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 16th will be a half day for integration and rest. The workshop will complete on Friday November 19th 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  Yoga Therapy
        Asana, pranayama, meditation for particular system

8-9am  Ayurvedic Breakfast

9-12pm  Ayurveda
        Spiritual principles behind the medical philosophy with focus on particular system, symptoms and pathologies.

12-1pm  Ayurvedic Lunch

1:00 – 2pm  Medicinal Plant Walk

2:15-2:45pm  Yoga Nidra

3– 6pm  Essential Oils for specific system with select marma points for application.

6pm  Completion of Day