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Tarabilda's ground-breaking discoveries focus on the six main disease tendencies in the human body, which result in imbalance and stress. These disease tendencies tell us how digestion and metabolism functions in each human type, and offer dietary guidelines for optimal health. Individuals with one of these three disease types—heat, light, and dry—are catabolic, possess a fast metabolism, and need a protein-based diet. Those with disease types that are either cold, heavy, or oily are anabolic, and display a slow metabolism and require a carbohydrate-based diet. There are two mixed types—Mercury and Karmic—which need an individualized diet that corresponds to the archetypes mingling together.

If Sauls determines that the Sun governs one's physical health, for example, then he's on the lookout for an imbalance of heat; these catabolic reactions affect the heart, small intestine, and bone tissues. Consequently, these individuals should avoid spicy foods and substitute those that promote cooling, such as cucumbers, while introducing fragrances that promote inner balance, such as rose. "The mind-body connection in Ayurveda is very much honored in this system," says Sauls. While he does not get lost in

THE ANCIENT AYURVEDA YOGA SERIES

WITH SARAH TOMLINSON

PLANET	RELAXING	HARMONIZING	ENERGIZING	YANTRA
SUN RADIANCE mantra: Om Sum Suryaya Namaha	 HEADSTAND CORPSE	 TREE	 PEACOCK	
MOON NOURISHMENT mantra: Om Cham Chandraya Namaha	 SHOULDERSTAND CORPSE	 LOTUS	 EAGLE	
MARS PASSION mantra: Om Kum Kujaya Namaha	 TRIANGLE CORPSE	 FISH	 CROW	
MERCURY INTELLECT mantra: Om Bum Budhaya Namaha	 FORWARD BEND CORPSE	 COBRA	 SWAN	
JUPITER EXPANSION mantra: Om Brim Brihaspataye Namaha	 SPINAL TWIST CORPSE	 TURTLE	 COW FACE	
VENUS BLISS mantra: Om Shum Shukraya Namaha	 PLOW CORPSE	 SCORPION	 LION	
SATURN ORGANIZATION mantra: Om Sham Shanaye Namaha	 BOW	 ROOSTER	 CORPSE	

Above: This chart for the Ancient Ayurveda Yoga Series includes all 21 postures, as well as the corresponding chants, planets, and yantras.

Opposite: Sarah Tomlinson studied the art of yantra painting in India. These are her beautiful creations, which represent planetary power.