



Location:

**The American Theater
125 East Mellon Street
Hampton, VA 23663**

Time:

10:00 am—5:00 pm

Dates:

**Ayurveda I
(Introduction)**

Session 1

Sat/Sun—Mar 10-11

**Ayurveda I
(Introduction)**

Session 2

Sat/Sun—Mar 17-18

**Ayurveda II
(Advanced)**

Session 1

Sat/Sun—Apr 14-15

**Ayurveda II
(Advanced)**

Session 2

Sat/Sun—Apr 28-29

Taksha University
15 Research Drive
Hampton, VA 23666

Tel: 757-766-5832

Email: contact@taksha.org

Taksha University

School of Integrative Medicine (SIM)

Interested in learning more about this ancient lifestyle and wellness philosophy?

Sign up now for one or more weekend class at

www.taksha.org

Registration: \$150 per weekend course

Plus \$40 textbook

~ Topics covered by Class ~

TIM625-1: Ayurveda I (Introduction) - Session 1

Origins and Philosophy
Elemental Theory and Natural Order of the Universe
Mental Attributes that form our Basic Personality
Our Innate Body/Mind Constitution

TIM625-2: Ayurveda I (Introduction) - Session 2

Digestive Fire and Our Health
Prana, Tejas and Ojas: The Immune System
Diet and Nutrition
Pulse Diagnosis
Ayurvedic Cooking Class

TIM626-1: Ayurveda II (Advanced) - Session 1

Pathways, Causes and Diagnosis of Disease
Disease Prevention: Daily Routine for the Seasons and Your Body-Type

TIM626-2: Ayurveda II (Advanced) - Session 2

Herbology and Pharmacology
Ayurvedic Massage and Body Work
Detoxification and Rejuvenation Therapies
Psychospiritual Treatments