

Faculty: Erin Casperson, Ayurveda Health Counselor

Dates: June 19-20, 2021

Hours: 8:30am-4:30pm

Overview:

Begin this immersion at home with a 90-minute Introduction to Ayurveda video recording. From there we will gather to dive deeper into the theory and practical application of Ayurveda. As yoga teachers you are invited to explore the truth of who you are and Ayurveda is the sister-science to yoga designed also to access the truth of who you are.

Together in community you will explore of Samkhya philosophy; a map of consciousness and framework of reality. From that launch point you will have an understanding of how to use opposite actions and practices to bring balance. This will include how to approach a yoga practice to bring ease to each season of the year, season of life and time of day. Feeling restless? Ayurveda brings stability. Feeling hot? Use an Ayurveda approach to bring coolness? Feeling sluggish? Enliven through the practice of Ayurveda.

Ayurveda also has an elegant way of mapping out the root of dis-ease and how to recognize when to make changes at early signs. Ayurveda is a whole system invested in integrating body, mind, senses and soul while walking along side of you through all stages of life.

Learning Outcomes:

- Describe Samkhya philosophy and how to use it for real world practice.
- Use opposite qualities and practices to maintain, achieve and create balance.
- Apply an Ayurveda approach to yoga practice for seasonal wellness, stages of life wellness and balance for varying times of day.
- Acquire a general understanding of how disease progresses according to the Ayurveda pathogenesis.

Total Hours: 16

Expectation: At the completion of this course it is anticipated that the student will have an introductory understanding of the Ayurveda concepts and how to apply Ayurveda to a yoga practice.

Course Organization: The course will be didactic with lecture as well as experiential including yoga and meditation practice and creating yoga lesson plans.

Course Materials: PowerPoint slides and handouts will be provided.

Faculty Bio:

Erin Casperson

Erin Casperson, Dean of the Kripalu School of Ayurveda, is an Ayurvedic Health Counselor and a 500-hour Kripalu Yoga teacher. She is a graduate of the Kripalu School of Ayurveda and has continued her studies in Ayurveda both at Kripalu and in India. A passionate, heartfelt, witty and

enthusiastic teacher, Erin loves sharing how the ancient practices of Ayurveda can be applied to modern-day living. An outdoor devotee, she has many years of hiking and backpacking experience in the New England woods and has summited all 48 4,000-foot mountains in New Hampshire. When not geeking out on Ayurveda or tromping through the Berkshire Hills with her dog and partner you will find her in the kitchen, reading a book or finding a spot in the sun to keep warm.

