

Course Fee:

Friday only: \$95, Full Weekend: \$175

All three days: \$225

Room & Board for shared or single room basis are available:

Kindly call Vimla at 570-992-2339 Ext. 210.

All payments to
Arsha Vidya Gurukulam

For Further information contact:
Rakesh Sharma rsharmaindia@yahoo.com
+1 917 299 4128

ARSHA VIDYA GURUKULAM
651 Route 115, Saylorsburg, PA 18353
Phone: (570) 992-2339
www.arshavidya.org

Introducing Basics of Ayurveda

by
Dr. R. Parthasarathy

The Speaker

Dr. R. Parthasarathy is the Director of Swami Dayananda Saraswati Ayurvedalaya at SDJ Ayurvedalaya founded by Swami Dayananda Sarswati in June 2014. He has done five and a half year course from the Ayurveda College, Coimbatore affiliated to Dr. MGR Medical University, Chennai.

Dr. Parthasarathy was Incharge of Arya Veda Shala, Coimbatore's Training Academy and the Branch hospital, located in Mankarai, Coimbatore.

May 18, 2018 Friday: 9 am to 5 pm

Dinacharya

Daily Regimen for a Healthy Living

We will be exploring the details of daily regimen as explained in the Ayurveda texts. Right from waking up till going to bed there are so many daily regimen that one needs to follow. More than just knowing them, we will be understanding the logic and reasoning behind each of the regimens.

There are certain mis-understandings regarding the regimen like excessive exercises, duration of sleep, day sleep, time of food intake etc These will also be explored with the background concepts of Ayurveda. Food intake is a part of the daily regimen which will be explored on the next two days.

May 19 & 20, 2018 : Weekend

9 am to 4 pm

Aahara in Ayurveda

Conceptual Exploration of Food and Nutrition

Assimilating the concept of food and digestion in a traditional ayurveda way with multiple references from the authentic texts of ayurveda.

In two days we will realize the paradigm shift in the concept of Food and Nutrition. The most fundamental knowledge that we will take is about the multiple factors that can dramatically influence the nutritional value of the food which is not understood with the modern concepts of nutrition.

We will also understand the nature of food substances, the various combination of foods that can be incompatible, various cooking practices explained in Ayurveda and the influence of different cooking practices that contribute to