

Ayurvedic Teachings Tours in Nepal



Who is Bitita Bitajian



During her yoga training in India, Bitita met with an Ayurvedic doctor and received Pancha Karma, a detoxification treatment, for asthma. After 3 weeks of Ayurvedic Treatment, she was rid of much of the physical, emotional and mental baggage which she had been carrying for many years. As a result of the benefits from receiving Ayurvedic Treatment, Bitita felt liberated! New sides to her personality flowered as she felt transformed and re-awakened.

While in India, Bitita walked into a tiny book store where she found hidden the Ayurvedic section, and she came upon what would be her first book of many on Ayurveda, written by Dr. David Frawley. The book explained yoga for each body type. The information helped Bitita understand more about herself and a deep seating understanding of many of the physical problems she had experienced. Dr. David Frawley's book connected Bitita to many other Ayurvedic books including those by Dr. Vasant Lad and Deepak Chopra. What she learned changed her way of practising and teaching yoga.



Having a thirst for more and had many questions, she enrolled in the Kripalu School of Ayurveda in two programs, one to be an Ayurvedic Yoga Specialist and the second to be a Certified Ayurvedic Consultant. The courses were given by Ayurvedic Physicians and Yoga Specialists from all over North America. Ayurvedic teachers such as Dr. David Frawley, Dr. Jay Aptye, Dr. Claudia Walsh, Dr. Sunil Joshi, Dr. Vasant Lad, and More. After completion of this course, she continued on this vast and marvellous path and went on to follow teachings of Dr. Lad, in Albuquerque, New Mexico where she learned more about marma, pulse, and other integral aspects of Ayurveda. This is an ongoing learning experience that brings Bita back to Albuquerque, the Ayurvedic Institute, almost yearly to grow and be able to adapt this knowledge to in her Ayurvedic Treatments, Yoga classes, practice and public lectures.

In yoga, Bita incorporates the fundamental principles of Ayurveda in all her yoga classes, which are deeply rooted in the union of breath (prana), asana (postures) and meditation. The main goal of yoga classes is to expand the breath and awareness, and its transformation to the prana (life force). Bita devises yoga routines according to a variety of factors including the student's individualised Ayurvedic dosha (energy), seasonal changes, goals and physical capabilities.

Bita is also the founder of Transformation Yoga and Ayurvedic Center in St. Lambert on the south shore of Montreal. She continues to be an ongoing and lifelong learner and student of Yoga (Meditation, Pranayama, Bhakti Yoga), and Ayurveda.

Bita Bitajian: Is B.A., N.D. (certified naturopath), Ayurvedic Practitioner (since 2005), Yoga Therapist, MBSR Practitioner and have been teaching mindfulness based stress reduction in St-Lambert, since 2005. She is Life Force yoga Practitioner and E-RYT500 (certified experienced yoga teacher with yoga alliance).

