



Ayurveda Workshop

Oct 02, 2021 - Oct 03, 2021

mit Petra Wolfinger



Continuing education hours

16 Contact Hours

0 Non-Contact Hours

Educational Categories

- Techniques, Training & Practice (TTP)
- Teaching Methodology (TM)
- Anatomy & Physiology (AP)
- Yoga Philosophy, Lifestyle & Ethics (YPLE)

Description

Ayurveda, the sacred knowledge/science of life, is also called sister science of Yoga. It is a 5000 year old system of Indian healthcare based on the five elements. The module covers the main principles of Ayurveda and its relationship to Yoga, as well as how to apply Ayurveda in daily life.

In this workshop the trainees will learn the basics and benefits of Ayurveda, hear about prakriti and vikriti; the three doshas, the five elements, the constitution and its disturbance factor, as well as the three gunas (sattva, rajas, tamas) will be presented. The trainees will discuss the fundamental question of who we are, and how we can determine our own constitution as well as our vikriti. The workshop will also provide insight how a clean food strategy related to prakriti can support the individual Yoga practice as well as mental health. The module discusses agni and the tissues, and how an Ayurvedic lifestyle can diminish stress, dina charya, the daily routine of ayurvedic kriyas. Trainees will learn how to cook ghee, the basis for all individual needs; vegan alternatives will be presented. Each student is encouraged to discover her/his prakriti (vata - pitta - kapha) in order to tailor the individual yoga practice, daily routine and diet.



Additional Schedule Details

Saturday, October 2 - 10:00-6:00 pm (Austria, CET)

Sunday, October 3 - 10:00-6:00 pm

Each day will have a one-hour lunch break.

Full attendance is required in order to obtain a Certificate of Completion.

Additional Information

As part of the training, you will:

- Receive a manual that outlines the content and the topics covered in this course.
- Receive a certificate upon completion and 16 Continuing Education Credits through the Yoga Alliance

The course will be taught in GERMAN.

Students that are enrolled in our Townhouse Yoga 300 hours Advanced multi-style Yoga Teacher training do not have to separately enroll in this course.

Price: € 360,-

BANKVERBINDUNG:

Dr. Eva-Maria Hinterwirth

Raiffeisenlandesbank Wien/NÖ

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