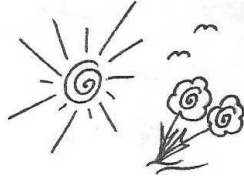


Anim'Arte
Villa Gadea



Armonía



Vitalidad



Energía



Compartir



Serenidad

Centro Alba www.centro-alba.com



Workshop

Ayurveda Multidimensional

(The mother of all therapies)

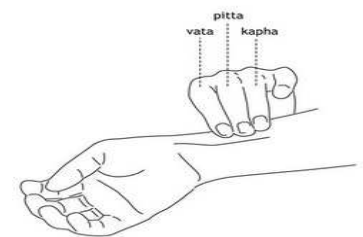
Saturday 11th of may
16h - 18H

In Villa Gadea Hotel
03590 Altea . Alicante

To join the group : 10 €



This workshop is aimed to adults who are willing and wish to learn how to manage self management of health.



Introduction to pulse reading

Introduced by:

Chaitanya S. das (Chai)

Chaitanya S. Das is a certified ayurvedic practitioner and councillor, he has explored the knowledge of ayurveda, jyotish and Bhakty Yoga, consistently since 1975 : Applying successfully his life experience in his seminars, retreats and consultations . He works with a Team of experts in various branches of ayurveda , yoga and allopathic medicine.

For further information :
alfauno3@hotmail.com or Tel/sms al **630 677507**

Ayurveda Multidimensional

(The mother of all therapies)

This workshop it is designed to focus upon understanding in an easy way the Ayurvedic way of life, this seminar is oriented for beginners, Chaitanya will show the importance of following a personalized healthy life style along with complementary yoga practices ., Chaitanya's workshops and seminars are usually a mixture of some information that is given in the regular Ayurvedic Studies Program and additional information that is not. The topics vary from season to season and depending on people' interest capabilities.

What is the goal of Ayurveda?

The philosophy of Ayurveda is to help people heal themselves. A unique quality of Ayurveda is that healing is promoted by balancing the different energies in the body. These are known as Vata, Pitta and Kapha (the "Doshas" or body humors). The Doshas are the three main combinations of the five elements (ether, air, fire, water, and earth). These five elements in the body can be balanced through diet and herbs that possess the essence of each element. Vata is air and ether and it is the element that moves the energies and nutrients in the body. Pitta is mainly fire and it is in charge of metabolism and digestion of gross nutrients and energies. Kapha represents water and earth and its main function is to provide strength and development of tissues at all levels in the body.

We will cover the following Topics

- the workshop integrates Ayurvedic and yogic approaches and techniques to improve energy levels and general well-being. The teachings are practical, and sustainable.
- In true Ayurvedic fashion, they are insightful and allow us to better understand our world and how to live in it in order to reach enlightenment and go beyond.
- Life style adjuncts according to age, time of the day and season
- The (PH) Balancing the balancing factor.

The root cause of imbalance is a misconception about our identity and place in the external world. Ayurveda asks us to discover our identity as an integrated part of the universe.

neither struggling against it, competing with it, waging war against it, nor feeling overpowered or helpless in the face of life.

Source. Bhagavad Gita