

Classes and workshops 2012

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Ayurveda

1-day Workshops

'Radiant Health through Ayurveda'

- Learn the fundamental principles of Ayurveda, the Science of Life. Discover your unique physical, mental and emotional constitution and how to balance it through Ayurveda
- Learn about the three *doshas* (Vata, Pitta and Kapha), five-element theory and how opposites balance
- Improve your health and wellbeing through simple changes in your lifestyle and diet
- Learn how to decrease stress and eliminate toxins in the body through *pranayama* breathing exercises
- Learn how to transform unhealthy habits into healthy ones that support you
- Discover practical meal ideas and recipes to balance your constitution
- Workshop includes a healthy, organic Ayurvedic lunch, *chai* and snacks (where facilities allow)

'Let food be thy medicine: how to radically improve your health through Ayurvedic food'

- Learn how the quality of your digestive process largely determines your state of health and how to balance through Ayurvedic food principles
- Explore the importance of all six tastes in our diet and how to keep your digestive fire strong
- Learn how to listen to your body's needs and live in tune with the seasons and nature
- Learn how to attune your senses toward the subtler energies of food, herbs and remedies and how they affect you
- Learn how to prepare healthy, wholesome food efficiently and cost-effectively even if you are busy and working full-time
- Workshop includes a healthy, organic Ayurvedic lunch, *chai* and snacks (where facilities allow)

'Shakti Power: Ayurveda for Women'

- Learn how your hormones affect your menstrual balance and overall wellbeing
- Learn how to balance your hormones through yoga, *pranayama* breathing exercises, food and lifestyle

- Learn how emotional stress contributes to PMS, menstrual discomfort and disorders
- Find out which practices support your own unique constitution and how to transform monthly discomfort into a time of self-care, nurturing and introspection
- Gain knowledge of your menstrual cycle and bring it back in tune with the moon
- Experience a yoga class for hormonal balance and stress-release
- Workshop includes a healthy, organic Ayurvedic lunch, *chai* and snacks (where facilities allow)

'Dinacharya: The Art of Daily Ayurvedic Healing Rituals'

- Learn how the natural daily cycles of the organs and your constitution in relationship to seasons and time influence our lives
- Learn how to honour your biological rhythms by applying Ayurvedic healing modalities
- Design your own daily routine that will bring your health back into balance
- Learn the ancient art of *abhyanga* self-massage with healing oils
- Workshop includes a healthy, organic Ayurvedic lunch, *chai* and snacks (where facilities allow)

Yoga

1-day Workshops

'Balance through AyurYoga'

- Learn the principles of Ayurvedic Yoga and how you can use Ayurvedic principles to balance your health through postures, *pranayama* breathing exercises and meditation
- Learn practices to balance your unique constitution (Vata, Pitta and Kapha)
- Experience an AyurYoga Class
- Relax deeply through Yoga Nidra
- Use mantra chanting to balance your nervous system
- Workshop includes a healthy, organic Ayurvedic lunch, *chai* and snacks (where facilities allow)

'A day of Bhakti Yoga'

- Learn how to connect to higher consciousness using practices of Indian spirituality
- Learn about divine archetypes and how connecting with them can bring us in alignment with our true selves
- Learn the significance and effects of Vedic mantra chanting
- Participate in ecstatic kirtan chanting
- Take part in an ancient Vedic fire ceremony
- Workshop includes a healthy, organic Ayurvedic lunch, *chai* and snacks (where facilities allow)

AyurYoga Classes (2 hours)

- Classes to balance your constitution (Vata, Pitta or Kapha)
- Seasonal classes: AyurYoga for Spring, Summer, Autumn and Winter
- Yoga for Stress & Hormonal Balance
- Yoga for Back Pain
- Deep Relaxation Yoga Class