

## Enhancing Client Wellness: Ayurveda & Biofeedback Workshop Summary Handout

### Key Definitions

- **Ayurveda:** Ancient holistic system focusing on balance of mind, body, and spirit via personalized practices based on dosha type.
- **Biofeedback:** Technique using sensors to provide real-time data on physiological states (heart rate, brainwaves) to support self-regulation.
- **Heart Rate Variability (HRV):** Variation in time between heartbeats; a marker of stress resilience.
- **Coherence:** Harmony between heart, brain, and body; optimal state for emotional balance.
- **MUSE:** Wearable EEG headband providing real-time feedback on brain activity to train focus, calm, and resilience.

### Ayurvedic Practices

- **Daily Routines (Dinacharya)**
- **Nutrition**
- **Herbal Supports**
- **Aromatherapy**
- **Sleep**
- **Breathwork (Pranayama)**
- **Meditation**

### Biofeedback Practices

- **Heart-Focused Breathing:** Hand on heart, inhale/exhale slowly, focus on gratitude or calm. Improves stress resilience and emotional regulation.
- **Muse Mindfulness:** Real-time EEG feedback to observe and adjust mental states, enhance focus, reduce stress and burnout.

### Dosha-Specific Patterns & Tools

Dosha	Elements	In Balance (Mind & Emotions)
Vata	Air + Ether (Space)	Creative, adaptable, inspired, clear thinking, quick to learn
Pitta	Fire + Water	Focused, intelligent, passionate, good judgement, ambitious
Kapha	Earth + Water	Calm, compassionate, loyal, grounded, forgiving

## Integration Tips

1. Use Ayurveda to personalize interventions.
2. Use biofeedback to track measurable progress.
3. Combine daily practices with real-time feedback to support long-term wellness.

## Key Takeaways

- Awareness + measurement = empowerment.
- Biofeedback complements traditional therapy, meditation, and lifestyle interventions.
- Personalized, holistic care is more engaging & effective for clients.

## Resources for Further Learning

- HeartMath: <https://my.heartmath.com>
- MUSE: <https://choosemuse.com>
- Khazan, I.Z. *Clinical Handbook of Biofeedback*
- Halpern, M. *Principles of Ayurvedic Medicine*
- Edward, M.T. (2023) *Patient-reported outcomes of Ayurveda consultation*
- InteraXon Inc. (2021) *Mindfulness using a wearable brain-sensing device (Muse) for healthcare professionals*
- Goessl, V.C. et al. (2017) *Heart rate variability biofeedback training and its effects on stress and anxiety*