

The Institute of Holistic Nutrition

presents the fourth annual PCTIA-approved Continuing Education Certificate Course

AYURVEDA STUDIES PROGRAM

August 2014 | 70 hour Intensive

with instructor Jaisri Lambert, Ayurveda Practitioner and Consultant of 30+ years' experience



***Do you wish to enhance your professional health care provider skills?
Do you need to deeply understand and focus on your self-healing?***

Please join us to participate in this unique life-changing professional development program.
We will focus on the following sub-topics of Ayurveda:

- **Shad darshan** - philosophies and cosmology
- **Gunās** - qualities
- **Srotamsi** - channel systems
- **Mahabhūtas** - five great constructing elements
- **Prinam** (nutrition, assimilation)
- **Dosha** (vata, pitta, kapha)
- **Shad rasa** - 6 tastes and bio-chemistry of nutrition according to Ayurveda
- **Sub-doshas** - 15
- **Samprapti** - pathogenesis
- **Manas** - rajas, satva, tamas (psychology and modes of thinking)
- **Dinacharya** - daily routine
- **Prakruti/Vikruti** paradigm
- **Home remedies** - common herb and spices & their properties
- **Dhatus** - physiology according to Ayurveda
- **Marma** - touch therapy
- **Case study practice**



Investment: \$1330 + GST (if pre-paid by July 30, 2014)
\$1460 + GST (if paid after July 30, 2014)

Dates: August 5-29, 2014. Weekdays: 9:00am-12:45pm
Graduation Ceremony: Aug 29 from 11:00am-12:45pm

Registration Deadline: **August 1, 2014**

Please Note: **Space is Limited – Please Register Early!**

Location: The Institute of Holistic Nutrition
Suite 300 - 604 West Broadway, Vancouver, BC. V5Z 1G1

For more info: **About Ayurveda and Jaisri, please visit: www.ayurveda-seminars.com**
To register: **Please call 604.558.4000 or e-mail vancouver@instituteofholisticnutrition.com**