

# The Institute of Holistic Nutrition

Presents the sixth annual PCTIA approved Continuing Education Certificate Course

## AYURVEDA STUDIES PROGRAM

August 2016 | 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
- \*Gunas- qualities
- \*Srotamsi- channel systems
- \*Mahabhutas- 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:** \$1445 + GST (pre-paid by June 28, 2016)  
\$1495 + GST (after June 28)
- Dates:** August 2-26, 2016. Weekdays: 9:00am-12:45pm  
Graduation Ceremony: Aug 26 from 11:00am-12:45pm
- Required Text:** *Ayurveda, the Science of Self-Healing*, Dr. V. Lad
- Registration Deadline:** **4:00pm, July 21, 2016 Space is Limited**
- Deposit:** **\$250 + GST non-refundable due upon registration**
- 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](http://www.ayurveda-seminars.com)**
- To Register:** Please call 604.558.4000 or e-mail [vancouver@instituteofholisticnutrition.com](mailto:vancouver@instituteofholisticnutrition.com)

