

## Instructors:

Jeevani Eigen  
Wendy Hambidge  
Ann Wagoner

Learn about Yoga, Ayurveda, breathing (Pranayama), meditation, food, spices, Marma, daily routines and healthy lifestyles as well as tongue and pulse analysis to balance the Doshas.

## 200-hour level cost:

\$3,500 if paid in full by Sept. 1  
(\$1,000 deposit by 7/1)

OR

\$4,000 if paid monthly (\$350 per month and \$500 by 9/1)



## Yoga Alliance Certification

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The Center for  
Ayurveda & Yoga  
Study

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## Certificate Program



Founder: Ann Wagoner

Tel: 503 890-2105

# Ayurveda & Yoga Certification Program

This school offer Yoga and Ayurveda instruction at both the 200-hour and 300-hour levels.

Learn how to bring these ancient systems together to find balance in mind, body and spirit. The school will meet monthly at Portland Therapeutic Yoga, at SE 50<sup>th</sup> & Brooklyn St in Portland.

The Center for Ayurveda and Yoga Studies has faculty certified with the National Ayurvedic Medical Association (NAMA) and Yoga Alliance. Become an Ayurvedic Yoga Consultant. For those who have Yoga Alliance or IAYT certification, this program provides hours that can be applied to continuing education units for further credentials.

*Package includes one meal per day on weekends, except for October. Angaja Forest meals are included with the lodging fee.*

## Schedule 2017-18

Overview Yoga, Ayurveda, & the Doshas: Vata, Pitta, Kapha; 20 Gunas	Sept. 8-10	Kapha Balancing Rasa Dhatu, lymph, pungent spices, cleansing, Nasya, urinary system, Shirodhara	March 9-11
Fall Lifestyle Dinacharya, Ritucharya, Cleansing, colon health, Agni & Ama	Oct. 6-8	Respiratory health Anatomy of respiratory system, spleen, bitter, astringent, pungent, backbends	April 6-8
Vata Balancing Bone health, adrenal health, forward folds, Meda and Mamsa, anatomy	Nov. 3-5	Pitta Balancing Small intestines, circulatory system, twisting postures, Rakta, liver, functional movement	May 11-13
Pranayama & Food Nourishing foods & spices, meditation, Abhyanga, breath, Restorative Yoga	Dec. 8-10	Finals & Graduation Client assessment, community teaching weekend, aromatherapy	June 8-10
Anatomy & Functional Movement Diagnostics, intake question, majja and channels of the body	Jan. 12-14	Summer Add-On I Eye health, blood health, pranayama, practice teaching techniques	July 13-15
Reproductive Health Building Ojas, immunity, inversions, shoulder stand	Feb. 9-11	Summer Add-On II Skin health, cooking weekend at Angaja Forest, Abhyanga & Shirodhara practice	Aug. 10-12