Bodhananda Vedic Institute
SCHOOL OF AYURVEDA
Sambodh Center for Human Excellence
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BVI AYURVEDA – SINGLE WEEKEND COURSES for 2019-2020

AYV 101 - *Foundations of Ayurveda - The Beginning (History & Philosophy)* (16 hours) **May 18-19, 2019**
In this course, the 5000-year Ayurvedic history will be encapsulated and its relevance to science, religion and philosophy explored. Students will be introduced to the literature of classical Ayurveda including *Samkhya* philosophy, as a source of Ayurvedic knowledge, along with an introduction to Vedic cosmology. They will come to understand the creation and nature of matter and the connection of mind-body-spirit, learn about the Ayurvedic conception of the nature of the individual, grasp basic terminology and nomenclature, and explore the *doshas* as a conceptual basis for diagnosis.

AYV 102 - *Ayurvedic Anatomy and Physiology (Level 1)* (16 hours) **June 23-24, 2019**
Anatomy is the study of form, and physiology is the study of function. Students will gain proficiency in the Ayurvedic understanding of the *shadanga sharira*, *tridoshas*, sub-*doshas*, concept of integrated nature of existence (mind-body, and spirit or consciousness), the concept of prakruti (mind-body constitution) and its identification with the doshas, along with an introduction to dhatus (tissues), *parimanu* (cells, organs and organ systems.

AYV 103 - *Ayurvedic Anatomy and Physiology (Level 2)* (16 hours) **July 13-14, 2019**
This course provides students with a detailed understanding of the Ayurvedic concept of *sapta dhatus*, the process of tissue formation, functions of the *dhatus*, *kalas*, and *doshas*; the concept of *agni* and its characteristics; the concept of *aam*, gross digestion and tissue micro-digestive processes, and the concept of *srotas* with a detailed discussion of these physiological pathways.

AYV 104 - *Ayurvedic Approaches to Nutrition and Food Science* (16 hours) **Aug. 10-11, 2019 (Instructor's Option: Live Webinar or On-Site)**
For the purpose of eliminating toxins in the body-mind and reestablishing constitutional balance, Ayurveda adopts an individualized approach to nutrition. Unlike Western medicine, Ayurveda utilizes a methodology which recognizes dietary preferences unique to individual depending upon their constitution and other factors. This course examines this unique methodology in depth. Based upon the knowledge they acquire regarding the role of herbs/spices, seasonal foods, and cooking methods, students will understand how to enhance their health through proper nutrition, food combinations, and appropriate food choices.. The course participants also learn dietary guidelines in accordance with individual *doshas* (constitution) along with imbalances/disorders (vitiated doshas), and how to use food as medicine to heal. The second day of the course consists of a lab.

AYV 105 - *The Ayurvedic Understanding of Mind* (16 hours) **Sept 14-15, 2019 (Live Webinar)**
Ayurvedic psychology understands the mind-body as emanating from spirit or consciousness. Students will learn the concepts of *chakras*, *nadis* and subtle energy pathways, mental pathways, subtle communications, mental *gunas* (*sattva*, *rajas*, and *tamas*), mental functions, and karmic factors. Students will acquire the necessary Ayurvedic tools and practices intended to prevent and/or manage mental, emotional, and behavioral dysfunctions.

AYV 106 – *Ayurveda and Yoga* (16 hours) **Oct 12-13, 2019 (On-Site Only(**
Ayurveda and Yoga are "sister" sciences, sharing the same philosophical, theoretical and ethical basis of *Samkhya Yoga*. Yoga, the science of Self-Realization, and Ayurveda, which is the science of Self-healing of body-mind diseases) support one another. Students will come to understand Yoga in its complete sense - beyond simply a form of physical exercise – in relationship to Ayurveda. Among its healing practices Ayurveda applies the wisdom of *dosha* theory to Yoga, having developed specific *dosha* pacifying *asanas* (yoga postures) to utilize in its methodologies. Both sciences utilize *pranayama* (breath control) practices, *mantra* and meditation techniques that bring about both improved physical health and subtle changes in one's awareness. Students will gain a full understanding of these two sister sciences, how they integrate, and, when applied together, form a complete system for healthful living, which individuals can learn and practice to achieve their physical, mental and spiritual potential.