

Hatha Yoga Teacher Training (HYTT) 300-Hour Program

Course Outline: Principles of Ayurveda

Core Module – 20 Hours

COURSE DESCRIPTION

Learn the core concepts of Ayurveda, the oldest known tradition of healing on the planet, to enhance well-being and energy for the mind, body and soul.

Discover your own natural rhythms through simple seasonal diet and lifestyle choices while learning how to bring the teachings of the ancient science of Ayurveda to your daily life. Explore how Yoga's sister science leaves you feeling more connected to yourself and others through physical, psychological, and spiritual thriving.

Learn about the five great elements and the twenty qualitative attributes in order to approach the foods you eat and the activities you do in ways that bring balance to your life; the fundamental theory of Vata Pitta Kapha Doshas; Prana Tejas Ojas, the subtle forms of the Doshas; and Dinacharya, routines for health and well-being.

LEARNING OBJECTIVES

1. Understanding the basic concepts of Ayurveda.
2. Feeling more connected to yourself, others, and seasonal rhythms.
3. Feeling confident to bring this ancient technology to your friends and family.

PRE-REQUISITE READING

Optional:

Ayurveda: A Practical Guide: The Science of Self-Healing by Dr. Vasant Lad

PRE-TRAINING ASSIGNMENT

Self-inquiry:

Upon taking the Dosha Quiz, explain how you relate to your predominant Dosha and the other Doshas as well.

ENROLLMENT

This course is open to the general public. 6 months to 1 year of regular yoga practice is recommended for participation.

COURSE COST

\$325 + HST