



Ayurvedic Lifestyle Consultant Course - Session 4
February 23 and 24, 2019

Time	Saturday	Sunday
8:00 – 9:30	Q & A Session 3 (30 minutes). Yoga Therapy and Ayurveda	Ayurvedic Psychology
9:30 – 11:00	Yoga, Pranayama and Meditation for Vata	Spiritual aspects of Ayurveda
11:00-12:30	Yoga, Pranayama and Meditation for Pitta	Yoga Nidra Theory
12:30 – 1:30	Lunch (provided)	Lunch (provided)
1:30-3:00	Yoga, Pranayama and Meditation for Kapha	8-Fold Examination of the patient including Pulse Examination
3:00 – 4:00	Ayurvedic Psychology	Examination of a client (Practical)
4:00 – 5:00	Ayurvedic Psychology	Examination of a client (Practical) Homework and Assignments