

*At the Colorado School of Clinical Herbalism, Boulder, CO*

# Fundamentals of Ayurvedic Medicine



**Two Weekends:**

**Fri-Sun, Jan 26-28 & Feb 16-18, 2018**

*Total of 6 days, 12:30-6:30 each day, open to all*

*An Introduction to the Ancient and Powerful  
Health Care System of Ayurveda*

**Taught by Sarasvati Buhrman, Ph.D., RYT-E 500, C-IAYT**

Ayurvedic Medicine Practitioner and Teacher, Classical Yoga Therapist, in practice since 1987,  
National Ayurvedic Medical Association; World Council of Yoga; (ayurvedicsolutions.com)

*Ayurvedic Medicine is the herbal medical system of ancient India. It includes lifestyle, dietary and cleansing methods, herbal medicines, and Yoga practices to promote and maintain health and address disease. It is particularly effective in personal and family health maintenance, and in the management of digestive disorders; chronic degenerative illnesses; allergies, sinus infections and asthma; gynecological issues, depression and anxiety. It teaches us how to maintain a high level of wellness throughout our lives, and fosters a balanced approach to the health of Body, Mind, and Spirit.*

## **Course Content and Skills Development include the following:**

- *Fundamentals of Ayurvedic Diet, healthy diet, food sensitivities, and foods as medicine*
- *Assessment of Ayurvedic Constitution (prakrti)*
- *Assessment of Current Imbalances: symptoms, pulse and tongue diagnosis (vikrti)*
- *Daily and Seasonal Routines for Health and Cleansing Practices*
- *Introduction to healing properties of 40 basic Ayurvedic herbs, spices, and medicinal oils and example home remedies for common ailments*
- *Definitions of Health, and Intervention in the stages of disease development*
- *Traditional uses of Ayurvedic Cleansing Practices and the Ayurvedic Basis of Yoga Therapies to Maintain and Restore Health*

**Cost: \$225/each 3-day segment or \$425 for entire training**

**Details & Registration: Sarasvati Buhrman, 303 443 6923**