



Mādhyā Way

School for
Ayurveda

Integrative Ayurvedic Rituals & Routines Course Curriculum

I. Introduction to Integrative Ayurveda

- A. What is Integrative Ayurveda?
- B. Principles of Integrative Practice
- C. Pancha Maya Kosha Model: The 5 Sheaths
- D. What is Trauma?
 - 1. Trauma-Informed Care
- E. Compassion-Based Approach Defined
- F. Ritual vs. Routine
- G. What is a Highly Sensitive Person?
- H. Empathy and Boundaries
- I. Mindful Listening
- J. What is Health?
- K. Loneliness Epidemic

II. Digestive Allies

- A. Enteric Nervous System: Gut-Brain Connection
- B. Trauma and Digestion
- C. Microbiome
- D. Diet and Doshas
- E. Food Activism
- F. Local, Organic, Heirloom Foods
- G. Honoring Indigenous Food Cultures
- H. Nourishment and Boundaries
- I. Herbal Allies for Digestion

III. Breath Allies

- A. Environmental Crisis and Air Pollution
- B. Lungs and Grief
- C. Breath Integral to All Life
- D. What is Prana?
- E. Introduction to Pranayama
- F. Herbal Allies for Breath

IV. Nervous System Allies

- A. What is the Nervous System? How Can We Broaden Our Understanding of it?
- B. Interconnection
- C. Stress Response, Window of Tolerance
- D. Trauma States
- E. Relax, Restore, Nourish
- F. Restorative Yoga
- G. Sensory Overload
- H. Herbal Allies for the Nervous System

V. Heart Allies

- A. Emotional Body
- B. Mental Health
- C. The Heart as the Seat of the Mind
- D. Compassion for Self, Others and World
- E. Herbal Allies for the Heart

VI. Female Health Allies

- A. Understanding Female Cycles
- B. Nourishing Herbs and Diet
- C. Supportive Lifestyle Practices
- D. Meditation for Vitality

VII. Recipe Books and Plant Ally Guides

- A. Spring
- B. Winter
- C. Fall
- D. Summer