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September 21, 2010

BOULDER AYURVEDA — FALL NEWS:

- Register for Intro Class By Oct 20
- Seasonal Health Tip

ADAPTING TO FALL SEASON

The leaves are turning, the days are getting shorter and the wind is turning a bit chilly. Dry skin, cold extremities, cracking joints, disturbed sleep — these are all signs of Vata imbalance, likely exacerbated by Fall season.



Serious Vata imbalance can bring significant health challenges, including digestive complaints, constipation, osteo-arthritis, insomnia, anxiety, weight loss, stress disorders, and aggravation of dangerous latent multi-doshic conditions, such as asthma, rheumatoid arthritis, asthma, and colitis, among others. Minimizing the effects of Vata season on core health, and also mitigating the minor discomforts of this time of year can be relatively easy, pleasant, and affordable. Read "Fall Season Tips", below for some

simple suggestions.

[Click here for more about Boulder Ayurveda](#)



SEASONAL HEALTH TIP

As we enter fall season, it is especially important for those with Vata constitutions and those with imbalances typified by this imbalance of air and space elements, to protect themselves.

Below are some suggestions to minimize the impact of this season, characterized by dry cold winds, cooler temperatures, variable weather, changing lifestyle, and an increase in work stress as we fully transition from the more relaxed patterns of summer season.

#1: Maintain a regular schedule, eating warm food. A food list is available at www.boulderayurveda.com.

#2: Consider regular oil massage with an appropriate oil. Boulder Ayurveda stocks top notch medicated oils and offers instructions on their application.

#3: Consume plenty of liquids, and also eat foods with abundant high quality oils and spices appropriate to your constitution.

#4: Take care of the colon. Avoid excess consumption of processed wheat flour, and take a colon nourishing supplement daily, like triphala.

#5: If you suffer from extreme Vata symptoms, consider coming into the clinic for specific instructions and nutritional herbs to alleviate the issues.



***REGISTER BY OCTOBER 20 for:
Ayurveda: Depth Fundamentals,
Module One A & B***

2 Weekends: A & B (can be taken separately)

Solstice Center, 302 Pearl (Lotus Room)

10-5:00pm Oct 23-24, Nov 6-7, 2010.

\$250 registration for both weekends,

or: \$175 each weekend in advance.

Register by Oct 20. It is also recommended you get the textbook in advance.

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

To Register: Call Boulder Ayurveda 303.827.5823

This course is an introduction to Ayurveda, the traditional medicine of India - with enough special "depth" material to interest students of any level. In addition to responding to student interest and creating a forum for exploration on any topic, Varadaan will share special

understandings discovered during studies with Dr Lad and work as a Practitioner.

You will be exposed to a unique perspective on the Vedic system of physics and metaphysics. Topics will include an overview of Vedic 5 element theory and its manifestation in the human body as the three doshas, the 10 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 to teach pulse and herbology at the Ayurvedic Institute. During our time together there will be opportunities to ask whatever questions you may have.

Previous attendees of Module One audit for free!

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