

## Boost Immunity with Ayurveda Outline

### Opening practice

- Movement
- Meditation

### Ice Breaker

### Introduction

- Self
  - Educational background
  - Why we should listen to you Ayurveda
- Ayurveda
  - Holistic healing system :: Slide 1
  - Fundamental truth :: Slides 2-3
  - Prevent disease
  - Discover: :: Slide 4
    - Key Ayurvedic habits that promote immunity
    - Some herbal and cleansing techniques that you can start practicing at home immediately
    - How to reduce anxiety using Ayurveda

### Workshop

- Bodies are designed to live in rhythm with Nature
- Live an Ayurvedic lifestyle for prevention
  - Routine :: Slide 5
  - Sleep :: Slides 6-7
    - Worksheet questions 1-3
  - Eat :: Slide 8
    - When agni is strongest :: Slides 9-10
      - Worksheet questions 4-6
    - Eat foods rich in prana :: Slide 11
    - Spices :: Slide 12
      - Worksheet questions 7-8
    - Coaching tips :: Slide 13
- Nasya :: Slide 14
- Move :: Slide 15
  - Worksheet questions 9-10
- Anxiety :: Slide 16
  - Ayurvedic perspective of anxiety :: Slide 17
  - Recommendations :: Slide 18
    - Routine :: Slide 19
    - Oil :: Slide 20
    - Vata pacifying diet :: Slide 21
      - Worksheet questions 11-13