



Workshop: Ayurveda and the Mind
Date and Time: Saturday 12th May 2018
1300 gathering for lunch, closure at 1700
Venue: Manor Barn House, Water Stratford, Buckingham MK18 5DS



About the workshop:

Modern life in the Western world affords us with more possibilities to develop a rich and fulfilling life than ever before. However, with its fast pace and unrelenting inflows of information its rewards come at a cost. Many feel uprooted and we see ourselves developing coping strategies that do not really serve us. It is a time characterized by what has been described as an epidemic of mental illness.

It is no coincidence then that in this moment we also notice a mass movement striving to reconnect with our not-too-distant past. Increased awareness about the provenance of food, reconnecting to and protecting nature and cultural traditions, the international debates on global warming all are indicators that we are moving from a culture of individualism and isolation to one of cooperation and wholeness. Some of the answers we seek may be found in the ancient wisdom of systems like Ayurveda.

Ayurveda is a holistic healing system developed approximately 5000 years ago in India. It incorporates aspects of nutrition, psychology and counselling, herbal medicine and spiritual practices.

This workshop attempts to present some of the fundamental concepts of the Ayurvedic teachings with particular focus on the view of the mind. After an introduction to the basic principles of this ancient philosophy, we will highlight points of connection with Adlerian psychotherapy and explore avenues along which we, the Adlerian community may benefit from this encounter.

About the facilitators:

Federica and Beatrice are mother and daughter. Federica is a fourth year BAT student and Beatrice is studying Ayurveda and Western Herbal Medicine. In 2017 they visited an Ayurvedic hospital in the South of India which began a journey of discovery and healing that they feel passionate about sharing.

BOOKING SLIP for “ Ayurveda & Adler on Saturday 12th May 2018. The cost of this four hour workshop includes a balanced “Ayurvedic” lunch and afternoon tea with sweets. Adlerian students £40.00. Non students: £60.00. Payment is required 2 weeks before the training to secure your place. For all enquiries & booking: Jill Reynolds 01280 847853 or email: jill@adlerian.org.uk; : www.adlerian.org.uk

If you have any special needs, please let us know and we will do our best to accommodate these, please call to discuss

Name..... Telephone.....

Address.....

Email.....

Please send booking form & payment to Jill Reynolds, Manor Barn House, Water Stratford, Bucks MK18 5DS .
Cheques payable to Bucks Adlerian Training. CPD certificate provided on completion of the training
Fees paid for workshops are non-refundable. If you are unable to attend, you are welcome to send someone in your place.