



Ayurveda-Basics for Yoga Teachers and Practitioners

Developing and Realizing the Potentials of Personal Healthcare

Vienna, 12.04. - 18.4.2019

with Dr. Padmini Ranagathan

Traditional Indian philosophy forms the spiritual basis of Ayurveda, which deals with holistic health and the relation of man to cosmos. Like yoga, Ayurveda is not bound to any beliefs or intellectual abilities. Both systems help the practitioner to bring body and mind in harmony with the intelligence of nature.

The tools we use in this seminar are yoga, nutrition and self-observation based on Ayurvedic principles. With their help we try to reach the goals of Ayurveda, to establish balance in the organism, and to develop consciousness in body and mind.

The seminar offers insight into the Vedic understanding of body and mind to yoga practitioners and teachers. The holistic knowledge enables an individual, health-oriented diet, yoga practice and lifestyle.

"The world is composed of five elements in Ayurvedic philosophy: earth, water, air, fire and ether. So is our body. He is something of a small world. Therefore, all these elements in the body must be in the right proportion to each other: pure earth, pure water, pure fire or sunlight, pure air and free space." (Mahatma Gandhi)

The "Tridosha doctrine" (Vata, Pitta, Kapha) is the core of the Ayurvedic teachings: three energetic basic forces, which were created from the five basic elements Earth, Water, Fire, Air and Ether, have a significant effect on our mental and physical functions.

The treatment methods in Ayurveda are based on a multi-layered diagnostic procedure, which provides information about the individual constitution type. They can assist in restoring balance of life energies and in creating lasting stability and optimal state of health.

Contents:

- Introduction to the "Tridoshas"
- Ojas, the subtle quality of the seven tissues that protects life
- Agni, the digestive fire, that burns and transforms food
- Daily (dinacharya) and seasonal (ritucharya) routines of Ayurveda
- Fundamental principles and dietary guidelines of Ayurveda
- Connection to yoga and yoga therapy on all topics
- a one-to-one session for individual consultation with Dr. ind. Padmini Ranagathan for each participant

Lecturer: Dr. med. ind. Padmini Ranagathan

Dr. Padmini Ranagathan graduated in Ayurveda at Venkstaramana University in Chennai in 2003. After her first Ayurvedic practice in Hyderabad, she worked for 3 years in a rural Ayurvedic project in the villages of Madurai. Since 2005, Ms Padmini Ranagathan successfully has led several seminars organized by R. Sriram on the connection between the basic principles of Ayurveda and Yoga therapy. Since 2008, Ms. Padmini Ranagathan has taught advanced Yoga Therapy to European yoga teachers in Mysore. Since 2007, she has been working in an Ayurvedic practice in Mysore and has been concentrating on her teacher trainings and online courses in Ayurveda.

Yoga and Presentation: Christa Pusch and Mag. Arthur Florian Lehner:

- four-years yoga teacher training BYO / EYU
- three-year training in yoga philosophy with R. Sriram

Location: 1070 Vienna, Prana Studio

Seminar times: Saturday 12.04.2019 Start 10 am to 18.4.2019 at 15 o'clock

Total hours: 50 lessons of 60 minutes each

Costs: Euro 620, - Early Bird until the end of January 2019 and Euro 780, - from February 2019

Organization: ARGE Yoga & Ayurveda

Contact and information: Christa Pusch, +43 (0) 6802308956, info@yogajetztleben.at