

Ayurvedic Science – Theory Session

- What is ayurveda ?
- Why ayurveda and yoga are co sisters in path of good health?
- Fundamentals of body constitutions in Ayurvedic
- Concept of metabolic Toxins in Ayurvedic science
- Practical Concept of Panchakarma in Ayurveda
- Practical Idea of Six tastes in Ayurveda
- Understanding the major seven important tissues for better transformations
- The concept of Agni (Digestive Fire)
- The concept of Ayurvedic Idea of Nutrition
- Concept of Seasonal Routines to adopt for better lifestyle

Ayurvedic Science – Practical Session

- Stress releasing facial massage techniques
- Practical idea of Marma massage
- Two ayurvedic cooking practices for better lifestyle
- Three best herbal drinks to boost immunity
- Local Treatment method for Knee & Lower back pain
- Practical idea of Pulse Reading method in Ayurveda