

Ayurvedic Medicine and Classical Yoga Therapy is pleased to introduce wisdom teachings from ancient India:

Ayurvedic Medicine

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An overview of Ayurvedic Medicine

FEB 26-28 and Mar 18-20 2016

6 days, 3 credits, 12:30-6:30 each day

*An Introduction to the
Ancient and Powerful Health Care
System of Ayurveda*



Taught by Sarasvati Buhrman, Ph.D., RYT-E 500
Ayurvedic Medicine Practitioner and Teacher, Classical Yoga Therapist in practice since 1987, exam committee advisor to the National Ayurvedic Medical Association, World Council of Yoga (ayurvedicsolutions.com)

Ayurvedic Medicine is the herbal medical system of ancient India. It includes lifestyle, dietary, cleansing, herbal medicines, and Yoga practices to promote and maintain health and address disease. It is particularly effective in personal and family health maintenance, and in the management of digestive disorders; chronic degenerative illnesses; allergies, sinus infections and asthma; gynecological issues, depression and anxiety. It teaches us how to maintain a high level of wellness throughout our lives, and fosters a balanced approach to the health of Body, Mind, and Spirit.

Course Content and Skills Development include the following:

- *Assessment of Ayurvedic Constitution (prakrti)*
- *Assessment of Current Imbalances, Pulse and Tongue diagnosis (vikrti)*
- *Daily and Seasonal Routines for Health and Cleansing Practices*
- *Fundamentals of Ayurvedic Diet and western perspectives*
- *Introduction to healing properties of 60 basic herbs, spices, and medicinal oils*
- *Foods as Medicine*
- *Simple home remedies for common ailments*
- *Ayurvedic Anatomy and Physiology; relationship of Ayurveda to Hatha Yoga practices*

- *Definitions of Health, and Process of Development of Disease*
- *The use of Cleansing Practices and the Ayurvedic Basis of Yoga Therapies to Maintain and Restore Health*

Location: 5757 Central Ave, Boulder, Co 80301

Cost: early registration \$475 if deposit of \$200 pd by Feb 10; \$575 afterwards

For more information, call 303 443 6923.

To Register, call Candace at 303 817 5537