

LEARN NATURAL HEALING

Ayurveda! Traditional Medicine of India *Introductory Course*

This Course is an introduction to Ayurveda, the traditional medicine of India - with enough special "depth" material to interest students of any level.

Varadaan will share wisdom from studies with Vasant Lad and work as a Practitioner.

www.BoulderAyurveda.com



Teacher:
Varadaan,
BS, RYT,
ASP 1&2
Graduate of
Ayurvedic
Institute

You will learn about a comprehensive perspective on the Vedic system of physics and metaphysics. Topics include an overview of Vedic Five Element Theory and its manifestation in the human body as the Three Doshas, the Ten Guna pairs, Subdoshas, and implications for healing with diet and lifestyle, including Yoga. You will be given a "Rosetta Stone" of Ayurveda, which Varadaan has used while teaching pulse and herbology at the Ayurvedic Institute. During our time together there will be opportunities to ask questions.

Successful completion of both Modules One & Two provides a solid foundation in the Fundamentals and a springboard to more advanced topics such as Pulse, Herbology, Pancha Karma and Clinical Training.

**REGISTER NOW
FIRST CLASS
IS SEPT 25**

10 Thursday evenings

Solstice Center, 302 Pearl

6:30-8:30pm, Sept 25 - Dec 4, 2014

\$250 registration by Mar 5. \$300 before Sept 19.

Recommended text is Dr. Lad's Fundamentals of Ayurveda, available at discount price, approx \$40.

Call Boulder Ayurveda 303.827.5823