



- ❖ **The Ayurvedic History**
- ❖ **The 5 Elements Theory**
- ❖ **The Three Pillars of Ayurveda**
- ❖ **What it means to be healthy**
- ❖ **Dosha Theory - Understand your and others innate and body/mind type tendencies**
- ❖ **Guna Theory - Understand your and others innate psychology and tendencies**
- ❖ **Subdosha - deeper into the doshas**
- ❖ **Srotas - Ayurvedic channels**
- ❖ **Subtle Essences - Prana, Tejas and Ojas**

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- ❖ **Dinacharya - The Daily Routine**
  - ❖ **Ayurvedic Nutrition for the Seasons, the Doshas and Imbalances**
    - ❖ **The Six Tastes - Deeper nutrition**
  - ❖ **Women's health - menopause/preganancy/post-partum**
  - ❖ **Nervous system nourishment and teaching meditation**
  - ❖ **Traditional Ayurvedic recipes**
  - ❖ **Cooking Classes and Ayurveda-Inspired recipes**
  - ❖ **Cleansing protocols**
  - ❖ **Medicinal spices, herbs and teas**
  - ❖ **Ayurvedic Coaching**
  - ❖ **Establishing a heart led business**