



# Pillars of health

Classical Ayurveda mentions 3 pillars, tens of thousands back. We have upgraded it to 5 pillars for the 21st century! Lets see how to optimise these pillars so that we can get closer to 100% fitness.

		<b>Ether</b>	<b>Air</b>	<b>Fire</b>	<b>Water</b>	<b>Earth</b>
Ether	<b>Rest</b>	Vacation	Weekends	Breaks	Siesta	Sleep
Air	<b>R'ship</b>	Planet	Society	Friends	Partner	Self
Fire	<b>Exercise</b>	Awareness Meditation	Breathing Alignment	Cardio Precision	Flexibility Elasticity	Weight Tone
Water	<b>Nutrition</b>	Senses	Textures	Qualities	Appropriate	Appetite
Earth	<b>Work</b>	Creativity	Relations	Challenge	Satisfaction	Support