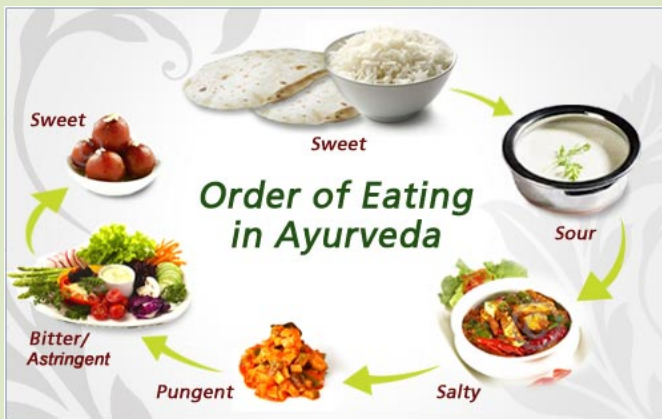


A Deep Dive Into Ayurvedic Health: March 2019



Module Description:

Energy makes up everything, animate and inanimate. In this 500-hour training module / workshop we will study the nature of energy, and look at its relationship to health, wellness and yoga practice. Ayurvedic practices will be introduced and studied in light of the gross and subtle body. The result will be a blueprint for

developing healthy lifestyles for the self as a teacher of yoga, as a student, and for assisting others in identifying what is positive and supportive for them as individuals.

Participants will take a deeper dive into the principles of Ayurveda and its impact on both the gross and subtle body including all systems from Nervous to Reproductive. We will explore the doshas, the subdoshas, the dhatus, the marmas, and the chakras. Emphasis on how to regulate imbalances through sadhana practice, nutrition, cleansing and food preparation will be a large part of the program. Participants will learn about what foods support the different mind-body constitutions and how they can be created easily in the home. We will also do a few case studies on common issues most deal with and shed insights on how they can be balanced and even eliminated.

Module Learning Objectives: To understand the principles of energy through Ayurveda and its impact on the gross and subtle body.

Date: March 27-31, 2019. The program will begin March 27th at 6pm.

Location: Essential Hot Yoga: 2122 South Broadway Avenue, Boise, ID 83706

Lodging: Boise has a number of wonderful hotels and Air BnB options

Program Cost: Cost coming soon – will include all lectures and workshops, daily asana, pranayam and meditation practice as well as one Ayurvedic meal daily and how to cook it with active student participation. Does not include travel, lodging, ground transportation, training materials or personal incidentals.

Registration Deadline: February 1, 2019. Payment via check or cash. Mail checks to: ZenSpot c/o Satyavani Kelli Harrington, 4474 W. Brennen Street, Boise, ID 83705.