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**MATERIALS REQUIRED** Notebook, pen.

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**TEXTBOOKS** **Compulsory:**  
Nil.

**Recommended Reading / References:**

Lad V. Ayurveda - The Science of Self-Healing. Lotus Press.  
Svoboda RE. Ayurveda: Life, Health & Longevity. Arcana.  
Svoboda RE. Prakruti – Your Ayurvedic Constitution. Geocom.

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**WEEK-BY-WEEK OUTLINE**

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| <b>WEEK 1</b>  | Historical and philosophical background of Ayurveda with a focus on Sankhya, one of the six (6) philosophies of India.            |
| <b>WEEK 2</b>  | Introduction to Ayurvedic five element - panchamahabhutic - theory of the universe.   |
| <b>WEEK 3</b>  | Relationship of 5 element theory to the three doshas, the three bioenergetic principles of life.                                  |
| <b>WEEK 4</b>  | Exploration of the 3 doshas; Vata, Pitta and Kapha and their bearing on everyday life.  |
| <b>WEEK 5</b>  | Determination of each person's unique and individual constitution or prakruti.  |
| <b>WEEK 6</b>  | Integration of dosha and prakruti in understanding daily and seasonal routines of health.   |
| <b>WEEK 7</b>  | Introduction to concept of digestive time - Agni - and its central role in digestion to immune system functioning.                |
| <b>WEEK 8</b>  | Discussion of the concept of ama and how to prevent its build up in the body through different practises.                         |
| <b>WEEK 9</b>  | Exploration of paradigm "food is medicine, medicine is food" and how to relate it to the individual's particular health concerns. |
| <b>WEEK 10</b> | The practical use of food and commonly available kitchen herbs as tools for self-healing  |
| <b>WEEK 11</b> | Consideration of which yogic practises, including asanas, are appropriate for different constitutions.                            |
| <b>WEEK 12</b> | Discussion of the role of pancha karma - the five deep cleansing techniques of Ayurveda.  |

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Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.