

AYURVEDIC PREVENTION POWER COURSE LEVEL 1 (APP-1)

“Knowledge is power. Complete knowledge is freedom, because only the truth sets you free!”

Welcome to an intensive course which reveals scientific truths related to our health which we are entitled to know but which never made it to mainstream education. Integration of knowledge from the past and present is critical at this juncture so that we can reclaim our health and prevent diseases. We suffer due to ignorance.

Course facilitator: Dr. Arora, Doctor of Natural Medicine (MDAM) with specialization in Advanced Ayurveda (IAA, Pune, India) and Nutrition (London). With more than a decade in clinical experience, Dr. Arora has designed customized metabolic harmony programs for many which has changed the course of their health. Now, she seeks to empower groups.

Dr. Arora has distilled theory and practical healthcare aspects of Ayurveda in this super-intensive power course which can give any enthusiast a firm foundation in self-healthcare on which to build on.

A limited group of 9 per course to give participants an opportunity to address recurring health issues and seek solutions. (**Personal consultation is not included for chronic conditions for which a private session and intensive assessment is required.*)

Course Duration: 15 hours (3 hrs/ day, 5 days)

Venue: Golden Awareness in Sukhumvit soi 39

To check course fees, dates and to enrol, please go to Urban Ayurveda Online Shop (Link). Inclusive of course materials, Ayurvedic wellness voucher, refreshments, **certificate of completion**. Plus the golden opportunity to design your customized metabolic harmony life regimen and seek natural health solutions under expert guidance!

This is a basic level course suitable for any health enthusiast. If you are a professional practitioner in alternative fields like Yoga, Reiki, Massage, Life

Coaching, Doula, Spa/Health Resort owner, Nutrition chef, etc., this course will help widen your horizons to integrate Ayurvedic principles. It is also recommended for mainstream medical professionals and healthcare providers to understand the scientific role of diet and herbs in prevention and first-aid cure.

COURSE AGENDA

Part I : KNOW YOURSELF & BALANCE YOUR HEALTH IN DAILY LIFE

“According to Ayurveda, if we eat, live and rest mindfully in harmony with our unique metabolic system, if we take care of our agni (digestive fire), we have energy (prana) and immunity (ojas). We prevent accumulation of toxins (ama) in our gut, which is the root cause of chronic diseases.” – Dr. David Frawley

- Introduction to key principles of Ayurveda
- Understanding the concept of 3 bioenergies (*dosha*), 5 great elements (*mahabhuta*) and 7 core body tissues (*dhatu*), waste products (*malas*) - discover the underlying governing principles, and its practical implications for your health.
- Mapping your unique personality metabolic type
- Diet & Lifestyle guidelines to balance your health in daily life
- Understanding biofeedback/ body signals, 13 natural urges, daily self-analysis through urine/ feces/ nail/ tongue/ basic pulse reading. Corrective measures.
- Introduction to herbal food science

Assignment:

- Discover your metabolic type and prepare holistic diet/ lifestyle program
- Choose products from goldenawareness.ecwid.com (Urban Ayurveda online store) which are metabolic friendly for you, add to bag and check out. Baht 1500 worth of products included with the course.

II: SCIENCE OF SUPER FOOD, HERBAL DIET & FIRST-AID KITCHEN HEALING

“We are a product of Mother Nature, not made in a science laboratory. Only medicines from Nature can heal us in the long run without compromising our health and immunity.”

- Energetics of Food: Categories of food and superfood in Nature – Nourishing/ Rasayana, Cleansing Food.
- Concept of *rasa* (taste), *virya* (potency), *vipaka* (post digestive effect) and *prabhav* (effect) of food.
- Concept of *ama* (toxins) and *ojas* (immune intelligence)
- Tuning in to tongue/ taste buds Intelligence
- Wrong food combinations which are toxic

- Toxic ingredients in modern processed/fast/ packed food and effect on liver/kidneys.
- Therapeutic Fasting (autophagy)
- Energizing Water
- Effect of emotions on organs via taste energetics
- Top Common Healing Kitchen Herbs: Quick & effective herbal medicine prepared in your kitchen for common ailments: flu, cough, cold, diarrhea, constipation, headache, cramps, bleeding, etc.
- Demo of khichadi, liver detox salad, leaf wraps, lemon peel pickle, antifu , herbal teas and soups.

III : BODYWORKS, MINDWORK & BREATHWORK: MANAGING PRANA/ CHI/ LIFE FORCE

“We can live without food and water for a few days, but we cannot live without air for more than a few minutes.”

“To live right, breathe right” – Vedic wisdom

“The key to a young body is a strong, flexible spine!” (Yoga Sutra)

- Basics of Pranayama : ancient yoga breathing techniques in daily life to improve chi/prana/ life force circulation.
- Introduction to concept of chi/ life force/ 7 chakra energy vortices.
- Mind nutrition: Removing emotional toxins/ blocks and energizing the chakras in daily life
- Core therapeutic movements in daily life (introduction to yoga)
- Introduction to Self-Massage on marma energy acupressure points in feet, head, body, spine using therapeutic oils.
- Introduction to Vedic science of consciousness, the mind and its tendencies (*satva, rajas, tamas*)

Q&A with Dr. Arora. Chance to discuss health issues and seek solutions.

Youtube: <https://www.youtube.com/watch?v=StrbppmsZJw> (chakra)

<https://www.youtube.com/watch?v=eCHrcq5wRY> (sun salutation)

<https://www.youtube.com/watch?v=gl8k2nclQMc> (autophagy)

FEEDBACK FROM PAST PARTICIPANTS: See Facebook Golden Awareness- Discover Your Health Potential, APP Event Page for video testimonials.

Kamolthip Thakral, Director of Conscious Living: I thoroughly enjoyed this course, truly empowering and a must for everyone seeking to take health in their own hands. **Dimple has a knack of explaining complex subjects in simple ways with easy to remember analogy.** She shares practical tips for healthy living that are easy to incorporate into your daily routine. I benefitted so much from it, eating and living life with so much awareness now. Thanks for doing what you do with so much passion. Highly recommended!

Daran Kohonen, Yoga teacher: Dr. Arora has made a huge impact on my diet, health and energy level! Her program helped me fine-tune my diet to resolve my health issues. **I am eating better, sleeping better, living and breathing right! She is my wellness guru. Thank you Dr. Arora!**

Nittinun Saiboonyadis, Head Chef at health resort in Rayong : I have learnt so many new Ayurvedic recipes for tea, salad, food combinations to avoid, diet triggers, etc. **I can't wait to get back and redesign my health menu**

at the resort. Dr. Arora even prepared Ayurvedic meals which included detox salad, which we enjoyed for lunch. I appreciate her efforts a lot since it will directly add value to my work.

Angeli Jagota, Founder/ Director of Theo Holistic Living: I was almost going to Phuket to enroll for an Ayurvedic course, when synchronistically I received this workshop announcement. **I have to admit I learnt in 3 days which most Ayurvedic schools would cover in 3 months!** Dr. Arora has this unique gift of distilling not only academic knowledge, but she draws from her clinical experience and personal passion to give us what is relevant, scientific and practical. She grows her herbs, cooks simple but delicious Ayurvedic meals which we devoured each day. Today, my balcony has a rich variety of herbal plants thanks to the course which taught me kitchen pharmacy.