



AT THE CORE
Yoga, Meditation and Ayurveda

AYURVEDA FUNDAMENTALS 1.0

Health Begins at Home



A 30 Hour Certificate Study Program

According to Ayurveda, your body knows what is good and bad for it; nature has built the correct instincts into you from birth. Once you begin to notice and obey these innate tendencies, you will find that your physiology is capable of achieving balance on its own, with minimal effort on your part. - *Deepak Chopra*

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Yoga, Meditation and Ayurveda

Ayurveda Fundamentals 1.0

A Foundational Study of Ayurveda for Self, Family and Community

Schedule

JANUARY – JUNE 2018

THURSDAY | 9:30am to 2:30pm

January 25th, 2018

February 22nd, 2018

March 29th, 2018

April 19th, 2018

May 17th, 2018

June 7th, 2018

Investment \$895+hst

Deposit: \$325+hst

due upon registration

6 Monthly Payments:

\$95+hst JAN 2018 – JUNE 2018

**REGISTER IN FULL
BY DECEMBER 15**

SAVE \$200

**Successful completion
earns a 30-hour Certificate
Ayurveda Fundamentals 1.0**

Personal Constitution – Mind/Body Type

Learn to understand the science of the three Doshas (Vata, Pitta & Kapha) and their higher essences (Prana, Tejas & Ojas). Study how each person is a unique play of these energetics on a mental, emotional and physical level. Explore how your lifestyle choices can either support or aggravate your personal constitution.

FIRE: Purification & Digestion:

Understand the importance of supporting and strengthening your inner digestive potential. Our vulnerability to allergies, asthma, chronic sickness and disease is largely based upon the state of our personal metabolizing capacity. Study how mental and emotional digestive capabilities mirror that of the physical digestion and relate directly to peace of mind and stability of health.

WATER: Rejuvenation & Immunity:

Experience deep nourishment and revitalization through foods, herbs and life-style choices. Learn to support a lasting state of immunity, strength and vitality for both body and mind.

Diagnosis:

Learn and practice simple diagnostic techniques including observation, pulse and tongue diagnosis. Helpful in prevention.

Food and Herbs:

Explore food as medicine, through studying the energetic principles behind the idea “you are what you eat”. Learn how to choose foods based on supporting individual nature and healing imbalance and sickness. Simple natural remedies.....



Program Includes:

- 6 Instructional Workshops
9:30am-2:30pm from JANUARY 2018 to JUNE 2018.
Where knowledge, techniques and hands-on experience of Ayurveda, vegetarian cooking and practical herbalism will be shared. Each workshop will include an Ayurvedic potluck lunch.
- 3 Personal Consultations You and your Ayurvedic mentor will build a personalized healing plan of purification and rejuvenation. The plan will be based upon your unique nature, current state of health and wellness goals. Each consultation will take the Instructional Workshops teachings and integrate it deeper into your personalized plan while inspiring and supporting the incorporation of your plan into your daily life.

Additional Study at Special Discounts

Meditation Instruction and Support. The hectic, competitive and media-driven lifestyle of the current age has concealed from many of us our natural inner state of innocence, imagination, peace and joy. Learn a meditation technique designed to reconnect us to our natural state of inner peace and contentment. **\$250+HST (regular price \$295+HST)**

Weekly Yoga Class. The focus and intent of our Ayurvedic Yoga Classes is to create a safe environment steeped with the support and teachings of Yoga and Ayurveda, allowing each participant the opportunity to heal and transform body and mind based on their own unique pace and needs. **50% Discount on Yoga Classes from January 2018 to June 2018 (approx. \$285+hst value)**

When diet is wrong, medicine is of no use.

When diet is correct, medicine is of no need.

Ayurvedic Proverb