



Course: Subtle Body Anatomy

Course Description: This course introduces students to the fundamental concepts of Ayurvedic anatomy and physiology. It deepens understanding of base concepts of Agni and dosha as well as reinforces connections with background philosophies. The learners will have a firm grasp of the definition, qualities, locations, actions and normal functions of the concepts of subdosha, dhatu, srotamsi, and prana, tejas, and ojas.

Instructor: Marek Sawicki C-AP, C-AYT, C-IAYT, LMBT, eRYT500

Activities to Achieve Course Objectives:

- Textbook Study
- Study Exercises
- Writing Assignments
- Self Care Documentation
- Unsupervised Client Interaction and Documentation
- Class Participation
- Final Assessment

Students are required to complete 100% of the assignments given, either attend or watch the recorded Live Lessons, and receive an 70% or higher grade on the final assessment. Students should note that this course requires minimally an additional ten hours per lesson to complete homework assignments and study the material outside of the Live Lessons to fully absorb, understand, and demonstrate proficiency of the course material.

Lesson	Topic
Lesson 1	Introductory Class
Lesson 2	Subdosha Theory & Concepts
Lesson 3	Agni, Nutrition, & Dhatu Theory
Lesson 4	Review & Introduce Rasa, Rakta, Mamsa, & Meda Dhatus
Lesson 5	Review & introduce Ashti, Majja, & Shukra Dhatus



Lesson 6	Srota Theory & Dhatu Srotamsi Overview
Lesson 7	Review & introduce: 3 intake & 3 excretion Srotamsi
Lesson 8	Review & Introduce: Artava, Sthanya, & Mano Srotamsi
Lesson 9	Prana, Tejas, & Ojas Theory
Lesson 10	Review & Test Preparation