



Ayurvedic Lifestyle Consultant Course - Session 2
October 13 and 14, 2018

Time	Saturday	Sunday
8:00 – 9:30	Q & A Session 1(30 minutes). Ayurvedic Physiology	Basic Pulse Examination
9:30 – 11:00	Concept of Agni and Ama	Basic Pulse Examination
11:00-12:30	Concept of Dhatu and Mala and Doshas	Rhythms of Nature and their effect on our body and mind
12:30 – 1:30	Lunch (provided)	Lunch (provided)
1:30-3:00	Ayurvedic Digestion and Nutrition	Dinacharya or Daily Routine
3:00 – 4:00	Concept of six tastes and their effect on emotions	Ritucharya or seasonal Routine
4:00 – 5:00	Ayurvedic Metabolism, Ojas and Immunity	Seasonal Nutrition Homework and Assignments