

# Ayurveda and Yoga Therapy

*with the Mohans*

The ancient science of traditional Indian medicine is known as **Ayurveda**, literally translated as the “knowledge of life”. Ayurveda effectively complements the physical and mental therapeutic practices of yoga. Together, Yoga and Ayurveda provide a holistic approach to health and well-being.

**This 2-day intensive** will present the core Ayurvedic principles of diet and treatment and their relation to yoga, the foundation of yoga as a therapy, and how yoga and Ayurveda can be combined for therapeutic purposes. The workshop will cover the following topics:

- ॐ Review of Ayurvedic fundamentals (e.g. concepts of doshas and their interactions);
- ॐ Important recommendations of Ayurveda for healthy living, including a consideration of daily and seasonal routine, and natural urges;
- ॐ Ayurvedic diet (the tastes, agni or metabolism, heating and cooling etc);
- ॐ Ayurvedic constitution or prakrti: how to determine it, and its use in prevention and treatment;
- ॐ Classical connections between yoga and Ayurveda in theory and practice: asana, pranayama, psychology;
- ॐ Overview of important practical points in combining yoga and Ayurveda as a therapeutic system (shown on examples of some common conditions - back pain, arthritis, allergies etc.)

The workshop will be presented by **Ganesh Mohan**, supported by **Indra** and **A.G. Mohan**. The Mohans are well-known experts in the field of yoga therapy. **A.G. Mohan** was a personal disciple of the legendary yogi of the last century, Sri Krishnamacharya, for 18 years and is the author of two books (*Yoga for Body, Breath and Mind* and *Yoga Therapy: A Therapeutic Guide to the Use of Yoga and Ayurveda for Health and Fitness*). **Indra Mohan** received a postgraduate diploma in yoga from Krishnamacharya and has been teaching yoga for various health conditions for more than 25 years. **Ganesh Mohan**, their son, is a doctor, trained in both conventional medicine and Ayurveda.

**Dates:** 4 – 5 August 2009

**Venue:** Taiji Akademie, Polská 1, Prague, Czech Republic ([www.taiji.cz](http://www.taiji.cz))

**Schedule:** 9.00 am – 3.30 pm (lunch break from 1.00 pm to 2.00 pm)

**Cost:** CZK 2,500 (registration upon the payment of a deposit of CZK 1,000 by 10 July 2009)

The fee does not cover transportation, accommodation or meals.

**Contact:** For more information on the Mohans please visit [www.svastha.com](http://www.svastha.com).

For registration forms, booking, payment details and more information please contact Lucie Königová on [lucie@yogina.cz](mailto:lucie@yogina.cz) or +420 603 252 959.

