Introduction to Ayurveda and Ayurvedic Cookery

with Shila Vithlani at Poio do Acor, Monchique, Algarve,

17th May – 22nd May 2017 Cost 400.00 Euros

An introduction to the ancient system of Ayurveda, the philosophy and the key concepts. Find out how you can enhance your life and health by incorporating some of the principles of Ayurveda. The cookery classes introduce the basic herbs and spices used in everyday cooking to enhance health and vitality and the principles of a vegetarian satvic diet.

This course is a clear and comprehensive presentation of the theoretical foundations and the *practical application* of Ayurveda, the natural system of healing which originated in ancient India.
A detailed explanation of the five elements and three doshas and the determination of your personal mind-body constitution will be given. In addition to the nutritional wisdom taught, each time you will enjoy sumptuous vegetarian meals that you have prepared.

About Shila

Shila has grown up in a household that practises ayurveda, pranayama and chanting as part of their daily life. She has been teaching yoga since 2002 after training with Swami Vedantananda in the Satyananda tradition. For more information visit www.ushma.com

Please arrive on Wednesday 17th ready to start on Thursday 18th. Your departures can be arranged for Monday 22nd May

Outline of the programme for the course

7.00 Morning Chanting

Asana Pranayama class with Swami Vedantananda
8.30 Breakfast
9.30 Karma Yoga
10.30 Tea
11.00 Session with Shila
12.30 Lunch
1.30 Free Time
3.30 Yoga Nidra
4.00 Tea
4.30 Karma Yoga
5.30 Session with Shila
6.30 Supper
7.30 Evening Programme

Booking Form

Please complete the form below and email to Swami Vedantananda address below
I wish to enrol for the Introduction to Ayurveda and Ayurvedic Cooking Course
17th – 22nd May 2017.

Name.....

Address.....

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Telephone……..... Mobile…….. …….....

Email…… …….

Any Dietary requirements…….....

If you would like to organise a taxi to pick you up from Faro Airport and take you to the venue please contact Swami Vedantananda. Email swamivedantananda@gmail.com

To find out more about life at Poio do Acor please check the website www.vedantananda.com

Signature …… Date……. …….....