



AyushaktiTM


since 1987

Ayushakti Academy of Ayurveda
Mumbai India



Secrets of Vibrant Health and Longevity

Discover how to apply ancient Ayurveda principles to your life through the scientifically proven age-old methods of reading and listening (*Patha*), understanding (*Avabodha*), and practical application (*Anusthana*)



Webinar Starts November 2022

COURSE OBJECTIVE:

To learn the principles and concepts of Ayurveda and Siddha-Veda through the scientifically proven age-old methods of reading and listening (*Patha*), understanding (*Avabodha*), and practical application (*Anusthana*) so you can guide yourself and others to be healthy and live life to the fullest.

YOU WILL LEARN:

More profound knowledge of the Basic Philosophy of Ayurveda, including:

- 5 Basic Elements Theory (*Panchamahabhuta*)
- Three Body Humors (*Tridosha - Vata, Pitta, and Kapha*)
- Body Tissues (Seven *Dhatus*)
- Vital Energy/Immunity (*Ojas*)
- Governing Psychology Factors (*Triguna - Sattva, Raja & Tama*)
- Body Constitution (*Prakriti*)
- Digestive Fire (*Agni*) and Toxins (*Aam*)

Principles of Ayurvedic dietetics including:

- Rules & regulations of food consumption
- Diet for three *doshas*
- Effective diet plans for different types of health challenges
- Kitchen formulas
- Action and indication of 20+ Ayushakti herbal formulas.
- How, when, and what herbal formulas to use for different health conditions ranging from acidity, digestive challenges, cough, cold, low immunity, etc.
- Profound knowledge of Daily Regimen (*Dincharya*) and Seasonal Regimen (*Rutucharya*)
- Suppressible and Non-suppressible urges (*Dharniya and Adharniya Vega*)
- What is *Panchkarma*? Detox and its benefits
- Deep understanding of *Marmaa* (vital energy points) and its practical application

To register click on **ENROLL NOW** on below given link:

<https://bit.ly/3ec4R0Y>

For any query or required assistance:

Email: education@ayushakti.com • Whatsapp: <https://wa.me/919869459538>

AFTER COMPLETING THIS EDUCATION

- You will have a deeper understanding of the Ancient Science – Siddha-Veda principles and philosophy.
- You will be able to suggest lifestyle and diet plans for healthy persons to maintain their health status.
- You will be able to guide others to boost their immunity in natural ways.
- You will use the Marma (vital energy points) technique to generate fast results in various health conditions.
- You will get basic knowledge about the application of Ayushakti herbal formulas.
- You will help yourself and others to enrich the experience of body, mind, and senses.

LEARNING WILL BE THROUGH WEBINARS

We developed this exclusive educational material for you based on 32+ years of teaching and practical experience. Our online Ayurveda education program gives you unlimited access to:

- Explainer Videos
- Study Materials
- Group Discussions
- Practical Approach to Learning

WHO CAN JOIN?

- Anyone who wants to learn about an ancient way of healing.
- Anyone who wants to know how to take care of themselves, family, and friends successfully.
- Any doctors, naturopath, osteopath, chiropractors, healthcare, and wellness practitioners who want to increase their knowledge.

LANGUAGE

- Live class – English
- Study material – English, German, Spanish, and French

DURATION

- 1 hour webinar twice a month
- 6 month course
- 12 total sessions

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