



## **Grassroots Medicine: Integrating Ayurveda, Essential Oils & Yoga Therapy**

**Ayurveda, Essential Oils and Yoga Therapy** is a week long intensive addressing systems of the body from an integrated perspective such that one enhance self care and share with family, friends and clients in a safe way. It includes focus on the Respiratory, Cardiovascular, Digestive (Gastro-Intestinal), Urinary/ Reproductive and Nervous system.

### **Topics include:**

Meditation on Samkhya philosophy

Teaching of the koshas (sheaths or bodies) and subdoshas

Nadis and marmas

Contemplation of pranas

Discussion of common symptoms leading to pathologies in the systems

Doctrine of signatures for plants and humans

Cultivation and balance of Agni and Soma

Understanding prana, tejas and ojas

Locally harvested plants for tonifying systems of the body

Developing an Ayurvedic/yogic self-care routine

Use of pranayama, asana and cleansings for therapeutic purposes

Roots of illness in the koshas

Function of Illness as spiritual initiation

Use of culinary herbs for medicine in food

\*Daily practice in yoga posture, marmas and essential oils  
Body language of the posture and spine

**Below is the schedule** of the orientation evening and daily schedule to give an idea of what the week will hold as we go through each system. Each day will go from 6am to 6pm.

Tuesday November 16<sup>th</sup> will be a half day for integration and rest.

The workshop will complete on Friday November 19<sup>th</sup> around 5pm.

## **Schedule**

### **Friday November 12**

4:30pm	Orientation/Teacher & Student introductions Introduction to Dinacarya: Ayurveda/Yoga Self-Care routine
6pm	Ayurvedic Dinner

### **Saturday November 13 – Friday November 19**

6-8am	<b>Yoga Therapy</b>  Asana, pranayama, meditation for particular system
8-9am	Ayurvedic Breakfast
9-12pm	<b>Ayurveda</b>  Spiritual principles behind the medical philosophy with focus on particular system, symptoms and pathologies.
12-1pm	<b>Ayurvedic Lunch</b>
1:00 – 2pm	<b>Medicinal Plant Walk</b>
2:15-2:45pm	<b>Yoga Nidra</b>
3– 6pm	<b>Essential Oils</b> for specific system with select marma points for application.
6pm	<b>Completion of Day</b>