

Ayurveda Intensive Workshop Plan

April 3-5, 2020 at [Serenity Farm Durham](#)

Sponsor: [Element Hot Yoga](#), Raleigh

[Registration Fee](#): \$150,

Instructor: [Marc Edwards, MD](#)

Are you looking for the secret to health, vitality and longevity?

Are you passionate in the pursuit of personal growth and development?

Are you struggling with the challenge of incorporating Ayurveda into your everyday life?

Would you like to gain a deeper understanding of the Vedic tradition of which Yoga is one small part?

Would you value the perspective of a western-trained physician with 35+ years of experience with Ayurveda and Vedic knowledge?

If any of these apply, this interactive program is for you.

This course was originally designed for Longwave Yoga, Wilmington, NC. It should satisfy both novice and advanced learners. You'll leave with lots of knowledge, some new friends, a personal self-development plan and the tools to succeed.

By having some awareness of Ayurveda, you are already ahead of the curve. Most haven't even heard of it.

I first encountered Ayurveda in the mid-80s as an outgrowth of the meditation I learned a decade before as a first-year medical student. To my delight, the study and practice of Ayurveda brought fulfillment to my work as a family physician. What is more, over the past 20 years I've worked out how to honor these laws of nature notwithstanding the counter-pressures of modern life. So, my perspective may enhance yours.

To start, think of Ayurveda as the original owner's manual for the human body and think of the body as a machine for creating consciousness from food. Also consider that Ayurveda is deeply spiritual: it's really about living in the bliss of enlightenment, without suffering.

During our 12 hours together, we'll anchor on key concepts and then go deep into diet, digestion, daily routine, seasonal detoxification/rejuvenation, and the management of common problems including sustainable weight control. Along the way, you'll better appreciate how Ayurveda connects to Yoga and the vast storehouse of Vedic wisdom.

To help you put this knowledge into action, I will encourage you to create a personal improvement plan and share tips for managing personal change. For those who are interested, I will do pulse readings with feedback on their current state of balance. If you have any questions in advance, please contact me at 860.521.8484 | marc@gatoqi.com or speak with Element Hot Yoga staff.

Course Description

Ayurveda (Sanskrit for “Science of Life”) gives timeless and profound knowledge of how to optimize health and longevity. It explains our individual differences and how to harmonize with them to maintain balance, improve vitality and resist disease through choices of diet and lifestyle. This workshop targets Yoga students, teachers-in-training and others who are interested in a more expansive understanding of how Ayurveda is relevant to all aspects of life. Prior exposure to Ayurveda is helpful but not required. The course will ground you in Ayurvedic principles and get you started on a program for personal growth. While encouraging honest self-exploration, we will respect and protect personal privacy.

Learning Objectives

Participants will leave the weekend with a deeper understanding of the individual relationship with Cosmic life and the tools to live with more balance, vitality and joy.

- Understand the Ayurvedic view of human physiology, mechanisms of disease and definition of perfect health
- Evaluate the utility of your current health habits in view of your own state of balance/imbalance
- Apply principles of Ayurveda to develop a plan to optimize personal health

Program Structure

Friday, April 3

6:00-6:30 PM: Meet & Greet; Introductions; Overview of schedule and personal improvement planning process

6:30-8:00 PM: Review and enhance understanding of basic Ayurvedic principles

8:00-9:00 PM: Self-assessment and work on personal improvement plan; optional individual pulse readings

Saturday, April 4

9:00-10:15 AM: Promoting Balance through Daily Routine, Seasonal Detoxification and Rejuvenation; Managing Personal Change

10:15-10:30 AM: Break

10:30 AM – Noon: Diet, Digestion and the Doshas – the Advanced Course

Noon-1:30 PM Lunch Break

1:30-2:45 PM: The Seven States of Consciousness; the Structure of Veda; Veda in the Human Physiology

2:45-3:00 PM: Break

3:00-4:30 PM: Problem-Free Living through Vedic Science, including Vāstu, Jyotish and Yagya

Sunday, April 5

9:00-10:15 AM: Self-Management Tips for Common Problems

10:15-10:30 AM: Break

10:30 AM – noon: Ask the Vaidya (aka: Open Topic Q&A)

About the Instructor

Marc Edwards is a family physician from Chapel Hill, NC who has studied and practiced Ayurveda for over 30 years. He lives and works in [Vāstu](#). He serves as adjunct faculty for the UNC Medical School and Maharishi International University. He also gives frequent talks on Ayurveda to make this priceless knowledge for better self-care more widely available. You can learn more about him and Ayurveda at <https://qatoqi.com/ayurveda>.

Self-Assessment

Participants are encouraged, but not required, to complete the following Ayurvedic assessments prior to the course. They will be helpful in creating a personal improvement plan.

1. Health Habits Assessment: <https://qatoqi.com/ayurveda/php/habits.php>
2. Dosha Imbalance Assessment: <https://qatoqi.com/ayurveda/php/imbalance.php>
3. Digestion Assessment: <https://qatoqi.com/ayurveda/php/digestion.php>
4. Ama Assessment: <https://qatoqi.com/ayurveda/php/ama.php>
5. Dosha Assessment: <https://qatoqi.com/ayurveda/php/prakriti.php>