

Course Title	Modern Applications of Classical Teachings, Level 1
Course Instructor	Andy Betancourt Allen
Class Time	See Course Dashboard for course times
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### **Course Description**

This course is a combination of theory and practice with emphasis in practice, The course provide the participants with practical tools that should be implemented after each class with the final goal being that the participant reaches an organic and intimate understanding of the practices thought.

### **Goal**

To encourage practice in the participant with the future goal of becoming ayurvedic lifestyle coaches

### **Structure**

Modern Applications of Classical Teachings, Level 1, is a bi-weekly masterclass delivered over 4 academic terms. Each term will consist of 6 subjects and a practical final project.

### **Grading**

Students must pass the following for each (4) term with a 70% or higher in order to pass the course:

- 6 lesson assignments
- Final project

### **Topics**

- Recognizing the Struggles of Suffering & Desires: Pleasure vs Joy & The 3 Goals of Life
- Duality: Passive & Active Approach to Life Plus the 3 Goals & 3 Obstacles in Life
- Mindful Living: Non violence, Detachment & Contentment
- Inner & Outer Guidelines: Codes of Conduct, Principals, Beliefs & Ethics, and Responding vs Reacting
- Proper Exercise & Proper Rest
- Final Project & Q&A