

Heal Thyself 100 Hr Ayurveda Level-1 certificate course. Ed Zadlo D.Ay

Saturday-1 Registration/ Introductory overview	Sunday July 18th
Class-1 Introduction to the principles of Ayurveda: Cosmology The 3 governing Principles (Vata/Pitta/Kapha).	Monday July 19th
Class-2 Individual Body Types (Constitution). Constitutional analysis. Dosha Characteristics	Monday July 26th
Class-3 General Dosha Management 1 st exam	Monday Aug 2nd
Class-4 Anatomy & physiology: The 7 tissues. Ama-Digestion-Agni. The body channels.	Monday Aug 9th
Class-5 The Disease process: Dosha Aggravating Factors Stages of Disease	Monday Aug 30th
Class-6 and Saturday workshop-2 review ABC's of Diagnosis	Monday Sept 6th
Methods of Diagnosis 2 nd exam	Saturday Sept 11th
Class-7 Treatment: Balancing the humors Self-Care regimes Daily & Seasonal Routines.	Monday Sept 13th
Class-8 Therapeutic Approaches: Tonification & Reduction. Palliation Pancha Karma. Rejuvenation of the Mind.	Monday Sept 27th
Class-9 and Saturday workshop- 3 Food diet &cooking	Monday Oct 4th
Dietary Therapy The 6 tastes. Food per constitution. Herbs & spices per constitution. Detox Diet Yogic Diet.	Saturday Oct 9th
Class-10 and Saturday workshop-4 Herb workshop	Monday Oct 18th
Herbology. Herbal energetics Herbal Treatment Preparing & Using Herbs Kitchen Pharmacy. 3 rd exam – Yoga of Herbs study exercise	Saturday Oct 30th
Class-11 Other Modalities Vedic Psychology Color, Gem & Aroma Therapy Treating the Prana Ayurvedic Counseling	Monday Nov 1st
Class-12 and Saturday workshop- 5 Integrating Ayurveda and Yoga	Monday Nov 15th
Integral Ayurveda Yoga Practice The Eight Limbs of Healing Asana/Mantra/Meditation Therapy	Saturday Nov 20th
Last ClassFinal exam class project – graduation	Sat/Sun Nov 27/28 th