



NORTHWEST INSTITUTE OF  
**AYURVEDA**

**2017-2018 Syllabi**



## INTRODUCTION TO AYURVEDA

### Dates & Topics: (Meets: 6:30pm-9:15pm)

- ◆ **Dates: February 9—23, 2017** (February 9, 16 & 23: three consecutive Thursday evenings)
- ◆ **Deadline: N/A**, space limited, prices increase as number of registrants increases

#### ◆ **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, Concept of *Agni, Ama*, Six Tastes and Food Qualities including taste samples

#### ◆ **Class 3:**

Ayurvedic Home Remedies &  
Introduction to Aromatherapy

\* Includes simple in-class medicine making with take-homes!



## AYURVEDIC SELF-CARE & COOKING IMMERSION

<u>Dates</u>	<u>Times:</u>	<u>Topics</u> (Meets: 8:00am-5:00pm, Lunch: 12:00pm-1:30pm)
<p><b>March 10-12, 2017</b></p> <p><b>Deadline: N/A</b>, but early registration encouraged to avoid fee increases, space is limited, fees increase as number of registrants increases</p>	<ul style="list-style-type: none"> <li>◆ 8:00-10:00am</li> <li>◆ 10:00am-12:00pm</li> <li>◆ 12:00-1:30pm</li> <li>◆ 1:30-3:30pm</li> <li>◆ 3:30pm-5:00pm</li> </ul>	<ul style="list-style-type: none"> <li>◆ <b>Morning Self-Care Session:</b> Hands-on Ayurvedic Self-Care Routines, Includes Explanation, Demonstration &amp; Practice of all Ayurvedic Daily, Nightly &amp; Seasonal Self-Care Routines &amp; Yogic Cleansing Therapies for increased health and longevity including:               <ul style="list-style-type: none"> <li>◆ <b>Friday:</b> Ayurvedic Body Scrub and Self-Massage with soothing herbal oil sample (provided) (<i>garshana</i> and <i>abhyanga</i>), Types of oil, properties of useful essential oils and how to dose properly</li> <li>◆ <b>Saturday:</b> Ayurvedic Oral Care, and Nasal/Sinus Care (<i>Herbal Steam &amp; Nasya</i>)</li> <li>◆ <b>Sunday:</b> Ayurvedic Eye and Ear Care Therapies (including eye rinse, eye bath, eye yoga and ear bath (<i>karna purna</i>))</li> </ul> </li> <li>◆ <b>Ayurvedic Cooking Lesson:</b> Daily Group Meal Preparation of delicious Ayurvedic "staple" foods such as: ghee, yogurt, kitchari, grain dishes, soups, paneer (cheese), vegetable dishes, chutneys, breads, desserts and more. Each day our multi-course Ayurvedic meal will focus on balancing a different dosha (<i>vata, pitta, kapha</i>).</li> <li>◆ <b>LUNCH BREAK</b>, Multi-course Ayurvedic Lunch Provided Daily</li> <li>◆ <b>Ayurvedic Philosophy Lectures:</b> <ul style="list-style-type: none"> <li>◆ <b>Friday: Ayurvedic Constitutional Assessment</b>—Including overview of Vata, Pitta, Kapha body form and function, PLUS, hands-on partner practice of Ayurvedic constitutional assessment</li> <li>◆ <b>Saturday: Daily &amp; Seasonal Routines &amp; Doshic Cycles</b>—Increasing energy reserves, supporting digestive health, sound sleep, and strong immunity through living in balance with nature's cycles</li> <li>◆ <b>Sunday: Ayurvedic Daily &amp; Nightly Routines</b>—Learn the important reasons why Ayurveda reposes daily routine as the foundation of health, learn how to sequence your day around the "sub-pillars of health" for enhanced energy, sleep, digestive health and more</li> </ul> </li> <li>◆ <b>Afternoon Relaxation Session:</b> Gentle stretching and Yoga postures for relaxation, Basic Yogic breathwork for clearing the mind, soothing affirmation and mantra repetition followed by silent relaxation meditation</li> </ul>



# NORTHWEST INSTITUTE OF AYURVEDA

## AYURVEDIC LIVING PROGRAM – 2018

(includes weekend 1 of “Aromatherapy Training Program”)

\*Prerequisite: “Ayurvedic Self-Care & Cooking Immersion”

### Dates

### Topics

(Meets 9am-4pm, **except first weekend** (see below), lunch: 12-1pm)

**March 16-December 13, 2018**

\***Deadline: March 1, 2018**, space limited, fees increase as number of registrants increases

**March 16-18,  
2018**

***Aromatherapy (DOUBLES AS PUBLIC PROGRAM—“Aromatherapy Training Program”)***

- **Introduction to Ayurveda & Aromatherapy**, Healing through the Senses, Toxicity, Storage, Chemistry, How we smell, How to smell oils, Aromatherapy Terminology, History, Important Aromatic Plant Families, Extraction Methods, Usage Techniques & Technologies, Dilution, Bottle Options, Suggested Reading Materials, Supply Resources
- **Pitta**: Importance & Properties of Raw Materials (oils, waxes, butters, aloe, etc), Ayurvedic Skin Types, Essential Oils for Skin Beautification & Imbalances (acne, rosacea, rashes, eczema, psoriasis, wound healing, scars, cellulite, lymph), Skin Care Regimens
- **Kapha**: Spices, Antimicrobials, Pain, Conifers and Respiratories,
- **Medicine Making**: 9 DIY Personal and Homecare Products made in class on Sunday
- **“Ayurvedic Living Program students”**: may “add-on” second weekend of the “Aromatherapy Training Program” at a discount. See website for details.

\* **Meets 9am-  
5pm (not 9am-  
4pm)**

**April 10-12**

***Foundations***

- History and Mythology of Vedas and Ayurveda, Sanatana Dharma, Goals/Purpose of Life, Yugas, Branches of Ayurveda
- Philosophy, Shadarshan, Sankhya, Mythology of Vedas and Ayurveda, Veda, Vedas, Ancient Ayurvedic Texts, Five Element Theory, 20 Qualities of Nature, Tridosham Theory (Vata, Pitta, Kapha),
- Tritattva Theory, Five Element Theory, 20 Qualities of Nature, Tridosham Theory (Vata, Pitta, Kapha), Doshic Times, Prakruti/Vikruti/Purusha: Ayurvedic Constitution

**April 17-19**

***Ayurvedic Assessment Immersion***: includes partner practice of all diagnostics

- Overview of Patient & Disease Assessment in Ayurveda (Rogi/Roga Pariksha),
- Body Function/Form Review & Practice, Intro to Pulse Assessment (3 Qualities of Pulse—Bala, Laya, Purnata)
- Ayurvedic Pulse, Face, Eyes and Tongue Diagnosis
- Ayurvedic Pulse, Nails, Voice, and Urine Diagnosis

**April 24-26**

***How Your Body and Mind Function—Ayurvedic Anatomy I: Subdoshas***

- Vata Subdoshas
- Pitta Sudoshas
- Kapha Subdoshas

**May 8-10**

***Seasonal Routines & Ayurvedic Anatomy II: Dhatus***

***How to Build & Maintain Healthy Bodily Tissues, Body Tissues & Mental Health***

- Vedic Time, Solar & Lunar Seasons, Seasonal Routines, Doshic Times of Accumulation/Aggravation/Alleviation
- Seasonal Routines Continued, Plasma (Bodily Fluid/Hydration), Blood, Muscle, Fat Tissues and Sub-tissues
- Bones, Nerves, Reproductive Tissues and Sub-tissues, Waste Disorders (Mala)



## AYURVEDIC LIVING PROGRAM (cont...)

<u>Dates</u>	<u>Topics</u>
May 22-24	<p><b>Anatomy III: Bodily Channels and Ayurvedic Management of Disease Overview</b></p> <ul style="list-style-type: none"> <li>• Ayurvedic Disease Classification &amp; Terminology, Disease Pathways, Ayurvedic Disease Process &amp; Prognosis, <i>Dosha Gatis</i></li> <li>• Bodily Channels (<i>Srotamsi</i>),</li> </ul>
June 12-14	<p><b>Nutrition I:</b></p> <ul style="list-style-type: none"> <li>• <b>Digestion &amp; How to Eat</b>, Digestive Process, Types of Agni, Ayurvedic Stages of Digestion</li> <li>• Food Energetics, Six Tastes, Antidoting</li> <li>• Most Important Properties of Food &amp; Ayurvedic Food Preparation Methods &amp; Properties, How to Cook and Eat Ayurvedically, Ayurvedic Food Combining &amp; Food Compatibility</li> </ul>
June 19-21	<p><b>Nutrition II:</b></p> <ul style="list-style-type: none"> <li>• <b>What to Eat</b>, Special Food Needs (vegan, vegetarian, raw, gluten, nightshades, etc.)</li> <li>• Ayurvedic Food Categories and Western Food Categories (Micro-Macro Nutrients—Role of Protein, Fats (EFAs), Carbohydrates, Fiber, Vitamins, Minerals, &amp; Probiotics)</li> <li>• Foods Lists for Vata, Pitta, and Kapha</li> </ul>
July 10-12	<p><b>Ayurvedic Psychology I: Nature of Mind</b></p> <ul style="list-style-type: none"> <li>• <i>Manasika Shastra</i>: Ayurvedic Psychology vs Modern Psychology, Nature of Mind</li> <li>• Levels of Consciousness</li> <li>• Levels of Consciousness (Continued), Metabolism in Mind</li> </ul>
July 24-26	<p><b>Ayurvedic Psychology II: Mental Constitutions &amp; Dream Body Anatomy</b></p> <ul style="list-style-type: none"> <li>• Doshic and Elemental Personalities, Three Gunas (Sattva, Rajas, Tamas), Society and Gunas, Mental Constitutions, Doshas and Gunas Combine</li> <li>• Prana, Teja, Ojas: Healthy State, Disorders of, Addictions, Therapies for</li> <li>• Subtle Body Anatomy, Physiology, &amp; Pranic Disorders: Bodies, Soul, Sheathes, Nadis, Marmani, Chakras, Kundalini</li> </ul>
July 31-Aug. 2	<p><b>Ayurvedic Psychology III: Mental &amp; Spiritual Therapies (Yoga)</b></p> <ul style="list-style-type: none"> <li>• Cultivating Mental Health Through Yoga &amp; Ayurveda, Yoga Definition, History &amp; Texts, Common Yogic Terminology, Paths of Yoga for Your Type</li> <li>• Eight Limbs of Yoga According to Your Type Overview, Yamas, Niyamas &amp; Vedic Ethics</li> <li>• Ayurvedic Approach to Asanas &amp; Pranayama, Pratyahara, Meditation Practices for Each Constitution</li> </ul>
August 15-17	<p><b>Ayurvedic Psychology IV: Mental &amp; Spiritual Therapies (Subtle Therapies)</b></p> <ul style="list-style-type: none"> <li>• Mantra Medicine, Color Therapy, Shapes, Yantra Overview, &amp; Gemstone Therapy</li> <li>• Introduction to Ayurvedic Jyotisha (Vedic Astrology), Jyotisha Remedies,</li> <li>• Vastu Shastra Overview (Vedic Feng Shui), Vastu Therapies for Home, Ritual Medicine</li> </ul>



## AYURVEDIC LIVING PROGRAM (cont...)

<u>Dates</u>	<u>Topics</u>
August 28-30	<b>Introduction to Ayurvedic Herbalism—<i>Dravyaguna Vijnana</i></b> <ul style="list-style-type: none"> <li>Herbal Categories, Traditional Herbal and Mineral Preparations</li> <li>Herbal Energetics and Herbal Formulating</li> <li>Herbal Administration: Modes, Methods, Dosage, Frequency, Duration, Anupana</li> </ul>
September 4-6	<b><i>Ayurvedic Medicine Making Immersion &amp; Herb Harvest</i></b> <ul style="list-style-type: none"> <li><b>September 3rd (1-2:30pm)—Herb Harvest &amp; Learning Tour:</b> Blue Blossom Farm w/Marina Gomes, Indianola, CA</li> <li>Learn to weigh, measure and make herbal medicines including: Herbal Decoctions, Infusions (hot/cold), Medicated Ghee, Oils (traditional and infused), Milk Decoctions</li> <li>Medicated Wine, Western Herbal Tinctures and Vanilla extracts, Medicated Jams (Chyvanprash and Rose Jam), Nasya Oil</li> <li>Flower Essences, Takra, Aloe Medicine, Medicated Honey, Kalpas, Ladoos, Churnas, Capsules, and Ayurvedic spiced herbal Chocolate =)</li> </ul>
October 9-11	<b><i>Ayurvedic Cleansing: Types of Ama, How to Remove Ama safely and effectively, Panchakarma, Shamana &amp; Rasayana</i></b> <ul style="list-style-type: none"> <li><b>Oct. 15th:</b> Classification of Ayurvedic Therapeutics, Cleansing Therapies Overview, Palliation Therapy (<i>Shamana</i>), <b>EMF Workshop—1-5pm:</b> FREE Public Workshop on Western and Ayurvedic Approach to reducing EMF exposure and symptoms (Beverly: 1-2:30, Traci: 2:30-5pm)</li> <li>Traditional <i>Panchakarma</i>: Ama, Signs of <i>Ama</i>, <i>Koshthas</i> (digestive tract tendencies), Preparation Methods, Cleansing Methods and Medicines, Follow-up Lifestyle, Diet and Rejuvenation Herbs and Therapies</li> <li>Types of Ama, Ayurvedic Protocol for Cleansing Different Types of <i>Ama</i></li> </ul>
October 23-25	<b>Digestive System</b>
November 6-8	<b>Nervous System, Psychiatric Disorders, Addictions</b>
November 13-15	<b>Endocrine System &amp; Chronic Diseases</b> <ul style="list-style-type: none"> <li>Endocrine Imbalances (thyroid, adrenals), Chronic Disease, Cancer, Auto-Immune/Allergies</li> <li>Introduction to Geriatrics, Bone Health, Arthritis, Ayurvedic Pain Management</li> <li>Sense Organs: Skin, Eyes, Ears, Nose, Mouth (teeth/gums), Hair</li> </ul>
December 4-6	<b>Male Reproductive, Urinary System, Diabetes Cardiovascular System, Cholesterol, Anemia, Respiratory Health</b>
December 11-13	<b>Women's Reproductive Health, Pregnancy, &amp; Children</b> <ul style="list-style-type: none"> <li>Female Reproductive System, Pregnancy, Delivery, Post-Natal Care, Intro to Pediatrics</li> </ul>



## AYURVEDIC INTERNSHIP PROGRAM—2017

**Dates:**                    **Topics:** (all classes meet 9am-5pm, lunch: 12-1pm)

\* **Deadline: February 10, 2017**, space is very limited, interview and director approval required

**Feb. 28-March 2    Program Overview, Advanced Diagnostics, Patient Forms:**

Orientation, Program Requirements, Legal and Ethical Issues, Red Flag Symptoms, Managing Stress as an Intern, Patient Forms: Intake, Health History Assessment, Informed Consent, Disclosure/Confidentiality, Follow-up Visit, Advanced Physical Diagnostic Skills East & West: Blood Pressure, Western Pulse, Respiration, Heart and Lung Auscultation, Abdominal Examination, In-Class Initial Consultation on Fellow Intern & Practice of all Advanced Diagnostics

**March 14-16            Interview & Counseling Skills, Patient Psychology, Muscle Testing:**

- Patient and Practitioner Psychology, Interview Skills, Counseling Skills (Lifestyle/Nutritional/Spiritual Counseling), Treatment Program Design I (Ayurvedic step-by-step model), Treatment Program Design II (modern strategies for enhanced patient compliance), Personal Development and Professionalism, Medical Terminology and Charting, Laboratory Assessment Basics, Office & Patient Procedures, Scheduling, Business Management Skills, Record Keeping, How to Develop and Sustain a Thriving Practice, Intro to Muscle Testing—Diagnose & Fix

**March 28-30            Group Initial Consultations (ICs) - 1**

**April 11-13            Group ICs—2**

**April 25-27            Group ICs—3**

**May 9-11                Group ICs—4**

**May 23-25            Group Follow-up Visits (FUVs)**

**July 7                    Client Files Due**

**July 22                    Ayurveda Graduation**

- Location: Northwest Institute of Ayurveda
- 3:00-4:00pm: NIA Graduation Ceremony
- 4:00-6:00pm: Kirtan
- 6-7pm: Indian Dinner



## AROMATHERAPY TRAINING PROGRAM— 2018

~ & Essential Oil Distillation—Multiple Daily Take-Homes of All Products Made! ~

**Dates:**                      **Topics:**    (Meets 9am-5pm, lunch: 12:00pm-1:30pm)

- ◆ **Program Deadline: March 1, 2018 (General Public)**
- ◆ **Weekend 2 Deadline (*Ayurvedic Living Program* students only): March 30, 2018—“Add-on” weekend 2**
- ◆ Early registration encouraged, space limited and fees increase as number of registrants increases

- Weekend One:  
March 16-18, 2018**
- **Introduction:** Introduction to Ayurveda & Aromatherapy, Healing through the Senses, Toxicity, Storage, Chemistry, How we Smell, How to Smell Essential Oils, Aromatherapy Terminology, History, Important Aromatic Plant Families, Extraction Methods, Usage Techniques and Technologies, Dilution, Bottle Options, Suggested Reading Materials & Supply Resources
  - **Pitta:** Importance of Carrier Materials & their Properties (oils, waxes, butters, aloe, etc), Ayurvedic Skin Types, Pitta Reducing Essential Oils, Oils for Skin Beautification and Imbalances (acne, rosacea, eczema, psoriasis, rashes, wounds, scars, cellulite, lymphatics), Skin Care Regimens
  - **Kapha:** Spices, Antimicrobials, Pain Relief, Headaches, Conifers & Respiratories
  - **Medicine Making:** Household Spray Cleaner, Handsoap, Oil-pulling Oil, Pain Salve, Lip Balm, Nightly Facial Serum, Daily Facial Cream, Salt Scrub, Sugar Scrub, Hand Sanitizer/Laundry Detergent (discussion only)

- Weekend Two:  
March 30-April 1,  
2018**
- **Vata:** Women’s Oils, Pregnancy and Essential Oils, Digestives, Citrus, Nervines, Florals
  - **Sacred Scents & Perfumes:** Woods, Resins, Incense, Perfumery Basics, Blending Techniques & Recipes, Special Perfumery Oils, Ancient Perfumes still available today
  - **Medicine Making:** Body Lotion, Body Butter, Perfume Spray, Perfume Roll-on, Nervine Spritzer, Aromatic Massage Oil, Digestive Roll-on
  - **Essential Oil Distillation:** About Distillers, How to Distill, Hands-On Group Distillation of Multiple Essential Oils/Hydrosols, How to make Shampoo





## AYURVEDIC MASSAGE PROGRAM– 2018

### Dates:

### Therapies: (Meets 8am-5pm, lunch: 11:45am-1:15pm)

- ◆ **May 28-June 29, 2018**
- ◆ **Deadline: April 29th, 2018**, space limited to 12 students, prices increase as number of registrants increases

#### **Session 1:**

- ◆ **“Spa & Bliss Therapies”**
- ◆ **May 28-June 1, 2018**

- ◆ Intro to Ayurvedic Massage, Ayurvedic Massage Techniques I
- ◆ *Abhyanga* Ayurvedic Warm Oil Massage (head/feet/face/shoulders)
- ◆ Body Mechanics & Breathwork
- ◆ *Garshana* - Silk Glove Massage for Lymph and Beauty
- ◆ Hydrosols for Massage (Vata Hydrosols), Introduction to Marma Points & Special Marma Oils
- ◆ *Abhyanga* Warm Oil Massage (full body)
- ◆ *Udvarthana* -Herbal Exfoliating Body Scrub, Pitta & Kapha Hydrosols for Massage, Healing Mantras I
- ◆ *Bliss Therapies: Abhyanga* Warm Oil Massage, *Swedana* Full body herbal steam with essential oils, and *Shirodhara* -mind & hair therapy
- ◆ Product Suppliers and Equipment Vendors

#### **Session 2:**

- ◆ **“Ayurvedic Massage”**
- ◆ **June 4-8, 2018**

- ◆ Asian Body Therapies: Fire Therapies, Hot Stones, Cupping, Guasha, Moxibustion
- ◆ *Vishesha* - Ayurvedic Deep Tissue Massage
- ◆ Includes: Head, Face, Shoulders, Neck, Scalp, Back, Legs, Abdomen, Chest, Arms
- ◆ How to Give Ayurvedic Facial (3-Step Process including facial marmas)
- ◆ Ayurvedic Massage Techniques II
- ◆ Essential Oils for Massage
- ◆ Marma Points Complete—Face, Body
- ◆ Healing Mantras II
- ◆ Reflexology Points (feet/ears)
- ◆ Western and Ayurvedic Anatomy Basics

#### **Session 3:**

- ◆ **“Specialized Therapies”**
- ◆ **June 25-29, 2018**

- ◆ Ayurvedic Self-Care Tips for Body Workers
- ◆ Properties of Traditional Herbal Oils
- ◆ Nasal and Ear Therapies: *Nasya*, *Karna Poorna*
- ◆ *Body Bastis*:-Dough Dam Therapies for Eyes, Neck, Head, Heart, Back, Knees
- ◆ *Pinda Swedana*—wet and dry warm herbal bolus massage
- ◆ *Pizichilli* - Warm oil bath, Apex of Ayurvedic neuromuscular therapies



## AYURVEDIC FACIALS PROGRAM—2018

<u>Dates</u>	<u>Times:</u>	<u>Topics</u> (Meets: 10am-5pm, Lunch: 12-1pm)
September 21-23, 2018	♦ 10am-12:00pm	♦ <b>Lecture &amp; Demo with Traci:</b> includes Ayurvedic concepts around beauty, skin types, skin layers and facial marmas
♦ <b>Discount Deadline: Aug. 24th (SAVE \$100!)</b>	♦ 12-1pm	♦ <b>Lunch</b>
♦ <b>Registration Deadline: September 9</b>	♦ 1-5pm	<b>Partner Practice of:</b> Multi-Step Ayurvedic Facial Procedure including application of oils, heat, and massage to the face followed by application of home-made skin care therapy catered to each skin type. Properties of each oil, herb, carrier product and high end SVAyurvedic facial products and essential oils will be covered in class along with facial marmas. 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.

## PANCHAKARMA THERAPIST PROGRAM—2017

\*Prerequisite: “Ayurvedic Massage Program”

<u>Dates:</u>	<u>Topics</u> (Meets: 1-6pm, 1-2pm: Set-up, 2-5pm: Therapies, 5:30-6pm-Dinner)
July 31-Aug. 4 PLUS Aug. 28-Sept. 1, 2017	♦ <b>Session 1:</b> Partner 1 Receives, demo of perfect “kitchari” recipe, demo of <i>basti</i> (enema)
* <b>Deadline: July 7, 2017</b>	♦ <b>Session 2:</b> Partner 2 Receives



## AYURVEDIC COOKING PROGRAM—Winter Foods

<u>Dates</u>	<u>Times:</u>	<u>Topics</u> (Meets: 1:pm-7:00pm, Dinner: 6:30pm)
<u>2016</u>	♦ 1:00pm-2:00pm	<b>Lecture:</b> Foods to Reduce Vata Dosha and Nourish the Tissues...
<b>June 7-11, 2017</b>		<ul style="list-style-type: none"> <li>♦ <b>Day 1:</b> Science of the Five Elements and the role in good, three biological humors of <i>Vata, Pitta, Kapha</i> and their relationship to your body, mind and your food</li> <li>♦ <b>Day 2:</b> Ayurvedic Digestion Theory: <i>Agni &amp; Ama</i>, Ayurvedic Food Combining Basics</li> <li>♦ <b>Day 3:</b> Properties of Food: Six tastes &amp; <i>Virya-Vipak-Prabhava, Heavy, Light, Hot, Cold, etc.</i></li> <li>♦ <b>Day 4:</b> Seven Bodily Tissues and how to Nourish them each day through specific foods and spices, Deeper Role of Spices, Spices used on daily basis in Ayurveda, their Basic Properties and their Proper Use</li> <li>♦ <b>Day 5 :</b> <i>Three Gunas</i> and the role of food and spices in supporting psychological and spiritual well-being</li> </ul>
♦ <b>Discount Deadline: May 10</b>	♦ 2:00pm-6:00pm	♦ <b>Group Cooking Lesson:</b> Hands-on time in the kitchen preparing different multi-course nutritious meals each day including as: spiced grain dishes, <i>dhal</i> (spiced "lentil" soups), curried vegetable dishes, sauted green dishes, fresh breads, <i>chutney</i> condiments, dairy dishes (paneer, yogurt, <i>takra, raitas</i> (yogurt salads), nutritious desserts and more
♦ <b>Registration Deadline: June 5</b> , but early registration encouraged, fees increase as number of registrants increases	♦ 6:00pm-7pm	♦ <b>Dinner:</b> Multi-course Dinner Enjoyed Nightly (clean-up provided)

## AYURVEDIC PULSE IMMERSION—2018

<u>Dates:</u>	<u>Topics</u> (Meets: 10:00am-4:00pm, Lunch: 12:00pm-1:00pm)
<b>July 16-20, 2018</b>	♦ <b>Day 1:</b> Pulse qualities (in depth look), Marma to Assess Pulse, Dosha Qualities, Detecting Prakruti & Vikruti
* <b>Deadline: June 29, 2018</b> , but early registration encouraged, fees increase as number of registrants increases	♦ <b>Day 2:</b> State of Channels, Subdoshas, Manas Prakruti/Vikruti, Prana/Tejas/Ojas, State of Agni
	♦ <b>Day 3:</b> Detecting 4 Types of Ama, Twelve Organ Pulses
	♦ <b>Day 4:</b> State of Dhatus and Ama, How to detect doshas and specific types of ama in each dhatu, along with how to address each imbalance using specific lifestyle, food, herbal and marma protocol
	♦ <b>Day 5:</b> Bringing it All Together