

## MONTANA NATIVE SPREADS WORD ABOUT INDIVIDUALLY TAILORED YOGA DISCIPLINE

ERIN MADISON, TRIBUNE STAFF WRITER

After graduating from the University of Montana, Juliet Jivanti found her way into a corporate job, working for a mapping company.

"It was during the boom and I traveled a lot," said Jivanti who now lives in Bellingham, Wash.

Jivanti loved the job, but felt out of balance. After about seven years in the corporate world, she decided to quit and teach yoga. "I just was really burnt out and done," she said.

Even during the couple of years when Jivanti was working as a yoga instructor, she still felt out of balance.

"I was a lot younger and very healthy then, but I still felt a little out of sorts," she said.

Jivanti attended a speech by a naturopath who mentioned Ayurveda, a 5,000-year-old healing system. Ayurveda focuses on people being composed of three different doshas: vata, pitta and kapha. Doshas are the way the elements that make up the universe - space, air, fire, water and earth - interact in a particular person. People tend to be made up primarily of one dosha.

Depending on a person's dosha, ayurveda uses methods such as diet, herbs and exercise, to bring each dosha into balance.

"That really appealed to me," Jivanti said.

Jivanti decided she wanted to learn more about the health practice and found the Ayurvedic Institute in Albuquerque, N.M. She went through 10 months of training at the institute and later opened the Ayurvedic Health Institute in Bellingham.

Through her Bellingham institute, Jivanti offers consultations in which she helps people determine their dosha and then prescribes them things, such as teas, to help balance their dosha. For example, someone might be a very healthy eater, but may not be eating for their dosha. "It's very holistic," she said. "It's really basically preventative medicine."

She also offers yoga classes and recently came out with a DVD featuring yoga routines for each dosha.

In July, Jivanti, who was raised in Livingston, is touring Montana, offering ayurvedic consultations and workshops.

She's holding various consultations and workshops in Missoula and also will have a booth at the Montana Herb Gathering near Anaconda on July 22-25.

Emily Kurth, of Missoula, saw Jivanti while she was in Missoula last summer and did a workshop at the yoga studio that Kurth attends.

"I was feeling really overheated and kind of irritated," Kurth said. "I was feeling overwhelmed."

Jivanti told Kurth that she's a pitta dosha.

When pitta is imbalanced, people tend to exhibit anger, frustration, criticism and judgment.

"It made a lot of sense what I was feeling and what I was going through," Kurth said.

Jivanti gave her a whole sheet of recommendations on how to balance her dosha. It included foods to eat and avoid, recipes, oils to use and yoga exercises.

Kurth felt more in balance after visiting with Jivanti, although it's hard to say if it was because of the recommendations or because summer, a time when pitta tends to be out of balance, was coming to an end, Kurth said.

"I definitely learned a lot about myself and ayurveda in itself," Kurth said. "I definitely think just having a major awareness of all of this was a huge part for me."

Courtesy of Great Falls Tribune.