

ĀYURVEDA JÑĀNAM

THE PRINCIPLES OF TRADITIONAL PRACTICE



An immersion course for

YOGA THERAPISTS AND TEACHERS

PART 01 | JANUARY TO DECEMBER 2016

2
0
1
6

ĀYURVEDA JÑĀNAM | THE PRINCIPLES OF CLASSICAL PRACTICE

Āyurveda, literally translated as 'science of life' can be described as a way of living with awareness and promoting health, wellness and longevity. Nowadays Āyurveda is understood to be a generic term that represents traditional Indian medicine. However, it includes aspects of philosophy, mythology, diet, exercise and other lifestyle recommendations that are a part of an overall physical, mental and metaphysical refinement process. Thus, Āyurveda is not only a science of medicine, but also a science of daily living with a spiritual awareness for the divine consciousness that is residing both within us and outside.

Yoga and Āyurveda being sister disciplines, share a common understanding of the human body, especially in a comprehensive and holistic dimension. Thus their points of view in how the different constituents of the body function are similar, although their emphasis on the approaches to bring about the balance in the system may slightly vary. Many texts reveal the inter-connectedness between the two systems. Both systems also being holistic in their approach, offer practical yet profound solutions for the ultimate health and nourishment of its practitioners.

Texts such as the Haṭhayogapradīpikā, Rājayogaratnākara and others, reveal how Yoga practices must also be considered consistent with how Āyurveda understands the human body. Further, masters like Ācārya T Krishnamcharya also emphasised the extraordinary value in understanding fundamental principles of Āyurveda in Yoga Therapy and also in Yoga Teaching. They respected the classical concepts of Āyurveda and carefully administered Yoga practices in the domain of healing and personal transformation. Thus it becomes an invaluable asset to Yoga Therapists and Yoga Teachers to be equipped with a practical and sound knowledge of Āyurveda principles.

This online program will provide a perfect platform for serious practitioners to explore this topic in depth. It will be offered in two parts. Part one of the program will last a duration of one year with one meeting each month. Each meeting will last approximately two sessions of fifty minutes each.

Some of the main themes that are proposed to be covered in this first year of the course will include:

History of Āyurveda	Āyurveda & Yoga	Āyurvedic understanding of the body
Guṇa-s & their characteristics	Doṣa-s & their characteristics	Guṇa-s & bhūta-s
Guṇa-s & Doṣa-s	Prakṛti & its types	Determining Prakṛti
Signs of Balance & Excess	Saptadhātu-s	Srotāṃsi : The channels
Trividha Mala: The Waste	Āma: The Toxins	Agni & its constituents
Dinacarya: Daily rites	Rtucarya: Seasonal rituals	Samprāpti: Stages of disease

All of these topics will be discussed always in relation to how it relates to Yoga & Yoga Therapy.

This immersion program will be most useful to serious students and practitioners of Yoga, Yoga Teachers and Trainers wanting to take their practice to the next level. A Certificate of Participation will be issued to all participants who complete the entire program. All sessions will be conducted through Skype Audio mode. Assistive handouts will also be provided prior to each session. An audio recording will be sent to the participants for further reference and archiving.

DATES

Tuesdays 4:00pm - 6.00pm India Time

26 Jan 23 Feb 22 Mar 19 Apr 24 May 21 Jun 26 Jul 30 Aug 20 Sep 25 Oct 22 Nov 27 Dec

Saturdays 9:00am - 11.00am India Time

30 Jan 27 Feb 19 Mar 23 Apr 28 May 25 Jun 30 Jul 27 Aug 24 Sep 29 Oct 26 Nov 31 Dec

Participants who find it difficult to join in for the sessions owing to scheduling conflicts or time differences, may still be able to participate by listening to the recordings. They may email with any clarifications or questions. Participants can choose which batch they would like to participate (Either Tuesday or Sunday batch or through recordings only). A minimum of 10 participants are required to commence a batch. On certain days, where Dr. Kausthub Desikachar will be traveling, and hence is unable to conduct the planned session, a recording of an earlier session will be sent out.

INVESTMENT

€83.60 per month. Cost includes payment for sessions including audio recordings of each session. Payment must be made prior to each session. Payments can be made only through **Paypal**.

Interested participants can kindly send their **Full name and Email Id** to yoga@kausthub.com