



**NORTHWEST INSTITUTE OF  
AYURVEDA**  
COURSE CATALOGUE



Ayurvedic Self Care &  
Evolutionary Educational Programs

**Evolutionary Education for Personal, Professional and Planetary Transformation**

**Northwest Institute of Ayurveda**  
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## WELCOME

Thank you for your interest in our educational and self-care programs. The Northwest Institute of Ayurveda (NIA) was founded in 2006 to serve the growing need and interest in Ayurveda in the West. Since 2006, our programs have expanded to include Ayurvedic massage and aromatherapy training.

Ayurveda is a nurturing medicine which is perfectly balancing for the challenging times we live in. According to Ayurveda, health and happiness are the natural byproducts of a balanced relationship—between Self, others and the environment. Ayurveda provides a gentle yet time tested way of preventing and removing the negative impact of emotional, physiological and environmental toxins from our lives. Ayurveda is truly *wholistic*. It addresses the human desire for health on all levels—body, mind, spirit, relationships, community, and environment. **Our mission is to provide evolutionary education for personal, professional and planetary transformation.** Ayurveda is one of the fastest growing fields of complementary medicine today. Become a part of this planetary healing revolution!

### Program Approvals

The Northwest Institute of Ayurveda is a nationally registered Ayurvedic education provider through the *Association of Ayurvedic Professionals of North America (AAPNA)*. The Institute's programs are approved for credit towards AAPNA's Registered Ayurvedic Practitioner (RAP) certificate. NIA is an *American Herbalist Guild* registered education provider. Our programs are approved for credit towards the Registered Herbalist (RH) credential through the AHG. Our primary educator—Traci Webb—is a nationally certified Ayurvedic Practitioner through the National Ayurvedic Medical Association (NAMA), and she is a nationally approved massage continuing education provider through the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). Many of our programs and workshops may be taken for massage continuing education hours (please see individual program/workshop listings on website for updates).

### Ayurvedic Therapies Include:

- ◆ Nutrition
- ◆ Lifestyle therapies
- ◆ Herbs
- ◆ Healing Recipes
- ◆ Massage
- ◆ Yoga
- ◆ Meditation
- ◆ Breathwork
- ◆ Aromatherapy
- ◆ Color Therapy
- ◆ Sound Therapy
- ◆ Gemstone Therapy
- ◆ Detoxification
- ◆ Rejuvenation
- ◆ Health Maximization
- ◆ Seasonal Therapies
- ◆ Spiritual Counseling
- ◆ Community Service
- ◆ Environmental Respect



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## How to Register:

1. **Online** @: [www.ayurvedicliving.com](http://www.ayurvedicliving.com)
2. **Mail-in:** [down-load registration form online](#)
3. **In-Person:** [schedule registration appointment online](#)

View NIA's Upcoming Programs & Workshops Calendar @:

[www.ayurvedicliving.com](http://www.ayurvedicliving.com)

# Introduction to Ayurveda

An 8-hour series **for beginning to intermediate students** wanting to learn foundational Ayurvedic concepts and tools for increased health and well-being. Meets three Tuesday evenings at Moonrise Herbs in Arcata, CA.

## Topics include:

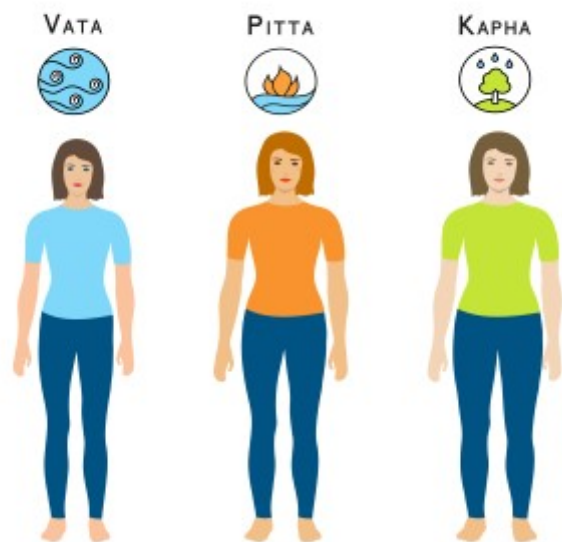
- **Class 1: Introduction to Ayurveda**, the Five-Elements, Unraveling the Doshas (*Vata, Pitta, Kapha*), Understanding Your Unique Ayurvedic Constitution and How to Use Your Knowledge of Your Constitution to uplift your life and the lives of those around you! the Three *Gunas* (*Sattva, Rajas, Tamas*) & Healing Emotions Through Ayurveda, Overview of Ayurvedic Healing Therapies
- **Class 2: Ayurvedic Nutrition Basics**, *Agni Ama*, Six Tastes, and Balancing Your Body and Mind through food properties
- **Class 3: Home Remedies** right from your own kitchen with simple in-class medicine making and delicious take-home, **PLUS, Introduction to Aromatherapy** with a take-home medicine made in class!

## Program Details:

- ◆ **Duration:** three-week series
- ◆ **Meets:** three consecutive weekday evenings, 6:30-9:15pm, at Moonrise Herbs, in Arcata, CA
- ◆ **CE Hours:** approved for **8 CE hours** by NCBTMB for massage therapists
- ◆ **Cost:** \$108. (Early registration saves \$)



## AYURVEDIC BODY TYPES





# Ayurvedic Self-Care & Cooking Immersion

**Enjoy 3-Days Immersed in Yoga, Ayurveda & Food Fun!**



## **Nourish Your Body thru hands-on self-care including:**

- Ayurvedic Daily, Nightly & Seasonal protocols for health, happiness & beauty for all seasons!
- Skin Care Routines: for face & full body
- Self-massage (Includes: FREE 4oz Ayurvedic herbal oil)
- Dry brushing
- Hair Care Routines
- Oral Care Routines (includes FREE Oral Care Kit)
- Eye Care Routines
- Nasal & Sinus Care Routines
- Basic properties of sesame and coconut massage oils
- Basic properties of 4 common essential oils
- Ayurvedic reflexology foot massage
- **Includes:** discussion, demonstration & practice of all self-care routines learned
- **FREE GIFTS INCLUDED:** massage oil & oral care kit



## **Daily Ayurvedic Indian Cooking Lessons & Multi-Course**

**Lunch.** Learn to prepare Ayurvedic staple foods such as:

- *Grains & Dhals* (spiced rice and lentil soup dishes)
- Vegetarian Protein Substitute: spinach w/*paneer* cheese
- Delicious Spiced Vegetable Dishes called *Subzis*
- Chutneys (herbal spiced condiments)
- Indian breads
- *Homemade Yogurt* and Spiced Yogurt Drinks “*Lassis*”
- Ayurvedic Deserts

## **Nourish Your Mind Through Daily Ayurveda Lectures:**

- **Friday:** Your Ayurvedic constitution & constitutional assessment practicum (includes forms)
- **Saturday:** The Doshas & Daily & Seasonal Cycles
- **Sunday:** Prioritizing Daily/Nightly Routines—to optimize energy & sleep

## **Nourish Your Spirit Through Daily Yoga & Meditation Sessions:**

- Yoga Postures to release tension
- Breathwork to replenish vital energy reserves and expand awareness
- Affirmations and Group Chanting to quiet the mind
- Simple Meditation techniques to begin a daily meditation practice



## **Program Details:**

- ♦ **Meets:** Friday-Sunday, 8am-5pm, Lunch: 12-1:30pm (Provided Daily)
- ♦ **Cost:** \$250-\$300 (Early registration saves \$)
- ♦ **Serves as Prerequisite to:** *Ayurvedic Living Program*
- ♦ **CE Hours:** approved for **24 CE hours** by NCBTMB / **Dates** see: [www.ayurvedicliving.com](http://www.ayurvedicliving.com)

# Ayurvedic Living Program



**10-Month comprehensive Ayurvedic life-enhancement program for self-healing and professional enrichment.** Designed for both laypeople and healers in the making. We call this program the "owner's manual for the human body, mind and spirit" because it provides the foundational Ayurvedic principles for **transforming one's life on every level.** **This 1,000-hour comprehensive program covers all aspects of Ayurveda necessary to successfully optimize one's health as well as support others in doing the same.** Provides **54 CE Hours** through NCBTMB for masseurs.

**Covers:** Ayurvedic and Yogic philosophy & psychology, nutrition, foods, herbs, spices, aromatherapy, color therapy, sound therapy, meditation, breath therapy, pulse and specific Ayurvedic protocol to address common imbalances in a vast number of the body's systems such as: digestive imbalances, sleep disturbance, lack of energy, anxiety, depression, auto-immune, allergies, respiratory, cardiovascular, reproductive, skin imbalances, chronic conditions and more.

**Includes:** Aromatherapy Training Program (weekend 1) which students may add-on second aromatherapy weekend for Aromatherapy Certification, + Ayurvedic Assessment Immersion weekend (includes: Ayurvedic pulse, face, tongue, voice, nails, etc.)

**Ayurvedic practitioner training:** This program is Part I of our two-part Clinical Ayurvedic Practitioner Program. Leads to *Ayurvedic Wellness Counselor* program certification through the Institute.

## Program Details:

- ◆ **Meets:** Friday-Sunday once a month, plus three additional weekdays each month
- ◆ **Times:** 9:00am-5:00pm (Lunch 12:00-2:00pm)
- ◆ **Prerequisite:** Ayurvedic Self-Care & Cooking Immersion
- ◆ **Certification:** *Ayurvedic Wellness Counselor* certification of program completion will be awarded by the Institute upon successful completion of the program and students may apply to NAMA or AAPNA for their *Registered Ayurvedic Practitioner* certificate.
- ◆ **Tuition:** Pay In-Full: \$3,750 or Two Payments: \$1,999. (Early registration save \$)
- ◆ **Dates/Deadlines:** deadline applies—visit: [www.ayurvedicliving.com](http://www.ayurvedicliving.com)

# Ayurvedic Internship Program

**Patient Management Skills Program:** Acquire the hands-on skills and experience necessary to confidently start and run your own clinical practice. In this **500-hour** Patient and Clinic Management Program, you will consult with live patients with real cases in a supervised professional group setting at our community clinic and one-on-one being overseen by your intern supervisor.



## You Will Learn:

- How to put into practice all that you've learned
- Patient Interview Skills
- Lifestyle, Nutritional & Spiritual Counseling Skills
- Case History Assessment
- Patient Procedures and Intake Forms
- Case Management
- Laboratory Assessment Skills Basics
- Medical Charting and Terminology
- Office and Business Management
- Record Keeping and Marketing Skills
- Ayurveda Legal and Ethical Issues
- Red Flag Symptoms
- Personal Development and Professionalism
- Ayurvedic patient psychology to develop better rapport with your patients
- How to help your patients get the results they are looking for
- Modern strategies for Theoretical clinic discussions

## Includes:

- 100-hours Supervised Group Consultations
- 55-hours one-on-one client consultations
- 10-hours (approx.) of one-on-one case discussions with Intern Supervisor
- 40-hours Advanced Diagnostics Skills: Ayurvedic abdominal exam, western blood pressure, Ayurvedic & Western pulse, etc.
- 15-hours hands-on patient medicine making
- 50-hours of case research
- 1-hour Teaching Experience giving a community lecture on an Ayurveda topic of choice
- Advanced Herbal Formulating and Dosing Procedures
- Case Discussions—in group and one-on-one with your intern supervisor

## Program Details:

- ◆ **Meets:** for two three-day theory modules, plus weekdays over the course of a few months for group consultations. Students meet an additional ten hours via phone in one-on-one case discussions with their Intern Supervisor.
- ◆ **Times:** 9am-5pm, Lunch: approx.: 12-1:30pm
- ◆ **Prerequisite:** *Ayurvedic Living Program* plus Admissions Interview & Director Approval
- ◆ **Certification:** *Clinical Ayurvedic Practitioner* certification of program completion will be awarded by the Northwest Institute of Ayurveda upon successful completion of the program.
- ◆ **Tuition:** Pay In-Full: \$2,500 or Two Payments: \$1,325. (Early registration save \$)
- ◆ **Dates/Deadlines:** deadline applies—visit: [www.ayurvedicliving.com](http://www.ayurvedicliving.com)



# Ayurvedic Cooking Program

~ 5-Days of Food Fun! ~

**Enjoy five-days immersed in Ayurvedic Indian cooking!** This program includes an introduction to Ayurveda and theory of food properties as well as daily cooking lessons and dinner.

## **Nourish Your Body & Senses through hands-on daily Group Cooking Lessons:**

- The Science of the Five Elements
- Six Tastes
- Rasa-Virya-Vipak-Prabhava: Energetics of Food
- The Three Gunas
- The Biological Humors of Vata, Pitta and Kapha
- The Twenty Attributes of nature
- Agni (digestive fire)
- Ama and its four states
- Dietary Therapy, principles, outline of Ayurvedic Diet, Food Lists per Constitution



## **Daily Ayurvedic Cooking Lessons & Warm Dinner:**

- *Kitchadi* (spiced rice and dhal dish with vegetables)
- *Grains & Dhals* (spiced rice and lentil soup dishes)
- Delicious Spiced Vegetable Dishes called *Subjis*
- Chutneys (herbal spiced condiments)
- Indian breads
- Ayurvedic Snacks
- Ayurvedic Drinks
- Ayurvedic Deserts



## **Program Details:**

- ◆ **Meets:** five day immersion, 1pm-7pm,
- ◆ **Schedule:** 1-3pm: Lecture, 3-6pm: Group Cooking, 6-6:30pm: Dinner, 6:30-7pm: Clean-up
- ◆ **Organic Vegetarian Dinner Provided Nightly**
- ◆ **Cost:** \$400-\$525 (Early registration saves \$)
- ◆ **Dates/Deadlines:** visit us @: [www.ayurvedicliving.com](http://www.ayurvedicliving.com)



# Aromatherapy Training Program

~ Essential Oil Distillation & Hands-on “Do It Yourself” Immersion ~

**Two Weekend Aromatherapy Training where students make over 20 products which they take home!** In this 36-hour training students are immersed into the magical and profoundly therapeutic world of essential oils. Students will learn the healing properties and use of **over 125 western and exotic essential oils**, and 20 carrier materials (aloe gel, oils, flours, etc.). **Students make 20 toxin-free Personal and Home-care products in class which they take home.**



\* **Includes:** workbook with all recipes.

## What Aromatic Products You Will Make in Class to Take Home:

- |  |   |  |
|--|---|--|
| <ul style="list-style-type: none"> <li>● Essential Oil(s) Distilled in Class</li> <li>● Hydrosol (floral water) Distilled in Class</li> <li>● Body Lotion</li> <li>● Body Butter</li> <li>● Anti-ageing Facial Serum for night</li> <li>● Daily Facial Cream</li> <li>● Lip Balm</li> <li>● Perfume Spray</li> </ul> | <ul style="list-style-type: none"> <li>● Perfume Roll-on</li> <li>● Lip balm</li> <li>● Aromatic Massage Oil</li> <li>● Oil-pulling oil</li> <li>● Sugar scrub</li> <li>● Salt scrub</li> <li>● Pain Salve</li> <li>● Digestive Roll-on</li> <li>● Nervine spritzer</li> <li>● Body powder</li> </ul> | <ul style="list-style-type: none"> <li>cleanser</li> <li>● Shampoo</li> <li>● Liquid hand soap</li> <li>● Household cleaner</li> <li>● Hand sanitizer &amp; Laundry Detergent (discussion only)</li> </ul> |
|--|---|--|



<b>Weekend</b>	<b>Curriculum:</b>
<b>1</b>	<b>Intro</b> to Ayurveda & Aromatherapy, Toxicity, Storage, Chemistry, Terminology, History, Plant Families, Extraction Methods, Usage, Dilution, Suppliers, Reading
	<b>Pitta:</b> Importance of Carrier Materials & Their Properties (oils, waxes, butters, aloe, etc), Ayurvedic Skin Types, Oils for Skin Beautification & Imbalances (acne, rosacea, eczema, psoriasis, rashes, wounds, scars, cellulite, lymph
	<b>Kapha:</b> Spices, Antimicrobials, Pain Relief, Headaches, Conifers, Respiratories
<b>2</b>	<b>Vata:</b> Women, Pregnancy, Digestives, Citrus, Nervines, Florals
	<b>Sacred Scents &amp; Perfumes:</b> Woods, Resins, Incense, Perfumery Basics, Blending, Recipes, Special oils used in Perfumery, Ancient Perfumes still available
	<b>DISTILLATION:</b> Hands-on Distillation of multiple essential oils & hydrosols About Distillers, Types of Distillation, How to Distill

### Program Details:

- ◆ **Meets:** Two three-day weekends, Friday—Sunday, 9am-5pm, Lunch: 12-1:30pm
- ◆ **Tuition:** \$799-\$899 by deadline (Early registration saves \$), Add-on: \$375 to *Ayur Living Prog*
- ◆ **CE Hours:** approved for **36 CE hours** by NCBTMB
- ◆ **Dates/Deadlines:** deadline applies—visit us @: [www.ayurvedicliving.com](http://www.ayurvedicliving.com)

# Ayurvedic Massage Program

## Combining Asian Body Therapies, Marma Points, Essential Oils & Herbs

**Train to Become an Ayurvedic Massage Therapist** in this unique **112-hour hands-on program**. Ayurvedic and Asian therapies are fast becoming the most sought after spa therapies the world over. This course offers a general introduction to an array of massage techniques, plus provides a specialization in Ayurvedic massage and Asian body therapies. **Students take turns giving and receiving** over twenty of Ayurveda's and Chinese medicine's most medically therapeutic therapies for balancing vata, pitta, kapha doshas, strengthening digestion, calming the nerves, moving chi, and tonifying ojas (immunity). Includes daily explanation, demonstration, and practice of therapies (see below for daily details).



Session	Curriculum
<b>1</b> <b>“Spa &amp; Bliss Therapies”</b>	<ul style="list-style-type: none"> <li>◆ Introduction to Ayurveda &amp; Massage, Body Mechanics &amp; Breath, Ayurvedic Massage Techniques I</li> <li>◆ <i>Bliss Therapies</i> including: <i>Abhyanga</i> warm oil massage, <i>Swedana</i>: Full Body Steam with Healing Herbs and Essential Oils, and <i>Shirodhara</i>: Warm Oil Mind and Hair Therapy</li> <li>◆ Introduction to <i>Marma</i> Therapy, Healing Mantras I, and Hydrosols (floral waters) for Body Workers</li> <li>◆ <i>Garshana</i>: Ayurvedic Silk Glove Massage for Lymphatic Drainage &amp; Beauty</li> <li>◆ <i>Udvarthana</i>: Full-Body Herbal Powder Massage</li> </ul>
<b>2</b> <b>“Ayurvedic Massage”</b>	<ul style="list-style-type: none"> <li>◆ <i>Vishesha</i>: Ayurvedic Deep Tissue Massage, Includes: Scalp, Face, Shoulders, Neck, Back, Arms, Legs, Chest, Abdomen</li> <li>◆ Basic Anatomy East/West for Body Workers</li> <li>◆ Asian Body Therapies: Agni Actions, Hot Stones, Moxibustion, Cupping, Guasha</li> <li>◆ Marma Points (Complete: Face &amp; Body, Plus Foot &amp; Ear Reflexology), Healing Mantras II</li> <li>◆ Essential Oils for Body Workers, Healing Properties of Traditional Herbal Oils</li> <li>◆ Ayurvedic Self-Care Tips for Body Workers</li> </ul>
<b>3</b> <b>“Specialized Therapies”</b>	<ul style="list-style-type: none"> <li>◆ <i>Nasya &amp; Karna Poorna</i>: Ear Therapy, Nasal Therapies, Herbal Steam w/Essential Oils</li> <li>◆ <i>Body Bastis</i>: Specialized Therapies for Mind, Eyes, Neck, Lower-Back, Heart, Head, Knees</li> <li>◆ <i>Pinda Swedana</i>: Wet and Dry Herbal Bolus Massage, Topical Use of Herbs for Body Workers</li> <li>◆ <i>Pizichilli</i>: Warm Oil Bath, Apex of Ayurvedic neuromuscular therapies</li> </ul>

### Program Details:

- ◆ **Meets:** one five-day session a month for three months, 8am-5pm, Lunch: 11:45am-1:15pm
- ◆ **Tuition:** In Full: \$1,999 or Two Payments of: \$1,050 (Includes 75 page training manual). (Early registration saves \$)
- ◆ **CE Hours:** **112 CE hours** approved by NCBTMB for masseurs
- ◆ **Dates/Deadlines:** deadline applies—visit us @:  
[www.ayurvedicliving.com](http://www.ayurvedicliving.com)



## Ayurvedic Facials Program

**3-Day Blissful Beauty Training** ~ Learn a multi-part facial procedure that includes the application of oils, heat and massage to the face followed by the application of home-made skin care therapy catered to each skin type. Properties of each oil, herb, carrier product, and high end facial products and essential oils will be covered in class. Theory will also cover Ayurvedic concepts around beauty, skin types and layers of skin. Students will work in groups of two, giving and receiving various aspects of the facial daily. The last day students will give and receive the full facial.



### Program Details:

- ◆ **Certification:** Leads to *Ayurvedic Facialist Program* certificate from NIA
  - ◆ **Meets:** one Friday-Sunday, 10am-5pm, Lunch: 12-1pm
  - ◆ **Tuition:** \$499-\$599 (Early Registration SAVES \$100)
  - ◆ **Dates/Deadlines:** deadline applies—visit us @: [www.ayurvedicliving.com](http://www.ayurvedicliving.com)
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## Panchakarma Therapist Training

### **Advanced Panchakarma & Ayurvedic Massage Training**

Open only to graduates of NIA's *Ayurvedic Massage Program*. Students fine-tune their skills of ayurvedic massage and specialized therapies learned previously in the massage program such as: *abhyanga*, *vishesha*, *shirodhara*, *swedana*, *nasya*, *pinda swedana*, *pizzichilli*, *body bastis*, and *marma* therapy. Students will also learn how to prepare and administer *basti* (enema), and experience what it is like to receive and to give a 5-day Panchakarma Retreat. Students also take turns preparing an Ayurvedic food known as *kitchari* daily which will be enjoyed at the end of each day together.



### Program Details:

- ◆ **Certification:** Leads to *Panchakarma Therapist* certificate from NIA
- ◆ **Meets:** two five-day sessions over approx. 1 month's time, Time: 1-6pm
- ◆ **Tuition:** \$1,499
- ◆ **Dates/Deadlines:** deadline applies—visit us @: [www.ayurvedicliving.com](http://www.ayurvedicliving.com)

## Faculty



**Traci Webb**, CAS, PKT, CMT, is Founder and Director of the Northwest Institute of Ayurveda. She has studied holistic medicine for nearly three decades, and taught and practiced for over two decades. Her love of the Vedic sciences didn't begin until 1991 when she began studying Raja Yoga and meditation with her teacher Soneji. She holds a 2.5 year Clinical Ayurveda certification, a 6-month Panchakarma certification, a 500-hour massage certification, and has trained in Jyotisha vedic astrology with Marc Boney (K.N. Rao lineage). She is a nationally approved massage continuing education provider, and a California State Certified Massage Therapist, with over 600-hours of training in massage, panchakarma therapies and Asian body therapies. She underwent an Ayurvedic apprenticeship with a BAMS Gujarat Ayurved University graduate from India, and has studied with numerous renown doctors and teachers over the years including RK Mishra and Vasant Lad. In She has authored three books including the 200-page [Ayurvedic Living](#) manual which the Institute uses as its primary text. Traci is past Director of the Board for CAAM, and holds a professional level certificate with CAAM, NAMA and ABMP. Traci is curriculum designer and primary educator of the Institute's programs, bringing three decades of healing wisdom to the classroom.



**Irene Lewis**, Herbalist and Proprietor of Moonrise Herbs, in Arcata. Irene was sparked into herbalism in 1987. She has spent more than 20 years soaking up all the information she can about wild weeds, natural healing and aromatherapy. In 1990 she founded "Irene's Dream Simply Herbal". She created herbal soaps, lotions, salves and creams under her own label and for other companies. Her products have sold nationwide. Irene began teaching herbal classes at Moonrise Herbs in 1997 and in 2004 she became the owner. Irene co-teachers the Institute's [Aromatherapy Training Program](#).



**Jennifer Wiest**, CAS, is the founder of Madre Illumination Healing in Arcata. Jennifer discovered her Ayurvedic path by studying Yoga and completed the Institute's [Clinical Ayurvedic Practitioner Program](#) in 2010. She is certified in aromatherapy through Floracopeia and has studied with such teachers as: Vasant Lad, Helen Thomas, David Crow, KP Khalsa & Myrica Morningstar. She co-teachers the Institute's [Aromatherapy Training Program](#).



# Welcome to Humboldt County, CA

Humboldt County, California is located 200 miles north of San Francisco along the pristine lost coast of northern California. The County's population is approximately 140,000. Its primary centers are Eureka and the smaller college town of Arcata. Local temperatures are typically 30-50° in the winter and 50-70° in the summer.

## Rich Natural Surroundings

Humboldt County is breathtakingly beautiful. Humboldt County is home to Humboldt Bay—California's second largest natural bay. Humboldt is a rural and densely forested county. It is home to 40% of the earth's remaining old growth Coast Redwoods with nearly 1,500,000 acres of trees, some which live to be 1,800 years old. Humboldt is home to a variety of tide pools, bays, rivers, lakes, national and state parks, beaches, and wild life reserves. Locals enjoy outdoor activities such as hiking, camping, biking, kayaking, sailing, surfing, and river rafting.



## Art and Culture

Humboldt County is overflowing with artists and artistry of all kinds. It is home to an abundance of musical festivals and concerts, arts and craft fairs, dance and theatrical performances, health and herb festivals, gem fairs, farmers markets (pictured at right), and more. In addition, there is a long history of local Indian tribes inhabiting the county each with its own rich culture and heritage.



## Arcata, CA

The Northwest Institute of Ayurveda is located in the City of Arcata, on the coast of Humboldt County, California. Arcata is a cozy college town with a population of approximately 17,000. It is home to Humboldt State University which is the northern-most CSU campus. Arcata is also home to a 622 acre community forest complete with walking trails through its redwood, spruce and fir trees. Arcata is home to two natural health food stores, a variety of healthy restaurants, empty beaches, a marsh, and our county's most popular farmer's market. Arcata is continuously overflowing with festivals, artistry, music, dances, crafts, and entertainment of all types.



**MAY ALL BEINGS BE HAPPY**

**MAY ALL BEINGS BE FREE FROM ALL DISEASES**

**MAY ALL BEINGS APPEAR AND FEEL BLISSFUL**

**MAY THERE NOT BE A TRACE OF SORROW WITH ANY BEING**

**"SHANTHI MANTRA"  
~RIG VEDA AND TAITTIRIYA UPANISHAD**

**Self-Development • Community • Service**

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