

Timeless Approach to Health

Ayurveda! Traditional Medicine of India *Introductory Course*

This Course is an introduction to Ayurveda, the traditional medicine of India - with enough special "depth" material to interest students of any level.

Varadaan will share wisdom from studies with Vasant Lad and work as a Practitioner.



Teacher:
Varadaan,
BS, RYT,
ASP 1&2
Graduate of
Ayurvedic
Institute

Module One

10 Thursday evenings

Solstice Center, 302 Pearl

6:30-8:30pm, Sept 15 - Nov 17, 2011

\$250 registration by Sept 12. \$210 before Sept 1.

Recommended text is Dr. Lad's Fundamentals of Ayurveda, available at discount price, approx \$40.

Call Boulder Ayurveda 303.827.5823

You will learn about a comprehensive perspective on the Vedic system of physics and metaphysics. Topics include an overview of Vedic Five Element Theory and its manifestation in the human body as the Three Doshas, the Ten Guna pairs, Subdoshas, and implications for healing with diet and lifestyle, including Yoga. You will be given a "Rosetta Stone" of Ayurveda, which Varadaan has used while teaching pulse and herbology at the Ayurvedic Institute. During our time together there will be opportunities to ask questions.

Successful completion of both Modules One & Two provides a solid foundation in the Fundamentals and a springboard to more advanced topics such as Pulse, Herbology, PK and Gurukula.

Auditing is an option at same fee. Previous attendees of Module One can audit at no cost.