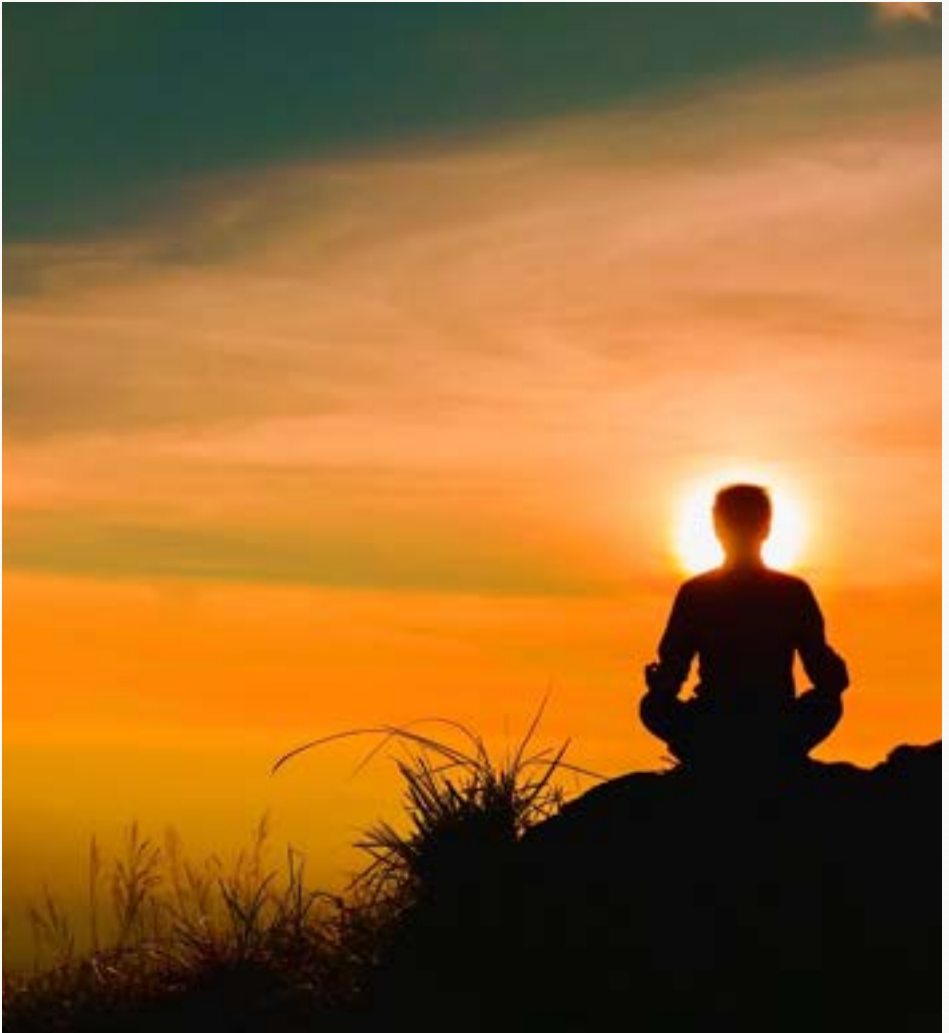


SriSri®
WELLBEING
holistic health

AYUR JAGRUTI

A journey of healing through Ayurveda





A tropical landscape at dusk. Several tall palm trees are silhouetted against a deep blue sky with light clouds. In the background, a traditional building with a red-tiled roof is visible. The overall mood is serene and peaceful.

SRI SRI WELLBEING

Amidst modern science, today the wisdom of ancient Ayurveda and other Alternative Therapies have carved a niche for itself. Sri Sri Wellbeing's Training Programs are an milestone in this direction. The primary objective of these Training Programs is to boost knowledge in the area of wellbeing. Besides, these programs are certain to increase productivity of the individual and also enhance their skills.

These Training Programs have given birth to umpteen practitioners who are today, nurturing health and happiness, and healing humans holistically.

What is

AYUR JAGRUTI

Ayur Jagruti is a workshop that aims to introduce you to the healing power of Ayurveda. Learn about the principles of Ayurveda and how to apply them in your daily life. Discover your unique mind-body constitution and gain insight into the characteristics of your nature, which can help you to prevent illnesses and maintain optimal health



Sri Sri Wellbeing



AYUR JAGRUTI

Practitioners Training program

Curriculum

Ayur Jagruti Training Program is specifically designed to equip students with the fundamental knowledge of Ayurveda in a simplified manner. This program will guide participants on balanced diets required as per climatic changes. Besides, this program focuses on self-care for optimal wellbeing, includes 9 therapeutic mudras, easy stretches for health and also offers daily detox tips. Participants will have an understanding of the ancient science of Ayurveda in an authentic and practical manner

DAY

1

- Introduction & importance of Ayurveda
- Ayurveda in daily life
- Panchamaha bhootha
- Tridosha
- Prakruti & Exercise of Prakruti Analysis
- Teaching & Practice of Prana Mudra & Vayu Mudra
- Teaching & Practice of easy stretches for daily routine

DAY

2



- Types & Causes of Vikruti
- Corrective Actions for Vikruti
- Teaching & Practice of Apana Mudra & Apana-Vayu Mudra
- Teaching & Practice of easy stretches for daily routine

DAY

3

- Detox - Dinacharya
- Fasting
- Panchakarma
- Herbal Detox
- Teaching & Practice of Back pain Mudra & Head Ache Mudra
- Teaching & Practice of easy stretches for daily routine

DAY

4

- Factors affecting Agni & Steps to protect Agni
- Food - How, What, When, How much to eat
- Healthy Eating
- Food pyramid
- Teaching & Practice of Varuna Mudra & Mahalinga Mudra
- Teaching & Practice of easy stretches for daily routine



Duration

4 days/2 hours per day.
Total 8 hours

Fees

Rs. 2000

Mode Of Program

Online / Offline

Eligibility Criteria

Open For All

Language of Teaching

English, Hindi, Kannada,
Malayalam, Tamil,
Telugu



WE OFFER TRAINING FOR

Meru Chikitsa

Rakkenho

Hand & Foot Reflexology

Meridianology

Acupressure

Ayur Jagruti

Swasthya Pracharak

Swasthya Shibir

Cosmetology

Ayurveda Cooking

Nadi Pariksha

Sri Sri TM
WELLBEING
holistic health

Contact

Head Office, Sri Sri Wellbeing, 21st KM,
Kanakapura Road,
Near Art of Living International Centre,
Udayapura, Bangalore – 560082

Call: 080 68944565
Email: care@srisriwellbeing.com