

The Eight Spiritual Paths to God

1. Bhakti Yoga: The Path of Heart – Moon
2. Kundalini Yoga: The Path of Will – Mars
3. Gyana Yoga: The Path of Intellect – Mercury
4. Karma Yoga: The Path of Action – Jupiter
5. Raja Yoga: The Path of the Senses – Venus
6. Hatha Yoga: The Path of the Physical and Silence – Saturn
7. Tantra: The Path of the Iconoclast/Rebel – Nodes
8. Surya Yoga: The Integral Path – Sun

in love or are in a career slump have followed Sauls advice with specific mantras—with life-enhancing results.

Postures that correspond to the seven major planets

The feminine half of this equation is Sarah Tomlinson, who met Sauls in 1996 at an Ayurvedic workshop in New York. Fresh off a trip from India, where she studied yantra painting with the late Harish Johari, the former Jivamukti yoga instructor learned about the planets' powerful qualities. Sauls suggested that Tomlinson explore Tarabilda's significant discoveries in regard to the asanas and, having so much in common, the two became a couple in life as well as in the teachings of the Ancient Ayurveda Multi-Dimensional System.

As a keeper of the tradition, Tomlinson studied Tarabilda's writings on the yoga poses and devised the *Ancient Ayurvedic Yoga Series* (DVD \$30, www.amazon.com). Each of the 21 postures corresponds to one of the seven major planets (Sun, Moon, Mars, Mercury, Jupiter, Venus, and Saturn). The series is sequenced to relax, harmonize, and energize the mind and body.

"Sometimes, people have a hard time calming down and meet some resistance at the beginning," says Tomlinson. "But at the end of the series, they feel very relaxed and



seem surprised they are so energized." Interpreting the student's blueprint gives Tomlinson the specific knowledge to focus on certain fields of living. "Dialoguing with the insights that arise during the asana focus/field of living is a great way to bring awareness to the challenges and obstacles that might obscure the client's potential," she says.


But even if you don't know your blueprint you can still benefit from asana practice.

"Yoga therapy is an art, and by applying the healing principles of the Ancient Ayurveda Yoga Series in response to the issues the client presents,

Sarah Tomlinson, co-founder of the Ayurveda-Yoga Institute in New York, devised the Ancient Ayurveda Yoga series, teaches the art of yantra painting, and helps create stress-free environments for her clients through the ancient art of Vastu Shastra.

I can work with clients without knowing their blueprints," says Tomlinson. "It is a more specific to each field of living if they have had their blueprint done by Gandharva. It is a more intuitive art if done without a specific blueprint."

In addition, the British beauty realigns the energy in the homes of her students with Vastu Shastra (Indian Feng Shui) according to their blueprint to produce a stress-free environment. Specific colors and yantras are introduced into the space so energy can flow positively throughout the residence. Tomlinson regularly holds yantra painting workshops throughout the year and often paints them for her clients to transform a particular field of living.

"It seems revolutionary, but it's really about getting back to the source of the ancient wisdom of yoga," Tomlinson says. 

For a consultation or course information with **Gandharva Sauls**, or yoga instruction with **Sarah Tomlinson**, call 212-631-4283, www.ayurvedayogainstitute.com