VINTER 2021

AIN 1 COURSE SYLLABUS

VEDAWISE.CON

EAT | SERVE | HEAL
INTUITION, WISDOM, NATURAL INTELLIGENCE,
& THE GRACE OF LIVING

EABNING OBJECTIVES, CURRICULUM, PRACTICES, A PROMPTS

AIN 1: LEARNING OBJECTIVES

- 1) To develop a working knowledge of Ayurveda philosophy, including basics of Samkhya, Pancha Mahabhutanis, Tridosha, Triguna, Prakriti and Vikruti
- 2) To cultivate a daily habit of Pratyaksha, trust of self and intuition
- 3) To strengthen discernment, especially regarding the gunas and the 10 pairs of opposites
- 4) To understand the Shad Rasas and their impact on Doshas
- 5) To consider the state of Agni and practices to balance
- 6) To harmonize the doshas with the application of opposites
- 7) To master seasonal living and be able to share it with others, through Seasonal Cleanses, and classes.
- 8) To implement SOUL and creatively help others do the same
- 9) To understand the impact of stress on digestion, and overall health, and to implement practices to reduce stress, increase healthy manas and prana
- 10) To examine one's own relationship with nature, Mata Bhumi and Svadharm
- 11) To support sacred self-understanding through Ayurveda
- 12) To empower the spread of Ayurveda in families and communities

AIN 1: CURRICULUM

AIN 1.1: The Cause & Procession of Nature

Samkhya | Cosmology | Yatha! | Introductions | Logistics

AIN 1.2: Energies, Elements, Attributes & Attitudes

Prana, Tejas, Ojas | 5 elements | The qualities of nature: 20 | The Doshas The attributes & Energies of the Doshas | Prakriti v Vikruti

AIN 1.3: The Symphony of Life: Harmony v Balance

Gunas | Like attracts. Opposites heal | Harmony & the Application of Opposites | The Essentials: Nidra, Ahara, Brahmacharya | Six Tastes

AIN 1.4: The Foundations of Healing

Agni | Agni & the Gunas, Agni & the Doshas | Agni & the Dhatus | Agni & Ama | Location of the Doshas | Accumulation of the Doshas

AIN 1.5: Essential Digestive Wellness

Kitchen Medicine: Food, Spices, herbs | Seasonal Foods for Seasonal Balance | Foods for Doshas | Dosha Plans | Basic and Universal Protocols for Wellness

AIN 1.6: Seasonal Cleanses: Philosophy & Protocol

Cleanse basics | Seasonal Resets | How to use my 5-day Seasonal Cleanses | How to Guide & Support Seasonal Cleanses

AIN 1.7: Rest & Rejuvenation

The Koshas | Stress-reduction, Meditation | Digestion & the brain, nervous system | Prana & the Mind | Agni & Prana | Sattva | Ojas

AIN 1.8: Sharing Your Knowledge: Integrating Ayurveda

Best Practices | Leading classes, cleanses | Marketing | Q&A

AIN 1: PRACTICES & PROMPTS

AIN 1.1: THE CAUSE & PROCESSION OF NATURE

Samkhya | Cosmology | Yatha! | Introductions | Logistics

At Home Practices

Notice nature, elements at play each day | Attributes Nature Hunt

Prompts

What did you notice and what does it tell you about who you are & why you are here | What is your heart asking of you now? | How can nature support you?

Present (same for every week)

3 for 3: Choose 3 examples from above (practice and prompts) and share your experiences, insights with the group in Wed. class. Be prepared for discussion to deepen and hone.

AIN 1.2: ENERGIES, ELEMENTS, ATTRIBUTES & ATTITUDES

Prana, Tejas, Ojas | 5 elements | The qualities of nature: 20 Attributes | Prakriti v Vikruti

At Home Practices

Experience the five elements. Feel the qualities. Describe this to one who's never experienced nature (Imaginary).

Prompts

How do the elements feel to you? Which qualities of the elements seem present in you, nourish you deplete you? Which element is dominant in your environment right now, and what do you notice about how that impacts you?

Present

As in AIN 1.1: 3 for 3

AIN 1: CURRICULUM & PROMPTS

AIN 1.3: The symphony of Life: Harmony v Balance

Gunas | Application of opposites | PTO | Traya Stambha

At Home Practices

Notice the Gunas | Seek Sattva | Explore the medicine of breath

Prompts

What is Harmony v. Balance for you? What nourishes your Prana, Tejas, Ojas? What does *nidra*, *ahara*, *brahmacharya* mean for you?

Present

As in AIN 1.1: 3 for 3

AIN 1.4: THE FOUNDATIONS OF HEALING

Agni | Agni & the Gunas, Agni & the Doshas | Agni & the Dhatus | Agni & Ama | Location & Accumulation of the Doshas

At Home Practices

Dharana on Agni | Experiment with doshic meals | Explore what supports v weakens your agni

Prompts

How is Your Digestion? What works? What does your digestion say about your vikruti, your habits, stress v exercise v relaxation?

Present

As in AIN 1.1: 3 for 3

AIN 1: CURRICULUM & PROMPTS

AIN 1.5: ESSENTIAL DIGESTIVE WELLNESS

Kitchen Medicine | Seasonal Foods for Seasonal Balance | Foods for Doshas | Protocols for Wellness

At Home Practices

Get creative with spices | Experiment with spice teas | Explore diverse seasonal meals To Experience the impact

Prompts: What have you learned that you think will be, or are finding to be, helpful to your digestion? Is Ayurveda shifting your perspective on health & wellness? If so, how, what? How has your understanding of the value of nature in healing evolved since we began this journey together?

Present

As in AIN 1.1: 3 for 3

AIN 1.6: Seasonal Cleanses: Philosophy & Protocol

Cleanse Basics | Seasonal Resets | How to Guide & Support

At Home Practices

Choose one from each of these four categories: a vegetable, a fruit, a grain, and a spice, herb or condiment. Consider and be prepared to share: Which of the six tastes does this food carry? What are its attributes? What is its *virya* (heating or cooling)?

Prompts

What elements in nature help you purify or reset? How does it feel to you to eat light? Do you notice any resistance?

Present

As in AIN 1.1: 3 for 3

AIN 1: CURRICULUM & PROMPTS

AIN 1.7: Rest & Rejuvenation

The Koshas | Stress-reduction, Meditation & Gratitude | Sattva

At Home Practices

Deep Sleep Tonic | Mindfulness Practice | Nourish the Koshas

Prompts

How does sleep impact your digestion and vice versa? How do mindfulness practices affect your health, energy, digestion? Which Kosha needs balancing in you?

Present

As in AIN 1.1: 3 for 3

AIN 1.8: Sharing Your Knowledge: Integrating Ayurveda Best Practices | Leading classes, cleanses | Marketing | Q&A Final

At Home Practices

Begin to create your offering

Prompts

What are the key lessons you learned for your own life? What will you take forward and share or teach? How will you share?

Present

Case Study (TBA)



NOTES



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