



# 50 HOUR AYURVEDA TRAINING COURSE WITH JACQUIE SADEK

How to Teach and Practice the Doshas According to Ayurveda

19-27 March 2019

**Om mani padme hum** (May we transform our impure body, speech and mind into the pure exalted body speech and mind of a Buddha)

Ayurveda is a Sanskrit word meaning “science of life”. Ayurveda views health and disease in holistic terms, taking into consideration the inherent relationship between individual and cosmic spirit; individual and cosmic consciousness; energy, matter and environment.

According to the teachings of Ayurveda, every human being has four biological and spiritual instincts; religious, financial, pro creative and the instinct toward freedom.

Balanced good health is the foundation for the fulfilment of these instincts which is the goal of Ayurveda and true freedom from death and disease; enjoyment of uninterrupted physical mental and spiritual happiness.

Yoga is the science of union with the Divine, with truth. Tantra is the most direct method of controlling energy that creates the ultimate union with truth and Ayurveda is its science. Ayurveda being the foundation, yoga the body and Tantra the head.

It is necessary to understand Ayurveda in order to experience the practices of Yoga and Tantra.

In this 50-hour training you will explore:

- Five basic Elements of Ether, Air, Fire, Water and Earth.
- The three basic Constitutions of Vata, Pitta and Kapha.
- Consciousness of masculine and feminine and its matter and creation.
- Prakruti and Purusha and the attributes known as Gunas and how to incorporate health and wellbeing through Asana practice and diet

Investment: AED 3560

Early Bird 10% off until 5 March.

Additional details:

- 35 hours studio time includes 2 hour exam plus 15 hours self-study.
- Tuesday and Wednesday 19, 20 and 26, 27 March 2019 | 9am-5pm
- Students will receive a manual and certificate.

Open to anyone seeking a basic understanding of Ayurveda and its principles according to yoga including teachers who want to incorporate Ayurveda into a class format.

Book your place by emailing

[info@bodytreestudio.com](mailto:info@bodytreestudio.com)

02 443 4448 [www.bodytreestudio.com](http://www.bodytreestudio.com)

