

Fundamentals of Ayurvedic Medicine

Jan 26-28 2018, and Feb 16-18 Fri-Sun 12:30-6:30 pm at Colorado School of Clinical Herbalism, 2900 Valmont Rd, Ste F-1, Boulder, Co 80301, 720-406-8609

taught by Sarasvati Buhrman, Ph.D., RYT(E-500), C-IAYT, National Ayurvedic Medical Association-registered practitioner.

Ayurveda is the oldest continuously-practiced herbal medicine system in the world. While India's early human inhabitants are believed to have used specific local plants for healing several thousand years ago, ancient India's first written records of herbal medicine lore are found in the Rg Veda and may date to 1600 BCE or earlier. Fully developed medical texts may have existed as early as 200 BCE. A thousand years later, Ayurvedic ideas of the human body and its health would provide the basis for the Yoga system known as "Hatha Yoga." Today, Ayurvedic medicine is a recognized, government-supported health care system in both India and Nepal, and an increasingly popular complementary medicine modality in the west. A number of modern research studies have borne out not only the efficacy of the herbs used in Ayurvedic medicine, but also several of its basic health principles.

Ayurveda is an excellent healing modality for addressing preventative health care concerns, digestive disorders and food sensitivities, allergies and sinus problems, depression and anxiety, chronic degenerative disorders, and menstrual and menopausal issues, as well as certain common infectious illnesses. It utilizes foods-as-medicines and dietary principles, herbology, lifestyle principles,

Join us for a two-weekend introductory workshop on fundamental principles and treatment options in Ayurveda including: Ayurvedic definitions of health, causes and symptoms of imbalances, development of disease, assessment of constitution (prakriti) and imbalances (vikrti) including symptomology, pulse, and tongue diagnosis. A beginning understanding of the basic healing modalities of the Ayurvedic medicine toolkit will be presented, including: lifestyle, diet, therapeutic Yoga, panchakarma cleansing practices, and properties and uses of 40 Ayurvedic herbs and foods as medicine. The course is intended for herbalists and health care professionals as well as those seeking to enhance their health

through practical preventive principles and home remedies for common ailments.

About the Instructor

Dr. Buhrman is a National Ayurvedic Medical Association-recognized Ayurvedic Medicine practitioner and a member of the International Association of Yoga Therapists who has been in private practice since 1986. She holds degrees in Biology (College of William and Mary) and Anthropology (University of Colorado). She was trained and qualified in Ayurvedic Medicine by Dr. R.P. Trivedi of Benares Hindu University and has studied classical Yoga with North Indian Yoga Master Baba Hari Dass since 1976.

She has worked as a carcinogenesis geneticist at Stanford Research Institute, and has taught as an adjunct professor at Naropa University, Metropolitan State College, Rocky Mountain Institute of Yoga and Ayurveda, Ananda Seva Meditation Center in California, European Yoga Therapy in Finland, and CSCH. Her published articles are available on her website ayurvedicsolutions.com. She can be reached at 303 443 6923; please call her with any questions or for information on how to register.

Cost: \$225 per three-day weekend; or \$425 for all six days of the training.

Call 303 443 6923 to register.