

**AYURVEDA PSYCHOLOGY
CLASS SCHEDULE
WITH ROSE CAROL AND SPECIAL GUESTS**

**MODULE 1 – EXPERIENCE OF YOUR INNER MOST BEING
ESTABLISHING THE ROOTS OF THE COURSE**

LESSON 1 – INTRODUCTION TO AYURVEDIC PSYCHOLOGY – **LIVE ZOOM MARCH 22 10:00 AM CST**
LESSON 2 – NADI VIGYAN – YOUR DIRECT CONNECTION TO SOURCE **LIVE ZOOM APRIL 5TH 10:00 AM CST**
LESSON 3 - OVERVIEW OF SAMADHI MARMA - PRE-RECORDED (OR DR. MELINA'S COURSE)
LESSON 4 - OJAS - STABILITY OF LIFE - PRE-RECORDED
LESSON 5 – EXPERIENCE OF SATTVA VIJAYA – GROUP PRACTICE OF MARMA AND PULSE **LIVE ZOOM 10:00 AM CST APRIL 12TH.**

MODULE 2 – AYURVEDA AND ITS APPROACH TO MENTAL HEALTH

LESSON 6 – AYURVEDA AND ITS APPROACH TO ANXIETY **LIVE ZOOM APRIL 26TH 10:00 AM CST**
LESSON 7- AYURVEDA AND ITS APPROACH TO DEPRESSION, PRE-RECORDED
LESSON 8 – AYURVEDA AND ITS APPROACH TO SLEEP DISORDERS, PRE-RECORDED
LESSON 9 – AYURVEDA AND ITS APPROACH TO TRAUMA AND PTSD, PRE-RECORDED
LESSON 10 - AYURVEDA AND ITS APPROACH TO ADHD, PRE-RECORDED
LESSON 11 - AYURVEDA AND ITS APPROACH TO MEMORY, AGING, AND COGNITION, PRE-RECORDED

MODULE 3 – GOING DEEPER – HEALTH AND SELF-REALIZATION GOAL OF VEDIC PSYCHOLOGY

LESSON 12 – WE ARE ALL CONNECTED, PRE-RECORDED
LESSON 13 - OUR BRAIN - NEURO-PATHWAYS TO WELLNESS PRE-RECORDED
LESSON 14 - SAT CHITA ANANDA – PRE-RECORDED

MODULE 4 – PRACTICAL APPLICATIONS OF AYURVEDA ON MENTAL HEALTH

LESSON 15 - SOUND, MEDITATION AND MANTRA THERAPY **LIVE ZOOM 10:00 AM CST MAY 24TH**
Lesson 16 – Aligning with the Rhythms of the Sun, Moon and Planets **date to be announced zoom**
LESSON 17 - ROLE OF NUTRITION AND MOOD, PRE-RECORDED
LESSON 18 - PANCHA KARMA TREATMENTS FOR MIND AND EMOTIONS, RECORDED
LESSON 19- PRANAYAMA AND YOGA
LESSON 20- KEY TO HEALTHY RELATIONSHIPS , RECORDED
LESSON 21 - WORLD HEALTH, PRE-RECORDED
LESSON 22– AYURVEDIC HERBS FOR MIND, EMOTIONS **DATE TO BE ANNOUNCED ZOOM MAYBE MAY 31ST**

LESSON 23 – CONCLUSION OF COURSE – **LIVE ZOOM** – JUNE 7TH AT 10:00 AM CST

