

## **SESSION 1 - JANUARY**

### **Introduction to Ayurveda**

- Origins / History / Texts
- Causes of Disease
- Sāṅkhya Philosophy & Intro to Maha Guna (Psychology)
- Pañcamābhūtās: Elemental Qualities in Nature
- Doṣas & Subdoṣas Explained
- Prakṛti vs Vikṛti
- What's Your Prakṛti?

## **SESSION 2 - JANUARY**

### **Doṣa Kala ~ Cycles in Life & Nature**

- Dinačarya: Doṣa Day (Ayurveda Circadian Rhythm)
- Ritučarya: Doṣa Seasons
- Doṣa Lifecycle
- Doṣa Moon Cycles
- Daily Routines for Self-Care/Hormone Balance
- Seasonal Routines & Home-based Cleansing

## **SESSION 3 - FEBRUARY**

### **Ayurveda (& Yoga) Psychology: Vihara**

- Āraka Samhita Perspective on Emotions
- Introduction to Sāṅkhya Philosophy
- Doṣa Guna Recap: Vata, Pitta, Kapha
- Anxiety, Anger & Depression
- Pañca Koṣa: 5 Fields / 3 Bodies
- Doṣa Cycles related to the way we feel
- Prana, Tejas, Ojas Explained
- Deeper Maha Guna: Our Mental/Emotional State
- Convergence: Vata, Pitta, Kapha in Sattva, Rajas & Tamas
- Specific Practice & Steps to Take to Process & Balance
  - Ayurveda 5 Sense Therapies (More to Come)
  - Specific Foods, Specific Yoga, Specific Meditation

## **SESSION 4- FEBRUARY**

### **Ayurveda Anatomy, Physiology & Pathology**

- Introduction to 7 Dhatus (Tissues)
- Understanding Prana (Energy) Transference
- Introduction to Srotas ('Channels' & Physiology)
- Understanding Root Causes
- Ayurveda Pathology of 'Nutrition'
- Nidana Pañcaka/ Hetu: Understanding Root Causes
- Ayurveda Saṁprāpti Lite (Stages/Pathology of Disease)

## **SESSION 5 - FEBRUARY**

### **How Does Ayurveda Heal?**

#### **Ahara (Food As Medicine)**

- Recap of Doṣa Guna
- Ahara Rasa: Food As Medicine
- Doṣic Digestion
- The Ayurveda 6 Tastes
- Rasa Karma: Actions/Functions of Taste
- Eating for your Doṣa (Mental & Emotional Balancing)
- Ideal & Improper Food Combinations
- Ayurvedic Eating Guidelines: WHAT, but also WHEN & HOW

## **SESSION 6 - MARCH**

### **How Does Ayurveda Heal?**

#### **Ayurveda Herbal Pharmacology**

- Dravyaguṇakarma: Difference from Western Herbal Medicine
- The 7 Energetic Expressions of Nature Medicine
- Karmic Actions of Nature Medicine

## **SESSION 7 - MARCH**

### **How Does Ayurveda Heal?**

#### **Clinical Cleansing / Pañcakarma**

- Recap: Why Do We Need to Cleanse? Types of Ama
- Prana Transference / Cause of Ama Accumulation
- Deeper Discussion on Pathology / Stages of Disease
- Praśama: The Doṣa Overflow
- Pañcakarma Clinical Treatment of Complex Disease
- Energy Healing Lite: Intro to Ākṛas (More to Come)

## **SESSION 8 - MARCH**

### **How Does Ayurveda Heal?**

#### **Subtle & Sense Therapies / Sūkṣma Ākṛitṣā**

- Asatmyendriyārtha Samyoga: Feeding of the Senses
- Tantmātrās: 5 Subtle Elements
- Gandha Cikṛitṣā: Aromatherapy
- Rasa Cikṛitṣā: Taste Therapy
- Rupa Cikṛitṣā: Sight Therapy
- Sparśa Cikṛitṣā: Touch Therapy
- Sabda Cikṛitṣā: Sound Therapy

## **SESSION 9 - MARCH**

### **Yoga Śāstra I: Philosophy & Beyond the Physical**

- Yoga Definition, Etymology, Origins & History
- Yoga in America
- The 5 Points of Yoga
- The 7 Types of Yoga
- True Meaning & Practice of Hatha
- The Aṣṭāṅga Yoga (8 Limbs)
  - OUTER: Yamas, Niyamas, Āsana
  - INNER: Pranayama, Pratyahara, Dhyana, Dharana, Samadhi

## **SESSION 10 - APRIL**

### **Yoga Śāstra II: Philosophy & Beyond the Physical**

- Traditional Pranayama Sadhna
- The 4<sup>th</sup> Limb: Prāṇāyāma (Breath Expansion)
- Stages & 8 Types of Classical Prāṇāyāma Practice
- The 7<sup>th</sup> Limb: Dhyāna (Meditation) Per Doṣa
- Mantra (Vibrational Chant) Per Doṣa / Bija Mantras
- Sankalpā (Intention)
- Sadhana (Practice of Sacredness)
- Savasana (The Aim)
- 90 Minute YIN / Restorative Class

## **SESSION 11 - APRIL**

### **Yoga Śāstra III: Yoga For Your Doṣa**

- Ayurveda & Yoga Relationship
- Yoga Anatomy: The Energy Body & 5 Koṣa
- The 3<sup>rd</sup> Limb: The Role, Importance & Practice of Āsana
- Asana per Doṣa Vikṛti
- Suggested Sequencing to Balance Vata, Pitta & Kapha
- Vata Subdoṣas: The Pañca Prana Vayus
- Directional Flows of Prāṇic Energy

## **SESSION 12 - APRIL**

### **Yoga Śāstra V:**

#### **Deeper Knowledge & Balancing Practices Per Doṣa**

- Suggested Āsana per Prāṇa Vayu
- Mudra (The 'Seal') & Relationship to Pañcamahābhūta
- INDEPTH Ākṛas: Additional Sūkṣma Ākṛitṣā
  - Relationship to Both Physical & Emotional States
  - Relationship to Prana Vayu & Balancing Doṣa