

## Ayurveda Training

**Ayurveda & Yoga Therapy for  
Optimising Health**  
with Siobhan Fitzgerald

**40 CPD Hours**

- 4th & 5th November  
2023 Live Online
- 10th & 11th February 2024 Live  
Online
- 6th & 7th April 2024 Live Online



**This Training is Live via Zoom - recordings available post session**

**When we are in balance & free from toxins we can awaken and transform, living a fuller & freer life with greater resilience.**

This course will cover energetic methods on how we can optimise our health by balancing prana, the life-force energy using the ancient science & wisdom of Yoga & Ayurveda.

Indigestion, excessive appetite and improper functioning of the digestive system turns into poison in the body, giving rise to various physical ailments.

Disease can be corrected when we get to know our destructive habits & transform them into positive and healing habits, developing healthy routines that lead to the balancing of our Prana.

Learn specific tools to help manage stress & physical imbalances which we all experience on a daily basis, resulting in lower immunity and dis-ease of the body, mind and soul.

Mental confusion, inability to function and stress all affect the flow of prana. When prana gets agitated it flows unevenly along the channels or nadis.

This uneven flow creates congestion & depletion causing a disturbance in our metabolic processes.

Open to qualified teachers, this course has a solution based focus; offering corrections to nutrition and lifestyle according to your body type. A practical approach that provides tangible and lasting results, helping to maintain the balance of body and mind through Yoga as a therapy.

Siobhan Fitzgerald is a , Yoga Therapist and Pranayama Teacher trained in the Kaivalyadhama Teachings & Lineage is a advanced yoga practitioner of yoga asana , & pranayama. A senior teacher with many years of experience of Ashtanga, Hatha, Pranayama & Meditation.

### What you can expect on the course?

Spanning 6 sessions, each day combines theory with comprises a morning lecture and afternoon practical sessions in Asana, Pranayama and Meditation.

#### SUBJECTS INCLUDED

- Clinical Ayurveda; How Ayurveda can reverse disease
- Energetic alignment and balance
- Pranic foods and the Art of Healing Eating; Food as medicine for your individual digestive habits
- Ayurvedic Meditation, Pranayama & Asana specific to each Dosha
- Conscious Living; the Ayurvedic way

Training Syllabus includes:

We begin with covering various aspects of prana, what our consciousness is and yogic ideas around energetic alignment.

Further, we dive deeper into Ayurveda and look into more clinical aspects of Ayurveda such as Kriyas and digestion and the importance of breath for the nervous system, mind and spirit.

Learn how to understand imbalances within the body, and solutions to help to correct them to create a better atmosphere both inside and outside of ourselves.

This course will cover:

- The relationship between Prana in Ayurveda, Pranayama and Yoga
- Prana in Ayurveda and the five subdoshas in the bodies of Vata, Pitta and Kapha
- How to do a simple effective Ayurvedic detox and restore harmony;
- Herbs for everyday living and for various common ailments

- Learn about Kriyas and their place in Ayurveda, such as oil baths and oil pulling
  - Fighting constipation; the root of all disease
    - How disease manifests in the tissues
    - Practice Ayurvedic asana and pranayama according to your dosha
    - Digestion and the Art of Eating
    - Understand how the imbalance of prana causes stress and anxiety
    - Learn how Yoga & Ayurveda manages stress and how it meets scientific knowledge
    - Learn proven, integrated practices to reduce physical and mental imbalances that cause stress and disease
    - Learn how to embed longer-term practices that will strengthen resilience and increase physical & emotional tolerance
    - Learn how to adapt techniques to your own and your student's needs
    - Increase self-esteem and personal happiness
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  - 6th & 7th April 2024: Online 10am - 12.30pm / 1.00pm - 3pm