

Ayurveda: A Course for Practical Application

INSPIRE yourself to explore Ayurveda, the ancient healing art of India that has been in practice for more than five thousand years. ENERGIZE your ability to promote wellness for both you and your guests by practicing Ayurveda inspired techniques. ELEVATE your understanding of Ayurveda nutrition and daily routines as part of a holistic approach to eating and living. GROW your business by offering your guests Ayurveda inspired knowledge and products, meditation techniques, breathing exercises and yoga poses that promote a sense of overall well being.

This 2 day course involves theory/lecture and a variety of physical activities.

On one of the course days, lunch is provided to practice mindful eating techniques.

learning objectives:

You will gain a full understanding of---

- The ancient healing art of Ayurveda and its' concepts of wellness
- The five chakras/elements: infinity, air, fire, earth and water
- The chakras
- The three doshas: Vata, Pitta, Kapha,
- Wholistic philosophy as an approach to daily living
- Ayurvedic nutrition and its' effect on wellness
- Meditation techniques
- Breathing Exercises
- Yoga Poses
- Daily routines to promote wellness



what to bring:

Materials are provided
Wear comfortable clothing

dates:

August 30/31, 2009- New York City, NY
May 16/17, 2010 - West Coast

price:

\$300
concept benefits eligible

how to register:

800.283.3244

website:

www.aveda.com



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