

Ayurvedic Rejuvenation and Ageing Well

One-day workshop with Dr Shaun Matthews

practical ways of slowing down the ageing process using Ayurveda

Sunday 29 May

9.30 am—4.30 pm

\$180

The Intuitive Well

70 Bronte Road

Bondi Junction

More info: 0439 621 417

info@three realms yoga.com.au

More than skin deep

Nourish the body's internal organs, rest the nervous system and rejuvenate the digestive tract. The sister science to Yoga, Ayurveda is an ancient Indian system of healing. One of the eight limbs of Ayurveda is solely devoted to the science of rejuvenation. We'll explore how Ayurveda understands this process and how it relates to modern scientific theory.

About Ayurveda

Ayurveda is derived from two words in Sanskrit, the language of ancient India, "Ayus" means life and "Veda" means knowledge it is thus the knowledge of life and longevity. Ayurveda concerns itself with how to live a life well lived, so that you have no regrets at the end..

Ayurveda understands the world in energetic terms and seeks to balance the three basic energies in the bodymind called doshas. These are known as Vata, Pitta and Kapha dosha and each individual's constitution has different amounts of the three doshas in its makeup. Once you have found out your unique dosha body-type you can then balance it by changing your diet and lifestyle. For example, someone with a Vata dominant body-type is sensitive to the cold, prone to worry, more highly strung and more likely to suffer from dry skin and constipation. These individuals tend to do better with warm, moist food, warm living environments, regular routines and plenty of down time to unwind their minds.

The beauty of Ayurveda is that it works through the five senses, thus Ayurveda utilises food as medicine, music therapy, massage using oils medicated with various herbs, aromatherapy and colour therapy. Ayurveda also makes use of various Yogic practices to balance the bodymind including yoga postures, breathing exercises and meditation. It offers an elegant and practical way to live gracefully and in tune with nature.

No prior knowledge of ayurveda is necessary for this workshop.

Workshop program

9.30	Welcome
9.45	Perspectives on Ageing: modern science and Ayurveda. Rasayana: the science of rejuvenation. Rejuvenating yogic breathing Dr Shaun Matthews, Ayurvedic Healing
11.00	Morning tea Tea tastings and the benefits of herbs
11.15	Restorative postures: practice and theory including a yoga sequence Yoga Nidra: a deep relaxation exercise and how and why it works Deanne Tyrrell, Three Realms Yoga
12.30	Vegetarian lunch: dahl, rice, gently spiced seasonal vegetables and condiments followed by a talk about the ingredients, herbs, spices, processes and the six tastes of lunch. Adrian Ward, Pulse Ayurveda
1.45	Ayurvedic self-care practices : including abhyanga (self-oil massage), nasya and tongue scraping. Dr Shaun Matthews
2.15	How to use oils: Aromatic and Medicated herbal oils for rejuvenation purposes Jana Carrozzi, Anahata Therapies
3.30	Afternoon tea Chai and halva
3.50	Specific rejuvenative foods and medicinal herbs and tastings Review of Ayurvedic Health Resorts Dr Shaun Matthews
4.30	Close

How to book

Workshop fee: \$180*

**Full payment prior to the event is required to secure your place*

by phone 0439 621 417 for credit card payments.

by post make cheque, money order or credit card details payable to 'Three Realms Yoga'. Post to: Three Realms Yoga, 2 Rockley St, Bondi NSW 2026

by EFT Account Name: Three Realms Yoga
BSB: 062 220 Account No: 1016 5718

Email your receipt details to info@threerealmsyoga.com.au including your course, name and a contact number.

online at www.threerealmsyoga.com.au and go to 'ayurveda'

** Inclusions: workshop lecture notes, practices, recipes, an exploration of herbs, teas and oils; instruction in restorative yoga, meditation and yoga nidra; a nourishing vegetarian lunch, morning and afternoon tea.*

About the presenters

Dr Shaun Matthews

Dr Shaun Matthews is a medical practitioner who has also trained in Ayurveda and Yoga in India. Shaun is the founder and co-ordinator of the Ayurvedic Medicine Department at Nature Care College in Sydney and was on the organising committee for the Second International Ayurveda and Yoga conference held in Sydney in April 2009. His book *Journeys in Healing* was published in 2003 by Finch Publishing to critical acclaim. Shaun is in private practice at Bondi Road Doctors in Bondi Junction. www.ayurvedichealing.com.au

Deanne Tyrrell

Deanne Tyrrell is the Director of Three Realms Yoga, a hatha yoga studio dedicated to connecting and calming people through postures, relaxation and meditation. A long term meditator and lover of yoga nidra, her approach is steady, contemplative and mindful. www.threerealmsyoga.com.au

Adrian Ward

Adrian Ward is a creative Ayurvedic chef and yoga teacher. Cooking has been a lifetime journey of discovery for Adrian and as an Ayurveda consultant he specialises in diet and cooking. He runs Ayurvedic cooking classes in Sydney's Eastern Suburbs. www.ayurvediccookingwithadrianward.eventbrite.com

Jana Corrozzi

Jana Corrozzi runs Anahata Therapies in Mosman, an Ayurvedic therapies centre offering rejuvenating experiences. Trained in ayurveda, nutrition, remedial massage, lymphatic drainage and aromatherapy, Jana's clinic is based on the centre she trained with in Pune, India. www.anahatatherapies.com.au

Venue and parking

The Intuitive Well

70 Bronte Road

Bondi Junction (opp. Bob Jane T Marts)



Free street parking is available on Sundays in parts of Ebley St, Hollywood Ave, Allens Parade and Llandaff St. Paid parking is also available in Westfield and Eastgate shopping centres.