

Course syllabus

1 WEEK

Introduction to Ayurveda. Examine the causes of disease. Discover the 5 Great Elements, the 3 Doshas and your "Prakruti" or Natural Constitution.

2 WEEK

The Nature of your mind. Understand the 3 doshas and their psychological tendencies. Determine your "Vikruti" or primary imbalances. Ritual Kits arrive!

3 WEEK

Food as Medicine. Understand the power of digestion and how to heal through diet. Discover the 6 tastes of Ayurveda, proper food combining and mindful ways to improve digestion.

4 WEEK

Discover how to heal through the sense of touch. Learn the cycles of nature, and establish the framework for your Dinacarya or daily rituals for self-care.

5 WEEK

Heal through aromatherapy and sight. Discover how to use smells to feel balanced. General principles of color therapy.

6 WEEK

Sound, Mantra and Vibrational healing. Discover meditation techniques to balance whole being through hearing. Final closing comments and Q&A.