan Mudra | 74 |
| No. 33. Where Did My Energy Go? Prana Mudra | 76 |
| No. 34. Save Me from the Rabbit Hole: Hakini Mudra | 78 |
| No. 35. Where There Is No Place for a Headache: Maha Sirs Mudra | 80 |
| No. 36. For All Those Heart Needs: Shankha Mudra | 82 |
| No. 37. Yogic TUMS®: Samana Mudra | 84 |
| No. 38. Easy Breath: Shwasi Mudra | 86 |
| No. 39. Cleanse on My Tips: Kaya Kalpa Mudra | 88 |
| No. 40. Zen Mind: Jnana Mudra. | 90 |
| No. 41. Can Someone Move the Lymph, Please? Garuda Mudra | 92 |
| No. 42. Travel Like a Pro: Apana Vayu Mudra | 94 |
| No. 43. My Hands are Freezing: Linga Mudra | 96 |

5. HERITAGE RECIPES

| | |
|--|-----|
| No. 44. Pickle Up!. | 100 |
| No. 45. Golden Gargles | 102 |
| No. 46. Shoo-the-Flu Tea | 104 |
| No. 47. Alkaline Water: It's All About That Base | 106 |

| | |
|---|-----|
| No. 48. 3-1-1 of Changing Seasons | 108 |
| No. 49. Say Goodbye to Gas | 110 |
| No. 50. Got Acidity? | 112 |
| No. 51. Muscle Milk | 113 |
| No. 52. Moon Juice—Boost That Ojas. | 115 |
| No. 53. PanchaMel Tejas Tea. | 117 |
| No. 54. Sticky Throat + Runny Nose? No Problem! | 119 |
| No. 55. Seeds of Digestion. | 120 |
| No. 56. Prana Fix | 121 |
| No. 57. Start the Day the Tridoshic Way | 123 |
| No. 58. Mucus Is Not Welcome Here—Lavanya Ghritam | 124 |
| No. 59. PMS Relief—This Soup Will Make You Go Nuts! | 126 |
| No. 60. Sweet Solution to Runners' Leg Cramps. | 128 |
| No. 61. To Pee or Not To Pee. | 130 |
| No. 62. No Dwelling on Swelling—De-swell Pack | 132 |
| No. 63. The Sweet Balance | 134 |
| No. 64. Food for Your Brain | 136 |
| No. 65. Sleep Aid Milk | 138 |
| No. 66. Palate Cleanser, Mouth Freshener | 141 |
| No. 67. For All Your Digestive Needs—Trilavana Ginger Pickle. | 143 |
| No. 68. A Bumpy Emotional Ride—Honey Can Fix It. | 146 |
| No. 69. Jet-lagged Feet—3,2,1...No More. | 148 |
| No. 70. Lung Tonic—For Sound Breath. | 150 |
| No. 71. Heat Hydrant—Park the Heat, Stay Cool | 152 |
| No. 72. Peppery Solution for a Sticky Throat | 154 |
| No. 73. Easy-Peasy Probiotic Drink—Digest It All | 156 |
| No. 74. Burrrrp—Relief. | 158 |
| No. 75. Sore and Irritated Throat—Grandmother's Recipe | 161 |
| No. 76. Breeze Through Sneeze with My Father's Favorite. | 163 |
| No. 77. No Matter the Question, The Answer is Fiber—Get Regular | 165 |
| No. 78. First Aid for Diarrhea | 167 |
| No. 79. Decongest—Herbal Steam | 169 |
| No. 80. Digestive Treat—Pretty Sweet! | 171 |

6. CROWNING GLORY

| | |
|--|-----|
| No. 81. Dry Hair, I Care—Vata Hair Oil | 176 |
| No. 82. Gray Hair, Do Not Despair—Pitta Hair Oil | 178 |
| No. 83. Greasy Hair Fix—Kapha Hair Oil | 181 |
| No. 84. Luster Hair Mask | 183 |
| No. 85. Probiotic Hair Mask | 185 |
| No. 86. Vegan Cooling Hair Mask | 187 |

7. HEAD OVER HEELS IN LOVE WITH THE BODY

| | |
|---|-----|
| No. 87. Sight for Sore Eyes—Netra Tarpana | 190 |
| No. 88. A Kiss of Freshness—Hydrating Rose Lip Scrub | 192 |
| No. 89. Saffron Face Mask—Radiant Glow | 194 |
| No. 90. Ubtan Body Scrub—A House Recipe for Beauty and Health | 196 |
| No. 91. Baby Soft Heels—A Simple Hack | 199 |

8. TEA TIME

| | |
|--|-----|
| No. 92. Stilling Vata Herbal Tea | 204 |
| No. 93. Cooling Pitta Herbal Tea | 207 |
| No. 94. Move It—Kapha Herbal Tea | 209 |
| No. 95. A Seasonal Cup of (Authentic, Indian) Chai Solves Everything—Even Changing Weather | 211 |

BONUS TIPS

| | |
|---|-----|
| No. 96. It's Just Too Much—Mauna | 216 |
| No. 97. Thoughts, Thoughts Go Away....Neti Neti | 218 |
| No. 98. Time to Say Goodbye—Idam Na Mama | 220 |
| No. 99. A Colorful Fix from My Yoga Guru Shashi Khosla | 221 |
| No. 100. Timeless Wisdom from My Father—Late Radhey Shyam Arora | 223 |

I. DANCING TO THE TUNE OF CIRCADIAN RHYTHMS



SOLAR ROUTINE/A.M. CARE

No. 1. I Wake up Grrr...oggy

We have rituals and routines for after we wake up, but how do you *actually* wake up?
Groggy, tired, and heavy?

Most of the time, we wake up with the sound of an alarm, a list of things to do, fear of missing out, or just because we have no other choice.

Cultivate the ritual of waking up consciously. How?

Atma Tattva Avalokanam—the practice of waking up with awareness of the real Self.

Atma means “Self,” *tattva* means “the substance,” and *avalokanam* means “the act of witnessing.”

As you are in the process of waking up, observe if it is touch, sound, thought, emotion, fragrance, or light that catches your attention. You will be surprised to observe that this process began long before you actually opened the eyes.

Now, consciously bring your awareness to the seat of the soul—your heart—and just stay there—thinking nothing, feeling nothing, wanting nothing—simply witnessing the quiet, still, content presence.

Let this experience guide your day. Let it become your baseline to return to when anything goes south; bring the conscious awareness to this seat of the soul. Bring yourself to balance. Within a matter of one week you will notice a remarkable shift in your waking up process. Just do it!

Fun Fact: When I was about 5-7 years of age, at times when I woke up, I saw my grandmother (it was a typical joint family and we used to live with her—about 13 people in one household) sitting absolutely still and completely covered in a blanket. I always used to wonder, “What is she doing? She should sleep lying down.” Who knew that years later, I would discover that this is practice, too!

No. 9. I Am So Full, I Cannot Move!

Mealtime is considered a sacred time as per Ayurveda. The process of eating food is often compared to feeding the consciousness within us. To bring sacredness to the act of eating, mantras are chanted before meals and the meal is consumed in complete silence. All of this is to pay attention to the taste and offer respect to the food, as well as the process by which it reaches from the earth to the plates. This brings satisfaction at the physical, mental, and emotional level. No wonder the word for taste, enjoyment, emotion, and enthusiasm is the same in Sanskrit: *rasa*.

When was the last time you experienced overeating?

We overeat because we are not paying enough attention. We are busy multitasking while eating.

I have a suggestion for you. How about a lime shot?

Practice: Squeeze one-half of a lime into a shot glass, add a hint of salt to it, and swallow it. This is one the best antidotes to heaviness and dullness after meals.

Enjoy the post-meal fix!

Fun Fact: As per Ayurvedic texts, it is suggested to practice *shatpawali* after meals. It is a practice of walking 100 (*shat*) steps (*pawali*) right after dinner. It is actually very simple and effective. This practice is a part of cultivating healthy sleep hygiene as well as supporting digestion. In the evening, our metabolism slows down and a gentle stroll can support the digestive system. Get those steps in. Make it count!



Cultivate Sleep Hygiene:

How often do you watch/read/talk/multitask during evening meals?

What activities do you do to build healthy sleep hygiene? Examples:
Calming tea, evening stroll, calming music, avoiding screens, etc.

What activities do you avoid to support healthy sleep?



No. 26. Ten Percent Happier

Ha Ha
He He
Hu Hu
Hey Hey
Ho Ho
Hah Hah

What is this all about? Well, have you heard about Laughter Yoga? Anything is welcome in this practice: a chuckle, titter, giggle, chortle, cackle, belly laugh, or the sputtering burst.

In Laughter Yoga, people clap—and simply laugh—in any way that brings true laughter and joy, in the name of Yoga. The surrounding is

filled with roars of laughter. It is almost impossible to keep a serious face when someone in front of you is laughing his, her, or their hearts out. It is contagious and it is also the neuroplasticity of laughing. We often look for a reason for laughter—like did someone tell a joke, is something funny, sarcastic laughter, nervous laughter, a courteous laugh, or simply a funny thought.

What if happiness is our innate nature? According to *Taittiriya Upanishad* (Section 2), bliss, happiness, and joy ARE our innate nature. The deepest part of our being is a sheath of bliss and a container of happiness. Which means we are that, we do not need a reason to feel happy.

Practice: Be in any position that you wish, lying down on the belly or simply seated works best. Now open your mouth and laugh for 30 seconds without any reason. Mimic the laughter with any of the sounds stated above (HaHa, HeHe, HuHu, etc.). It may feel awkward in the beginning and may take some time to become comfortable with the exercise. But like any new activity, it becomes easier with practice—soon the

made-up laughter takes the shape of a natural chuckle, then a giggle leading up to a full belly laugh, where you will find yourself bursting out of happiness. It also helps if you visualize a child laughing hysterically. We have all seen such beautiful incidents firsthand or on a video.

Awaken your inner child, laugh it off and be 10 percent happier!

Fun Fact: To date, when I call my Yoga Guru, if she senses any heaviness in my voice, her prescription is 30 seconds of uninterrupted laughter. She actually keeps a tab on times and says things like, “Don’t laugh in installments,” or “I don’t hear your heart” or “Keep going, 10 seconds left.” It works! Even though the practice seems awkward, every single time I am left with a sense of happiness, definitely 10 percent happier and lighter!

IV. MUDRA RX





No. 44. Pickle Up!

What does not digest well does not nourish the body. In Ayurveda, digestion is the key component for a healthy body. So ginger pickle up! Resolve to make this today! Promise?

Three ingredients are all you need to make fresh ginger pickle .

Ingredients:

- Fresh Ginger
- Fresh Lime
- Salt (Himalayan Pink)

Method:

1. Cut the ginger into julienne and add enough fresh lime juice to soak.
2. Add the salt per your taste.
3. Store in the refrigerator. That. Is. It.

Dosage: Take 1-2 pieces of this ginger pickle (chew well) before/after meals (see *Special Tip* below).

Indications: Poor appetite, nausea, indigestion, heaviness, irregular bowel movements, suppressed sense of taste

Special Tip: In case of poor appetite, take ginger pickle *before* meals. In case of gas, heartburn, heaviness, nausea take it *after* meals. In case of irregular bowel movements, take it before bed. In case of suppressed sense of taste, take it anytime you experience tastelessness.

*As per Ayurveda, we are as healthy and young
as robust is our digestion.*



No. 90. *Ubtan* Body Scrub—A House Recipe for Beauty and Health

Growing up, Sunday had a different meaning, it meant a day full of beauty rituals from head to toe—ranging from oiling the hair, a 3-step facial routine (cleanse—scrub—mask) and a 3-step body care routine (Body scrub—Full Body Mask—Full Body Oil Massage). Doesn't it sound just right that we give back to the body since we extract work out of it the entire week. Here I am sharing a house recipe for a body scrub called *ubtan*.

Ingredients:

- 1 cup Bengal Gram Flour (known as *besan* in stores selling Indian foods)
- ½ cup Rice Flour
- 2 Tbs Full Cream/Coconut Milk
- 1 tsp Fresh Lime Juice
- 2 Tbs Yogurt (whole)
- ½ tsp Turmeric Powder

Method: Mix all ingredients in a bowl using fingers/spatula. Add more water, if needed

Yield: 1 dose

Shelf Life: Single use

Usage: Transdermal application

1. Using the fingers, apply the *ubtan*/paste all over the body. Massage making small circles all over the body, as if exfoliating.
2. Once the paste starts to thicken, leave it on the body as a mask for 5 minutes or until it completely dries.
3. Wash off with room temperature water.
4. Pat the body dry and follow with your favorite moisturizer/body oil. Enjoy the fresh, radiant, and soft skin.

Indications: Regular body care routine, blemishes, dryness, undernourished skin, to slough off dead skin, boosting circulation, to improve skin tone

Benefits: *Besan* absorbs excess oil and deep cleanses the pores, rice flour is a moisturizing exfoliant, coconut milk/full cream brings plump softness by sealing in moisture, lime juice helps in clearing blemishes, yogurt balances the healthy skin flora, and turmeric acts as antimicrobial and anti-inflammatory. Use once per week.

Fun Fact: In Northern India, there is a special pre-wedding ceremony called “*Haldi*” in which the turmeric (called *Haldi* in Hindi) and mustard oil-infused *ubtan* is applied by the family members (mostly elders and married couples) to the bodies of the bride and groom-to-be as a gesture of blessing as well as a beauty and health ritual before the wedding. The ceremony was often filled with sounds of giggles and fragrance of *ubtan*. If you are ever invited to an Indian wedding, do not miss the chance to experience this extraordinary event filled with color, rituals, food, dance, and unlimited fun.



Write down or doodle your experience
of preparing this body scrub.
Did you make any changes to the recipe?
How did the body feel after using this recipe?

IIX.

TEA TIME



GLOSSARY

- abhyanga:** Practice of oil massage: full body, head, feet, face, etc.
- abhyasa:** Consistent practice.
- adhi-bhautika:** Suffering caused by other beings/things (bhutas).
- adhi-daivika:** Suffering caused by natural forces/divine forces.
- adhya-atmika:** Suffering caused by ignorance, lack of knowledge at the physical, mental, and/or emotional level.
- agni:** Digestive fire.
- agnisara:** Type of cleansing practice in Yoga, done prior to asanas for balancing doshas, agni, and prana.
- akasha:** Ether, space, void, vacuity.
- ajna chakra:** Third-eye center of consciousness, command center.
- ama:** Metabolic toxins, undigested/partially digested metabolic waste.
- anabolic:** Use of energy to build or grow.
- anahata nada:** Ten soundless sounds heard in the heart space of consciousness.
- ananda:** Bliss; the ultimate peace, immeasurable joy.
- angushtha trataka:** Practice of constant, unbroken gazing at the thumb without blinking.
- apana:** Negative prana; that which goes downward and outward.
- ardha balam:** To half your capacity.
- asafaetida/asafotida:** *See Hing.*
- ati yoga:** Excess contact with stimuli in terms of quantity (example: loud sound, strong perfume, overuse of spice, excess screen time, etc.)
- atma:** Self, Soul, Individual Soul, Spirit
- Atma Tattva Avalokanam:** The practice of waking up with awareness of the real Self.
- atman:** Soul.
- AUM:** Mantra of creation, sustenance, and dissolution; the eternal, primary, and imperishable sound as per Vedic texts.
- avalokanam:** The act of witnessing, to have a look at, to see
- bala kriya:** The childlike activities/movements.
- bengal gram flour:** A flour made from the bengal gram. Also called *besan*.
- besan:** *See bengal gram flour.*

ABOUT THE AUTHOR

Acknowledged as a strong, clear, and authentic voice in the Yoga and Ayurveda community, Indu considers herself a student for a lifetime. For more than two decades, Indu has dedicated her life to studying, contemplating, and sharing Yoga and Ayurveda.

Indu's 2019 book, *Yoga: Ancient Heritage, Tomorrow's Vision* has become an instant classic—a treasured favorite among Yoga teachers and students, alike. As a leading expert on Mudras, her 2014 book, *Mudra: The Sacred Secret*, has been translated into French (*Mudra: Le Secret Sacré*, 2017) and German (*Das große Buch der Mudras: Heilende Übungen für Körper und Seele*, 2018).

The most significant influences in her life are her parents, teachers, and nature, though she considers nature her greatest teacher and enjoys every opportunity to witness a sunrise. In her words, “*Yoga is not to be learned and done, but explored and realized.*”

Indu travels extensively throughout the United States, Canada, Europe, and India to teach and speak about Yoga, Yoga Nidra, Ayurveda, and Mudras. She finds true pleasure in exploring new ways to distill, simplify, and share Yoga and Ayurveda with her students.

Her unique gift is helping students bring Yoga and Ayurveda to the heart by making them an everyday practice, which is equally useful for a beginner as a sincere seeker who has made Yoga a lifelong journey. Described by students and fellow teachers as “*The Real Deal*,” Indu's in-person and online classes are consistently described as engaging, motivational, authentic, and life-changing.

When not sharing her love of Yoga and Ayurveda with her students, Indu enjoys exploring the natural beauty and culture of her adopted home of Minneapolis with her wife.

Connect with her on Instagram @induaroraofficial and at yogsadhna.com.