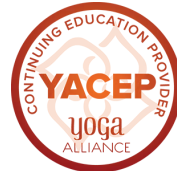




Wise Living Yoga Academy

A School of Ancient Tradition and Science

Accredited By:



Program Structure for

Principles of Ayurvedic Diet, Health & Nutrition

Chiang Mai - Thailand

Principles of Ayurvedic Diet, Health & Nutrition

Certified by YACEP, Yoga Institute Thailand and accredited by the Ministry of Health and Education (AYUSH) - Government of India

Introduction

The Ayurveda course is an eye-opening course. In this course Jeenal will help you reconnect to your eating intelligence, help you heal your digestion and understand your body type, your mind and the diet associated to your body type. The course is based on the traditional principles of Ayurveda to help you design an ideal diet, choose the right spices and ingredients to heal yourself. This online course with Jeenal Mehta will allow you to a deep transformation, reflect, and enjoy the healing process while inspiring you to live a yoga lifestyle and a healthy routine. There will be fun filled informative and interactive sessions with Jeenal combined with intensive practical techniques that makes the course even more interesting.

The Notions of Ayurveda - Syllabus

1) Understanding true nature of your mind and body

- Emotional effects on digestion and body;
- Eating intelligence technique.
- Diseases and detoxification.
- Theory of Panchakarma & Rejuvenation.
- Women's health and Ayurveda

2) Discovering your Ayurvedic body type - Your body is a miracle of biological engineering.

- The three Doshas and their qualities,
- Ayurveda Body-type Questionnaire

3) Mastering the key to weight loss

- Balancing your system
- Homeostasis
- Daily routine & Master cycle of the 3 Doshas
- Creating a successful daily routine

4) Power of Digestion

- Ama

- Ojas
- Body Intelligence tips

5) **Eating right without dieting**

- Kapha reducing foods
- Practical techniques for restoring balance
- Eating to transform yourself
- Herbal supplements

6) **Overcoming food cravings and binges**

- The importance 6 Tastes
- The keys to satisfaction in eating
- Breathing awareness meditation
- Controlling emotionally based eating

7) **Exercise without strain**

- Creating a fat-burning physiology
- Exercise and Ayurveda
- Dosha-specific exercises

8) **How the body acquires, uses and stores energy**

- Consciousness and Awareness
- Concept of Nutrition according to Ayurveda
- Ways to increase and balance the Prana

9) **Ayurvedic vegetarian cooking and recipes**

- Ayurvedic spices and their effects
- Making a balanced meal
- Khichdi
- Dal, vegetables, natural teas etc