

Ayurvedic Nutrition: The Art of Concious Eating

Join us for an amazing opportunity to learn the wisdom of Ayurveda^{i[1]} at a stunningly beautiful yoga ashram in the Bahamas!

In this five day program, Marisa Laursen (Sri Devi) will take you on a personal journey into one of the most fundamentally important areas of caring for yourself: the food you eat. You will learn to understand what type of diet is right for you as well as all of the fundamental principles of Ayurveda and how to use food as a source of health and healing in your life. You will also learn that health is based not only on what you eat but also on how you eat. And, by eating our meals together, we will practice healthy eating habits which will promote better digestion and health.

Nothing is right for everyone. Everything is right for someone. At this workshop, you will be empowered to understand what foods are best for you ~ and in doing so, create a foundation of health in body, mind and soul!



Presenter: Marisa Laursen

Sri Devi (Marisa Laursen), CAS, AYT, is a graduate and a senior member of the faculty of the California College of Ayurveda with certifications as a Clinical Ayurvedic Specialist, Pancha Karma^{i[2]} Specialist and Ayurvedic Yoga Therapist. She has an active clinical practice in Chino, California and is a member of the National Ayurvedic Medical Association.

Curriculum

- Ayurvedic philosophy
- Five Element Theory
- Three Dosha Theory
- Understanding your constitution^{i[3]}
- Understanding your health challenges
- The six tastes
- Foods to balance each of the three doshas and help you to heal
- Foods to build up the health of the immune system
- Foods to keep your body free of toxins
- How to form a healthy relationship with food
- Exploration of popular topics in diet and nutrition

- Creating a long-term, healthy, sustainable food program
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Sivananda Ashram Yoga Retreat

Paradise Island, Nassau, Bahamas

Testimonials from Past Students Who Took This Course

“The course has been the most exciting course I’ve done in many, many years. Illuminating.” - Jennifer Mason

“It was perfect.” - Allison Cooke

“Very focused, clear and inspiring.” - Satyadev

“The depth of this course, the ease in learning and the generosity of its delivery made this course a one of a kind, lasting personal and professional experience.”- Gina Caccavalla

“I feel like my life has been enriched with divine knowledge.” - Gaurie (Elenora Trainor)

For More Information... (http://sivanandabahamas.org/course.php?course_id=3554&id=0#m [4])

Source URL: <http://www.ayurvedacollege.com/Ayurveda/ayurvedic-nutrition-art-concious-eating>

Links:

[1] <http://www.ayurvedacollege.com/glossary/term/10>

[2] <http://www.ayurvedacollege.com/glossary/term/11>

[3] <http://www.ayurvedacollege.com/glossary/term/15>

[4] http://sivanandabahamas.org/course.php?course_id=3554&id=0#m