

Rasa & Prīnanam

Ayurveda Nutrition Principles

with Rachel Tsai



Rasa is taste of food as well as emotions that nourishes our life. Prīnanam is what gives us the quality of joy and love. It is the ultimate purpose of nutrition.

In this workshop you will learn :

- Ayurvedic Nutrition Principles
- How to enkindle your Agni, the digestive fire
- Dosha Pacifying Measurements

This workshop is a follow-on of our Ayurveda Foundation Module of Yogasana's Teaching Training Program. Those who are new to Ayurveda will be given a separate lecture on Ayurveda Foundations Introduction

January 19th and 26th 2008

Saturdays 2:00 - 5:00pm

6 hours (or 8 hours including the separate make-up lecture if applied)

HK\$1,050 (early bird HK\$900 by 1 January 2008)

Rachel holds degree in both Ayurveda and Yoga Therapy. She currently teaches the Philosophy & Ayurveda module of Yogasana's Yoga Alliance-200 hour Teacher Training Program. For more information on Rachel's background, please refer to www.matipatha.com

