



Ayurvedic Lifestyle Consultant Course
Session 1 - August 25 and 26, 2018

Nadi Yoga and Wellness
213 S. 2nd St. #6
Flagler Beach, FL 32136

Time	Saturday	Sunday
8:00 – 9:30	Introduction to the course (30 minutes) History of Ayurveda	Quantum Physics and Ayurveda
9:30 – 11:00	History of Ayurveda Introduction to Sanskrit	Consciousness based system of Ayurveda
11:00-12:30	History of Ayurveda Introduction to Sanskrit	Benefits of Meditation
12:30 – 1:30	Lunch (provided)	Lunch (provided)
1:30-3:00	Ayurvedic Philosophy	Ayurvedic Anatomy and Five Kosha Theory
3:00 – 4:00	Ayurvedic Philosophy	Ayurvedic Anatomy
4:00 - 5:00	Six Darshanas (six Vedic Philosophy)	Constitution based system of Ayurveda, Dosha Questionnaire Homework and Assignments

