

# PROGRAMME

## **Ayurveda Workshops Glasgow 2007**

with Alex Duncan & Fiona Morton

### **Preventing Disease & Creating Health with Ayurveda: diet, lifestyle, yoga & herbs**

Ayurveda, “the science of life” is ancient India’s gift to mankind. A truly holistic medical system, it treats body, mind and spirit using many different tools. Therapies include individual dietary and lifestyle practices, yoga postures, subtle therapies (eg sound, colour and aroma-therapies), herbal and mineral-based medicines, massage, marma therapy (similar to acupuncture), oleation and sudation (the therapeutic use of oil-based preparations and sweating) and panchakarma (a clinical detox). Despite Ayurveda’s ancient roots, it has remained a living science in India, Sri Lanka and more recently, Western countries.

Ayurveda believes that everyone is unique and as such needs a unique approach to preventing and curing illnesses. This ‘constitutional’ approach is one of Ayurveda’s strong points, as well as its insistence that treatments must be as natural as possible and have no side effects. Unfortunately, Ayurveda in India today is rapidly becoming vulgarised by profit-driven initiatives and becoming more ‘allopathic’ in its practice, dealing mainly at a superficial symptomatic level. In ‘true’ Ayurveda each patient is seen as an individual and an in-depth diagnosis takes place to determine why there is an imbalance and how to address it.

While there are many facets to Ayurveda, at its heart is the ‘tridosha’ theory. The idea is that we are governed by three fundamental life principles called ‘doshas’. Because the doshas are the basic ‘life forces’ inherent in our bodies, it is in *them* that we see the roots of health (when they are working properly) and disease (when they go wrong). The art of Ayurveda is to develop an understanding of how these doshas work, how they don’t work, and how to put them ‘back together again’. And the beauty and power of Ayurveda is that everyone, not only the experts, can understand and work with their doshas. The trick is to start listening to your body, and learn the ‘language’ of the doshas; then they will tell you what’s wrong. Then, with a basic understanding of Ayurvedic nutrition, lifestyle, and some simple herbs, you can go a long way to preventing an otherwise innocent little niggle from turning into a more serious illness. Hence, the aim of these workshops is to help you diagnose and balance your doshas to prevent and manage a range of common ailments.

I hope you will join us for what I can confidently claim to be an illuminating experience into the world of Ayurveda. All you need is a genuine desire to take responsibility for your life and health, and an eagerness to learn.

## January 20/21 : Ayurvedic Theory & Practice, Disease Prevention & General Health

Sat 20 <sup>th</sup> 10am – 1pm	The three doshas (Vata, Pitta and Kapha) - what makes you tick according to Ayurveda Health & disease, the Ayurvedic point of view Digestion and why it is so important when it comes to health Toxins and how they cause disease
2 – 6pm	Diagnosing your Ayurvedic type The Ayurvedic ABC's of prevention – how to live in tune with your nature Yoga for general wellbeing
Sun 21 <sup>st</sup> 10am – 1pm	The Ayurvedic approach to nutrition Good eating habits Your tailor-made Ayurvedic diet Simple herbs for supporting your digestion
2 – 6 pm	How to detox the Ayurvedic way Learn how to safely detox using foods, fasting and herbs at your own pace Yoga for digestion and supporting detoxification

## May 5/6 : Ayurvedic Management of Common Ailments (Part I)

Sat 5 <sup>th</sup> 10am – 1pm	Ayurvedic diet, lifestyle, herbs and yoga for: <ul style="list-style-type: none"><li>• Erratic digestion</li><li>• Constipation</li><li>• Bloating/wind</li><li>• Irritable Bowel Syndrome</li></ul>
2 – 6pm	Ayurvedic diet, lifestyle, herbs and yoga for: <ul style="list-style-type: none"><li>• Over-quick digestion, tendency to diarrhoea</li><li>• Acidity &amp; heartburn</li><li>• Liver problems</li><li>• Inflammation</li></ul>
Sun 6 <sup>th</sup> 10am – 1pm	Ayurvedic diet, lifestyle, herbs and yoga for: <ul style="list-style-type: none"><li>• Sluggish digestion</li><li>• Nausea</li><li>• General congestion</li></ul>
2 – 6pm	Ayurvedic understanding & treatment of obesity

## June 16/17 : Ayurvedic Management of Common Ailments (Part 2)

Sat 16 <sup>th</sup> 10 – 1pm	Ayurvedic diet, lifestyle, herbs and yoga for the treatment of arthritis
2 – 6pm	Ayurvedic diet, lifestyle, herbs and yoga for the treatment of skin diseases
Sun 17 <sup>th</sup> 10 – 1pm	Ayurvedic diet, lifestyle, herbs and yoga for the treatment of PMS & menopause
2 – 6 pm	Ayurvedic diet, lifestyle, herbs and yoga for the treatment of stress, sleep disorders & depression

## Alex Duncan

Alex Duncan has 5 years of experience as an Ayurvedic educator and 18 years experience as a family-taught yoga practitioner. He has trained with Atreya Smith, Dr. David Frawley and Dr. Sunil Joshi. Currently he teaches Ayurveda in France for the European Institute of Vedic Studies, as well as running occasional workshops in France and the UK. Alex also runs a small retreat centre and Ayurvedic consultancy in France (see [www.thesuncentre.com](http://www.thesuncentre.com) for details). His passion for Ayurveda and yoga come across in his energetic, down to earth teaching style. Feel free to contact him for questions about the workshops at [alexduncan1974@yahoo.com](mailto:alexduncan1974@yahoo.com)

## Fiona Morton

Fiona Morton has been a qualified yoga teacher for more than 20 years and is experienced in many forms of yoga practice. In 1994 she began specialising in the work of Shandor Remete who founded Shadow Yoga. [www.shadowyoga.com](http://www.shadowyoga.com). She holds regular classes at Rokpa House in the West End of Glasgow as well as one to one sessions and specialised courses. Please see the schedule online at [www.fionamorton.net](http://www.fionamorton.net). As part of her ongoing study with Shandor, Fiona has been introduced to Ayurveda from a yogic perspective. She is also a student of the European Institute of Vedic Studies in England.

## Formalities

**Website:** [www.ayurvedaworkshops.com](http://www.ayurvedaworkshops.com)

**Enquiries:** **Fiona Morton**

0141 334 7145

[fionamorton@hotmail.com](mailto:fionamorton@hotmail.com)

**Alex Duncan**

0033 466 60 16 78 (France)

[alexduncan1974@yahoo.com](mailto:alexduncan1974@yahoo.com)

**Venue (note – venue change, no longer SDTA, woodlands): Steiner school, 52 Lumsden St, Yorkhill, Glasgow.**

**Times (all dates):** 10am – 1pm, 2pm – 6pm (including breaks)

**Cost: £100** per workshop or **£250** for all three. *Concessions considered on a case-by-case basis.*

**If possible:** Please bring a copy of '*Ayurvedic Healing*' by Dr. David Frawley.

**Note:** Bring pens/paper and a yoga mat or thick rug for posture work (remedial hatha yoga practices are part of these workshops). Please supply your own lunch.

### Attendance by reservation only

send a cheque with the completed reservation form below to:

**Fiona Morton (Ayurveda 2007), Flat 3/L, 343 West Princes Street, Glasgow, G4 9EX**

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### RESERVATION FORM

Name \_\_\_\_\_

Date \_\_\_\_\_

Tel \_\_\_\_\_

Email \_\_\_\_\_

*Please accept this cheque of £50 (non-returnable deposit for January event\*) / £100 (non returnable deposit for all three events) made payable to Fiona Morton. I will pay the balance (cheque made payable to Alex Duncan) on January 20<sup>th</sup> at the start of the event.*

\*If you wish to attend only the 2<sup>nd</sup> or 3<sup>rd</sup> events, or both, please contact Fiona Morton before sending your reservation form.