

## Introduction to Ayurveda

8 Hour Continuing Education (Non hands on)

Date: Saturday, June 25th, 2022 - 8:30 AM to 5:30 PM

Location: Empowered Healing Institute, 1615 32nd St NE, Cedar Rapids, IA 52402

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