



Fundamentals of Ayurveda Tools for Healthy Living

A 200-hour Educational Intensive Program
with Hilary Garivaltis and Dominic Tambuzzo
Ayurveda Lifestyle Consultant and Educator



studiobreathe.com

Fundamentals of Ayurveda, tools for Healthy Living

Awaken and Immerse yourself into the science and tradition of Ayurvedic wisdom. This five part seminar series integrates the fundamental principles of Ayurveda into your personal and professional life.

Why Ayurveda?

There are many questions and struggles one faces trying to find a formula for living a healthy life. Many have felt constantly overwhelmed with the latest fad diet or exercise program, or feel discouraged and alone in their quest for health. We can all relate at some part of our lives to sleep, energy, digestive, and mental imbalances.

There's no one cure.

Ayurveda isn't just a methodology, its a holistic way of life with lasting tools to give one the ability to self-diagnosis and heal with nature's intelligence. It is about finding your own personal imprint in the world and choosing to align to its optimal state of well being.

Introduction to Ayurvedic History, Philosophy and Sanskrit

October 8-11, 2015

The Ayurvedic Lifestyle - Anatomy and Physiology

November 12-15, 2015

The Ayurvedic Diet - Digestion and Nutrition

December 10-13, 2015

Yoga and Ayurveda Psychology

January 7-10, 2016

Ayurveda Home Remedies for Health and Prevention

March 10-13, 2016

Yoga and Ayurveda - Yoga through the lens of Ayurveda

April 8-10, 2016

Personalizing The Ayurvedic Lifestyle Moving Forward

May 13-15, 2016

Final Exam, Presentations and Graduation Weekend

July 15-17, 2016

This 200-hour complete lifestyle program is designed to give students the capacity to establish a balanced diet and lifestyle with yoga and Ayurveda, self-healing techniques, and practice. With expert care, students will be supported in their personal journeys of discovery and be a part of a community of fellow seekers. This course is a highly valuable tool for yoga teachers and yoga practitioners interested in deepening their personal practice. As well as those on a professional track in holistic health and wellness, or anyone interested in improving health and general well being.

Students will learn through personal experience, while being immersed into a daily Ayurvedic rhythm throughout the training. Each 4-day weekend retreat includes a combination of the above Ayurvedic topics with experiential and applied learning seminars that include:

- Morning yoga and pranayama
- Morning lecture time
- Group catered lunchtime
- Daily walk (weather permitting)
- Afternoon hands on workshops including cooking sessions
- Late afternoon pranayama and meditation

Retreat Schedule:

Friday

6:00-9:00pm – Class Review & Evening meditation practice

Saturday, and Sunday

8:00-9:30 am	Yoga class to include asana, pranayama and meditation
9:30-10:00 am	Breakfast Break
10:00-11:30 am	Class
11:30-11:45 am	Break
11:45 am-1:15 pm	Class
1:15-2:15 pm	Lunch/class (lunches will be part of the curriculum)
2:15-2:45 pm	Break
2:45-4:15 pm	Class
4:15-4:30 pm	Break
4:30-6:00 pm	Class

A typical day starts with a morning yoga class based on the principles being reviewed in class. Following a short breakfast break (student brings), the first class starts at 10:00am with the theory and background of yoga and Ayurveda. At 1:00 pm we lunch together (catered at the studio) and practice simple eating habits while learning how to make the meal itself. Everyone receives at least an hour to relax after the meal. The afternoon sessions will often be hands-on teachings, self-care techniques, cooking, or workshoping with classmates on problem solving and lifestyle plans. Afternoon time may also be self study and review time. The last 1.5 hours is dedicated to Sanskrit practice using slokas and chants the class is learning. We will end with a simple jappa meditation for 30 minutes.

A home study portion of the course will include readings and personal exercises in establishing the principles into one's personal life. This time will include live webinars with our faculty, mentoring sessions and recorded video lectures as well.

Beyond the tools and take home practices, students will experience a deeper sense of balance in their own personal lives. Among the outcomes you may receive are better digestion, improved sleep, enhanced immunity, and better mental stability.

Upon completion students will be able to:

- Understand Sankhya and Yoga philosophy as it relates to Ayurveda
- Understand the 20 gunas or qualities
- Understand the doshas, the sub-doshas and overview of dhatus and srotamsi
- Understand prakriti (individual nature) and vikriti (current state of being)
- Understand the malas (bodily waste products) and their role in health
- Understand all states of agni (digestive fire) and their role in health
- Understand the digestive process both the Ayurvedic and Western view
- Understand how to prepare and choose foods to balance the doshas
- Master the skills necessary for cleansing of the senses
- Master the skills necessary for maintaining flexibility and strength of the body
- Master the skills needed to design meals to balance the doshas
- Master the skills in designing and implementing a personal well being daily and seasonal routine
- Master 3-4 pranayama techniques for balancing the doshas
- Become skilled in a meditation/jappa practice

Course components - 150 Classroom Hours and 50 Home study hours

- History and Philosophies of Ayurveda - 19.5 hours
- Sanskrit overview (vocabulary and chanting) - 11.5 hours
- Ayurvedic Lifestyle - 42 hours
- Ayurvedic Anatomy and Physiology - 28.5 hours
- Digestion and Nutrition - 21.5 hours
- Yoga and Ayurveda/ Ayurvedic Psychology - 50 hours
- Simple Home Remedies for health and prevention - 4.5 hours
- Student practicum/presentations - 22.5 hours

This series is designed as a complete program that may be accepted in many current schools of Ayurveda for those students who are interested in furthering their studies and/or becoming a professional in the field of Ayurveda.

Opportunities for further study

“Upon successful completion of the Fundamentals of Ayurveda: Tools for Healthy Living program you will be qualified to apply and sit for an entrance examination into the following Ayurvedic Programs (entrance is not guaranteed and additional course work may be required):

- Asheville School of Massage and Yoga
- The Ayurvedic Institute
- Ayurvedya College of America
- Kanyakumari Ayurveda and Wellness Ctr
- Sai Ayurvedic College



Hilary Garivaltis
Ayurvedic Lifestyle
Consultant and
Educator

Hilary is the founder and former Dean of the Kripalu School of Ayurveda and has 13 years of experience in teaching Ayurvedic daily living tools and Ayurvedic therapy techniques. She received her training at the New England Institute of Ayurvedic Medicine with advanced training in India from the Rishikesh College of Ayurveda and the Jiva Institute. Hilary has served on the board of the National Ayurvedic Medical Association since 2006 and continues to train with the world's leading teachers in the United States and in India. www.ayurvedichealtheducation.com or email hilary@ayurvedichealtheducation.com



Dominic Tambuzzo
Ayurveda Practitioner
and Ayurveda
Massage Therapist

Dominic Tambuzzo, Ayurveda Practitioner and Ayurveda Massage Therapist discovered the healing art and science of Ayurveda (System of alternative healthcare and healing) during his travels in India in 2011. There he obtained an Ayurveda Massage Therapist (AMT) certification at the Ayuskama Institute of Ayurveda in Dharamsala. He has since continued to broaden his skills, acquiring various other Ayurveda Bodywork certifications and techniques in North America, notably at the Kripalu School of Ayurveda. Fascinated by the richness and depth behind the 5000 year old holistic discipline, Dominic recently completed a 500 hour certification as an Ayurveda Practitioner and Lifestyle Consultant (Naturotherapy) and offers private consultations by appointment.

Tuition

Early Bird Special

2800\$ + tax

(Breathe 2014 and 2015 YTT's eligible for additional 200\$ rebate on Early Bird)

Includes a non-refundable \$500 registration deposit before July 15, 2015.

Balance to be paid in full before September 1, 2015

*An additional \$150 resource paid directly to Hilary Garivaltis will be due on the first weekend

\$3000 plus tax

Includes a \$500 registration deposit before September 15, 2015.

Balance to be paid in full before September, 25 2015

Credit cards, cash and checks will be accepted and endorse check to Studio Breathe.

Please email kimiko@studiobreathe.com to register or for any additional questions.

Please note a minimum of 14 students must be admitted to the program for it to start. Upon the studio's cancellation we will return deposits. If you personally withdraw from the training the \$500 deposit will not be returned. Please note that all payment plans and tuition is non-refundable once you have begun course lessons.