

**Gurukul**



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**(GYHC)**

# Nadi, Dosha and Yoga

*By Dr. Indu Arora*

*Ideal Course for Yoga Teachers/Therapist or those who want to know more about healing with Ayurveda*

*Pulse diagnosis* is the most powerful Diagnostic Tool for understanding the cause of any Ailment or Disease in the Human body as per Ayurveda. It is a part of our Vedic lineage and is passed on from Guru to the disciple depending on the spiritual evolution of the disciple. In Ayurvedic medicine the pulse is used in conjunction with *Darshana* (pure observation and inspection), and *Prashna* (questioning). All three of these must be employed to reach a complete diagnosis.

## What is covered?

### Introduction to Pulse Diagnosis ( Nadi Pariksha)

- History of Nadi Pariksha/ pulse Diagnosis
- What is Nadi?
- Nadi and Dosha
- Introduction to Vata, Pitta and Kapha Pulse
- 7 levels of pulse

### Yoga for Dosha ( with 80 minutes practice session)

- What is Dosha & relationship between five elements and Yoga
- Mudras, Pranayama, Meditation and Asana specific to Vata, Pitta and Kapha Dosha
- 80 Minutes practice session

**WHEN:- Saturday, Nov. 12<sup>th</sup> 2011, 1.00-8.00pm (call GYHC for details)**

**Tuition :- \$140.00 (Light refreshments/snacks will be served)**

*Dr. Indu Arora is an international speaker, Yoga Master, Ayurvedic Counselor, doctor in Alternate Medicine, author and healer with more than 30,000 hours of teaching experience. She has received awards like, "SAGE Award", "Gem of India", "Ray of Light", "Hall of Fame", "Dupage Woman you should know" for her contribution to Yoga. [www.yogsadhna.com](http://www.yogsadhna.com)*



*Billions yet to be served.....*