



Announcing Ayurveda 101!
**The Foundations of
 Ayurveda for Self-Care**
 a weekend course for beginners

taught by **Bill Courson, BVSA**

Bachelor of Vedic Studies in Ayurveda, Diploma in Ayurveda, Director and Educator, NJ Institute of Ayurveda Member of the National Ayurvedic Medical Association's (NAMA) Educational Standards Committee



In 2012 the newly formed **Bodhananda Vedic Institute** to begin a Certification Course of Study in Ayurveda, with a staff of the country's premier instructors, scholars, writers and practitioners of

Ayurveda.

WATCH FOR FURTHER ANNOUNCEMENTS



Venue: Sambodh Center
 6363 N. 24th Street
 Kalamazoo, MI 49004



Saturdays - Sundays
December 3- 4, 2011
and January 7- 8, 2012
 in 4 sessions - 1:00 p.m. - 5:30 p.m.

DESCRIPTION: This freestanding course is for individuals interested in Ayurveda who wish to learn the basics of self-care for themselves and their families. This program is intended as an **Introduction to Ayurveda** for the non-health professional who wishes to take more responsibility for their own health. The course also serves as well as a basis for further study and is prerequisite to all other courses in the Ayurvedic Practitioner Training Program opening in 2012 at the Sambodh Center.

FOUNDATIONS IN AYURVEDA FOR SELF-CARE
Course Topics Include

- History of Ayurveda & Classical Literature of Ayurveda; Basic Concepts; Terminology, Nomenclature
- Basic Ayurvedic Anatomy and Physiology: Doshas, Dhatus: Malas and Gunas
- Origin and Elaboration of the Disease (Pathogenesis) Process, Stages of Development
- Samkhya philosophy; Mind-Body-Spirit connections; Vedic cosmology; and the Creation and nature of matter.



Course Requirements: 16 class hours; additional outside study and homework, and final exam.

Certificate in Ayurvedic Self-Care & Health Maintenance is awarded by students who successfully complete the two-weekend course & final exam.

Cost: \$425 Tuition; \$50 Materials & Certification **Registration deadline:** Friday, November 25, 2011 **NOTE:** \$150 deposit due with initial Registration.

Registration Payment: PayPal via www.sambodh.us or by Personal Check to The Sambodh Society, Inc.

Information & Appointments
 Sambodh Office (269) 492-0544 or (269) 327-3774

Free Friday Evening Public Lectures
 Topics and Locations TBA



Click for [Registration](#) Information and Form

Sambodh Center for Human Excellence
 6363 N. 24th Street, Kalamazoo, MI 49004
 Website: www.sambodh.us Email: sambodhsociety@tds.net
 Office: (269) 492-0544