

***Online* Introduction to Ayurveda**

8 Hour Continuing Education (Non hands on)

Date: Tuesdays 1 - 3 PM CST starting July 12th, 2022 through August 2nd, 2022

Location: Zoom link to be provided

Instructor: Katie Metcalf BBA, LMT, Ayurvedic Practitioner Student

Price: \$150

Description:

This workshop is designed to help you discover the origin & history behind the ancient wisdom of Ayurveda. Plus, dive deep into your own unique Ayurvedic type & current imbalances. We'll discuss how to choose a diet and lifestyle that aligns with your unique constitution & how to optimize your energy and digestion by cultivating a daily routine in alignment with your circadian rhythm.

Introduction to Ayurveda is a prerequisite for all future Ayurvedic courses through EHI.

Objectives:

By the end of the course, Participants will be able to:

- Define and describe Ayurveda & its holistic healing origins
- Identify dosha & guna imbalances
- Understand techniques to achieve balance & health
- Discover how to align with their natural state of wellbeing
- Acknowledge individual traits that make up personal constitution
- Experience Samkhya Philosophy Meditation and gentle movement practice
- Understand how to eat for unique set of imbalances & make any meal from Ayurvedic perspective
- Identify appropriate detoxes and cleanses for certain imbalances or pathologies