

# The Institute of Holistic Nutrition

Presents the seventh annual PTIB approved Continuing Education Certificate Course

## AYURVEDA STUDIES PROGRAM

August 2017 | 70 hour Intensive

With instructor Jaisri M. Lambert, Ayurveda Practitioner and Consultant with 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:

- \*Shaddarshan - philosophies and cosmology
- \*Gunas - qualities
- \*Srotamsi - channel systems
- \*Mahabhutas - five greatconstructing elements
- \*Pranam (nutrition, assimilation)
- \*Dosha (vata, pitta, kapha)
- \*Shadrasa-6 tastes and bio-chemistry of nutrition according to Ayurveda
- \*Sub-doshas - 15
- \*Samprapti-pathogenesis
- \*Manas-rajasa, tamas (psychology and modes of thinking)
- \*Dinacharya-daily routine
- \*Prakruti/Vikruti paradigm
- \*Home remedies - common herbs and spices & their properties
- \*Dhatus - physiology according to Ayurveda
- \*Marma - touch therapy
- \*Case study practice



**Investment:** **This Program is a prerequisite for the Pulse Assessment and Turiya Therapy programs**  
\$1495 + GST (pre-paid by June 28, 2016)  
\$1550 + GST (after June 28)

**Dates:** August 8–September 1, 2017. Weekdays: 9:00 am-12:45 pm  
Graduation Ceremony: September 1<sup>st</sup>, 2017 from 11:00 am-12:45 pm

**Required Text:** *Ayurveda, the Science of Self-Healing*, Dr. V. Lad

**Recommended Registration:** **4:00 pm, July 28, 2016 Space is limited**

**Deposit:** **\$250+GST non-refundable due at registration**

**Location:** The Institute of Holistic Nutrition  
Suite 300-604 West Broadway, Vancouver, B.C. V5Z1G1

**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 [admin@ihnvancover.com](mailto:admin@ihnvancover.com)