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## Studying Ayurveda: A Manual in Progress (Paperback)

By Matthew Remski

Createspace, United States, 2014. Paperback. Book Condition: New. 277 x 211 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Studying Ayurveda: a Manual in Progress is a 12-module guide designed to support students in becoming proficient in Ayurvedic worldview and practice. It is a required text for all students of Matthew Remski's Ayurveda courses consisting of more than one day, and a recommended supplement to shorter courses as well. Those who are not enrolled in a course can also find these notes very helpful, but should be aware that the manual's content is enriched by in-person or online lecture presentations and discussion, slides and online quizzes. Notes are presented in bullet-point form. The modules are: 1. Ayurveda Basics 2. Elements, Gunas, Samkhya Correlations 3. The Dhatus/Doshas as Psychosomatic Forces 4. How the Dhatus Influence Individual Identity 5. Agni, the Root of Digestion 6. Ayurvedic Diet 7. Tissues, Wastes, and Essential Vitality 8. The Five Functions of Prana 9. Optimizing the Breath 10. Daily Routine 11. Cleansing-Daily, Seasonal, Lifetime 12. The Life Cycle The manual includes the full bibliography of the rich sources that have heavily influenced this material: works by Frawley, Johari, Kacera, Lad, Pole,...



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