

Living the Science of Life—YogaFit’s 100 hour Ayurvedic Lifestyle Certificate

Join Kathryn Herbert; Ayu, Ct.P, RYT 200, in Austin, TX as we launch the first 100 hour YogaFit Ayurveda certificate intensive alongside our YogaLean Coaching Immersion retreat.

Austin, TX [Ancient Yoga Center](#)

September 25-October 3, 2016

Days 1-2 will review YogaFit®’s Ayurveda I and II, in preparation for the next phase of learning. Trainees can expect:

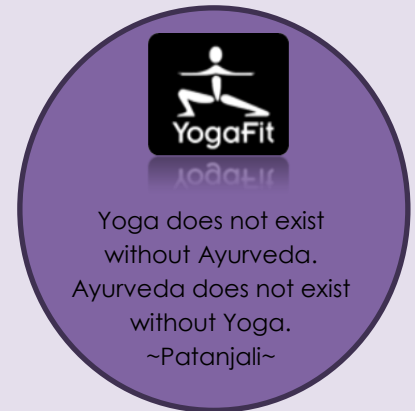
- To explore the application of Ayurveda for Yoga teachers, practitioners and students
- Learn hands-on techniques for adapting a group or individual Yoga class to most effectively meet the needs of the students based on health conditions, seasons, times of day, age of the students and other factors considered in the holistic philosophy of Ayurveda
- Gain hands-on understanding of how the theory of Ayurveda is relevant to and enhances Yoga
- A review of the digestive system and practices to strengthen and stimulate digestion.
- An exploration of the six tastes and our relationship with food.
- Practices to promote sound sleep (a form of subtle digestion) are reviewed along with rejuvenation techniques.
- Master classes offer focus on strengthening digestion, promoting sound sleep, and rejuvenating a fatigued nervous system.
- To strengthen your own teaching and knowledge of the therapeutic benefit of Yoga.

Days 3-7 will incorporate Ayurveda III and IV, along with Master Classes and hand-on sessions.

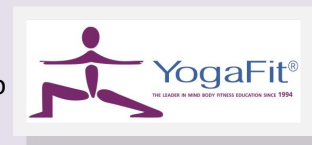
Ayurveda III

Ayurveda III is an in depth study of the TriDosha (Vata, Pitta, Kapha) and TriGuna (Sattva, Rajas, Tamas) in relation to Rasa (taste), Prakruti (constitution) and Vikruti (condition). Through the deep understanding of the 5 Great Elements and 20 Qualities, Trainees will be able to define the effects of substances and their ability to cause balance or imbalance. Advanced study of the 3 Energies and the role they play in every substance, thought and activity we expose ourselves to develops the Trainees ability to become a Master of Doshic balance. This develops the Trainees ability to apply the science in the scope of their practice for the betterment of their own lives as well as the lives of others.

A special segment has been added to this module to teach students to embody the words of Hippocrates when he said “let thy food be thy medicine, and thy medicine be thy food.” This segment will take place using the TableTop as Classroom where Trainees will learn to evaluate any given food item offered and the potential benefit or harm resulting from the individual’s consumption. This segment also includes the Kitchen Pharmacy with a take home guide to use for everyday wellness



including over 20 common culinary herbs available in any American grocery store to restore balance and bring delicious flavor to your way of life.



Ayurveda IV

This course introduces the Ayurvedic concept of Samprapti; the six stages of the disease process. It includes an in depth, yet easy to understand study of how a state of dis-ease comes to the body. The approach is through an advancing understanding of the Dhatus; 7 bodily tissues and the pathway of substances through the bodily system. In order to prevent, halt, reverse, or manage this process the concept of Chikitsa, or treatment will be introduced. Trainees will gain life changing knowledge in the areas of Panchakarma (cleansing/clearing actions), Dravyaguna (herbal remedies), and Rasayana (rejuvenation).

A special segment has been added to this module to give Trainees hands-on techniques for treatments they can easily perform on themselves and others for health, beauty, and well-being. Through practicum exercises, Trainees will learn simple Abyangha (massage) techniques to relieve tissues and stimulate Marma (vital points). In this segment we will also address the potentially harmful ingredients in many commercial health, home and beauty products and provide safe and effective substitutes.

Completion of this course for certification requires 20 hours of at home field study, submission of projects, and on line final exam.

Pack List:

- yoga mat
- yoga clothes
- workout clothes
- exercise shoes
- flip-flops
- Bathing suit
- various comfortable layers
- Journal
- water bottle
- any special snacks that you might need

Tuition, Lodging and Meals for Intensive

Lodging and meals will be included in the event pricing. Each room night includes **3 meals daily**. Please see the chart below and click [here](#) for more details regarding the different room types.

Please email edu@yogafit.com prior to registering. Once you have registered, please fill in this [form](#).

RATES - (includes tuition, room, all meals and snacks)	Early bird rate (through 8/25/15)	Regular rate (through 9/25/15)
Rooms with shared hall bath:		
3 + people	\$1995	\$2195
2 people	\$2115	\$2315
1 person	\$2275	\$2475
Rooms with private attached bath:		
3 + people	\$2275	\$2475
2 people	\$2355	\$2555
1 person	\$2555	\$2755
For participants not staying overnight:		
Commuter Fee and Meals	\$1995	\$2595

