

Ayurvedic (II) How to Synch with Nature
The Dance of the Doshas and Dinacharya

Instructor's Name: Cynthia Ambika Copple

Class Name: Ayurvedic (II): How to Synch with Nature

Course Dates: April 29 and 30, 2016

Class Time: Friday 6-9pm, and Saturday 9am - 12pm

Location of Class: Meru Classroom, CSE Grace Building

COURSE DESCRIPTION

In this course, students learn about how to restore balance and improve health by matching mealtimes, sleep cycle, and activities to the cycle of doshas. This course dives more deeply into the doshas and subdoshas in the context of the Ayurvedic concept of dinacharya. Students explore how these concepts can be used when teaching others how to live a yogic lifestyle, a life of seva-service, or how to have a live with radiant vitality.

TEXT AND HANDOUTS

- *An Easy Guide to Ayurveda* (Davis)
- *Know Your Blueprint: The Ayurvedic Secret to Restoring Your Passion and Vitality in 4-Weeks* (Copple)

ASSIGNMENT

- Read Ambika's book in its entirety prior to this class.
Know Your Blueprint: The Ayurvedic Secret to Restoring Your Passion and Vitality in 4-Weeks
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