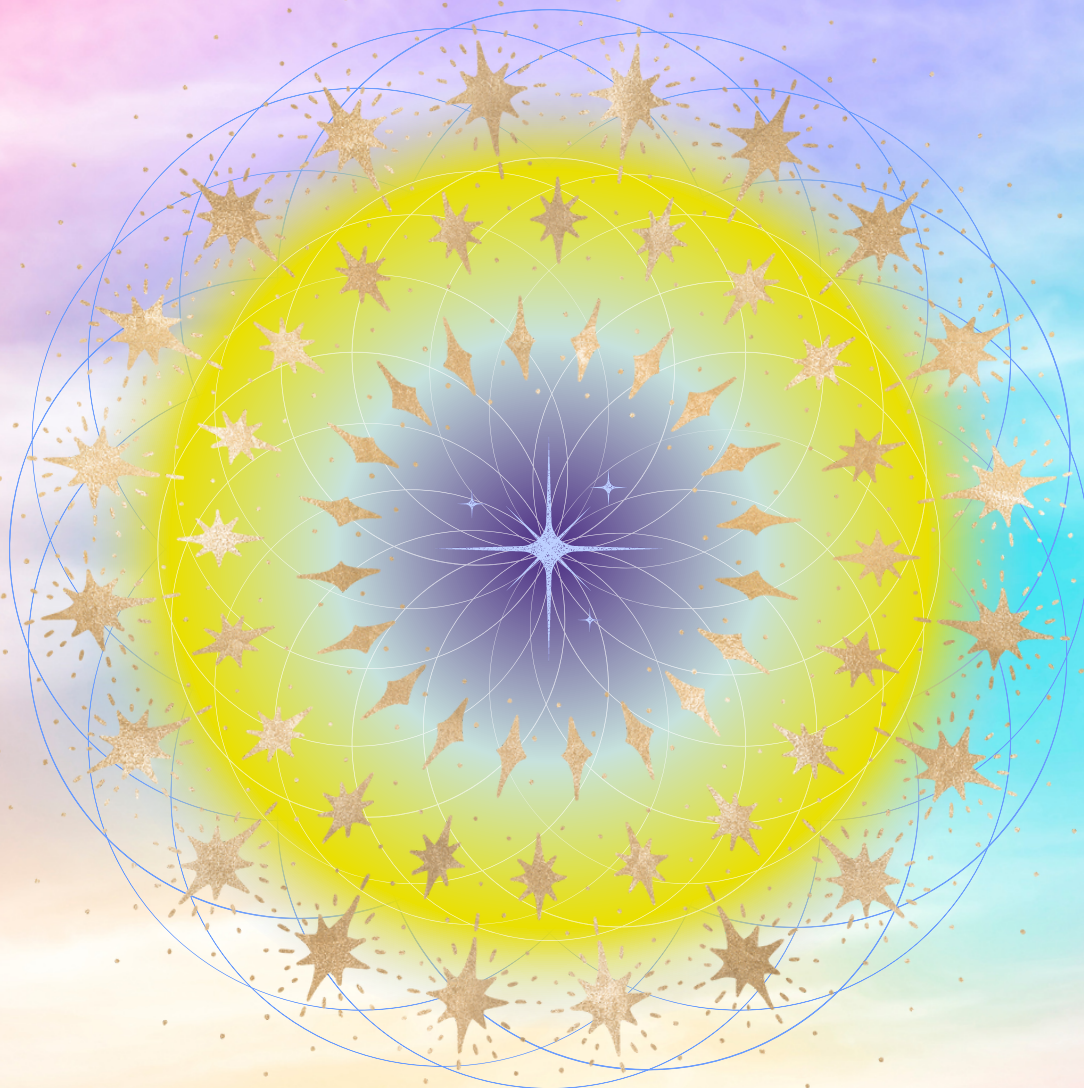


SYLLABUS



AYURVEDA FOUNDATIONS

FOR HEALTH AND RESILIENCY

COURSE LEADER: DR. SIRI CHAND KHALSA MD MS

www.ayurveda.drsirichand.com

Introduction



DISCOVER HOW AYURVEDA CAN PROVIDE THE FOUNDATIONS FOR HEALTH AND VITALITY

This 12-week experiential course brings the foundational principles of Ayurveda into practical steps for self-healing that can extend into how you care for patients. Ayurveda is a mind-body-spirit medicine that can help physicians heal themselves and improve their work performance by using an integrative approach to health, healing, and wellness. Something needed in this complex time.





FALL 2021

Course Title: Ayurveda and Lifestyle Medicine
Foundations for Clinicians: Maintenance of Well
Being through the entire span of our careers.

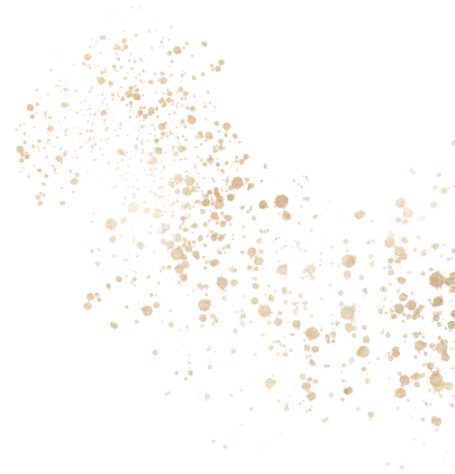
Course Start Date: Sept 19, 2021

Course End Date: Dec 12th, 2021

Course Director: Siri Chand Khalsa, MD MS

E-mail Address: info@drsirichand.com

Availability: 7 am-7 pm Mon-Friday PST
through email or dm.





COURSE OVERVIEW

COURSE DESCRIPTION

The course includes direct experience and lectures about the self-care actions for optimal health as given through Yoga, Ayurveda and Lifestyle Medicine. The basic tenets of Yogic/Ayurvedic anatomy and expression of mind, body and spirit will be presented. These principles relate directly to the principles of lifestyle medicine.

Students will gain an introductory foundation of Ayurveda and Yoga that can be implemented to optimize vitality as well as share in the clinical case based learning. Self-Exploration is encouraged and is part of the core curriculum in the first 6 weeks.

PRINCIPLES OF DISCOVERY

I. Didactic content: We explore Lifestyle Medicine's six pillars and Ayurvedic philosophy as it extends to a lifestyle. A pre-recorded lecture is shared prior to the class meetup on Sunday.

II. Groups: Peer interaction to enhance understanding of the foundational platform for the mental/emotional/spiritual aspects of Ayurveda and Yoga that directly correlate to physical well-being.

III. Yoga: Asana, Pranayama, and Meditations are taught by yoga and meditation instructors who are also knowledgeable in Ayurveda

IV. Mindfulness: Weekly Classes that integrate a deepening awareness of body, mind, spirit

V. Experiential home practices to bring the philosophic concepts into everyday life with regards to self-care

VI. Ayurvedic, plant-based meal prep and cooking.



Each week we explore Ayurvedic principles through a variety of pathways...



INSTRUCTION IN A PRE- RECORDED LECTURE

30-60 minute pre-recorded lectures are available to listen to at the beginning of the week. These lectures introduce Ayurveda and scientific principles along with Ayurvedic Sutras. We also learn from Dr. Lad's recorded lectures.

APPLICATION THROUGH LIVE CLASSES

(see individual descriptions)

COOKING classes

YOGA classes

MINDFULNESS classes

AYURVEDA EXPERIENTIAL

You will receive a box in the second week filled with samples from some of my favorite Ayurvedic makers. Along with a journal, you will have instructions on how to use these elements.

GROUP CONNECTION

We meet every week at 9 am PST, Sundays for two hours.

In this time we review the material that has been presented throughout the week and explore our experience with the material and the clinical applications.

SESSIONS WITH AYURVEDIC PHYSICIAN

6 Dedicated sessions with an Ayurvedic Physician who will provide insight and clarity on the clinical applications. TIME TBD

WEEKLY CLASSES INTEGRATING AYURVEDIC CONCEPTS

1.

YOGA

YOGA CLASSES

- Saturdays 7 am PST, replays available in the course portal
- 12+ different instructors bringing their unique vision and integration of yogic concepts.
- Learn about yoga through a new lens. As one student said, she will never view yoga the same way again.

CULINARY MEDICINE

Time TBD

Learn the foundations of Ayurvedic cooking and plant-based meal prep
Includes one 90 minute 1:1 session with Dr. Siri Chand for a pantry reboot where you get to explore with her in your own kitchen.

2.

COOKING

3.

MINDFULNESS

MINDFULNESS

- Thursdays 7 am PST, replays available in the course portal
- Dr. Rashmi Bismark MD will be guiding us through a mindfulness journey bringing her years of Ayurvedic and Mindfulness study into her instruction time.
- Discover a new method to relate to complex Ayurvedic principles.

WEEKLY CLASSES INTEGRATING AYURVEDIC CONCEPTS

4.

LECTURE

PRE-RECORDED LECTURES

- On your own time.
- Pre-recorded lectures that explore the theory and basis of the Foundations of Ayurveda. I recommended watching this early in the week prior to classes starting.

EXPERIENTIAL BOX

On your own time.

You are provided with a journal and syllabus to record your thoughts and impression as well as explanations on how to explore the Ayurvedic self-care items provided. The box will arrive the second week and is filled with some of my favorite brands. .

5.

SELF-CARE

6.

CONNECTION

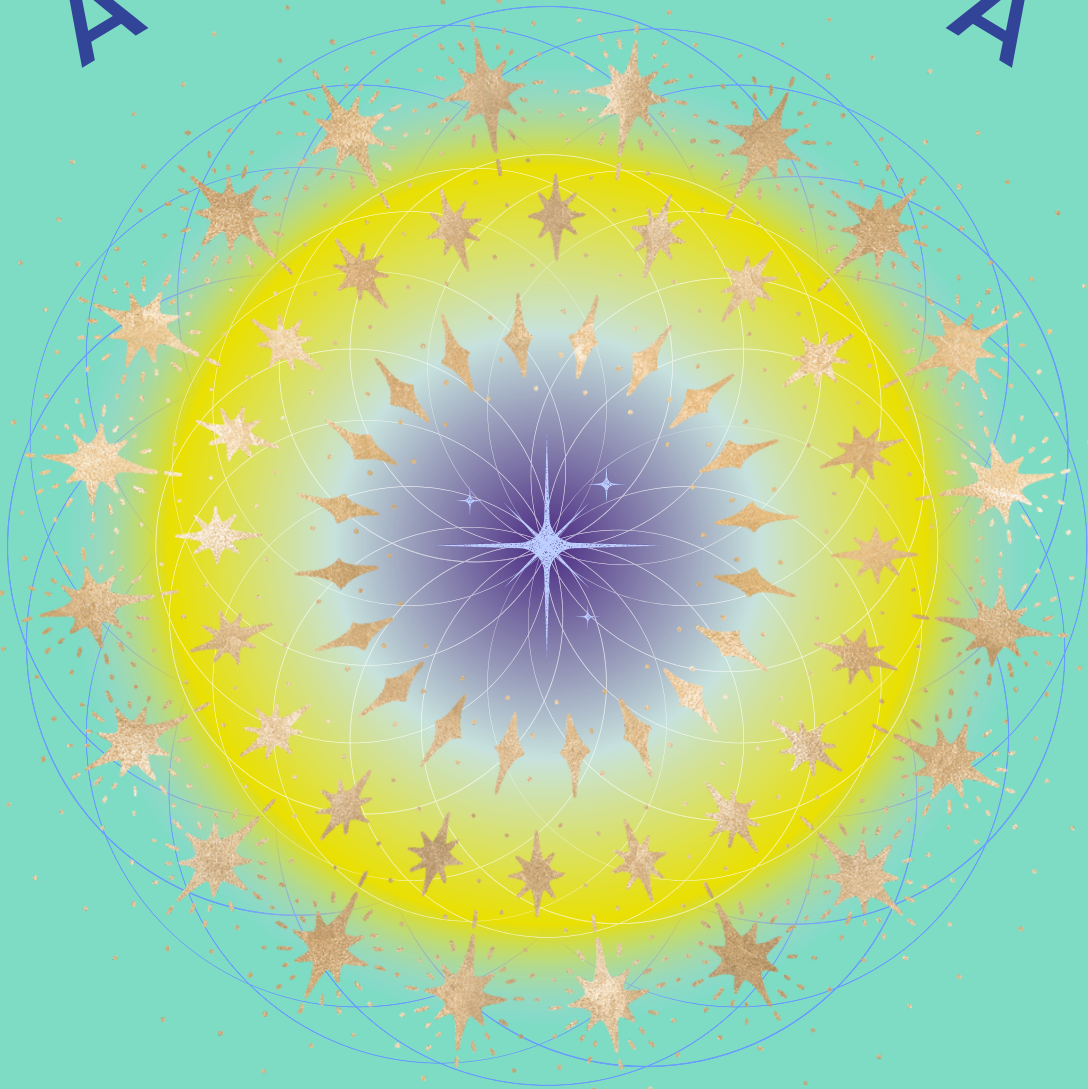
GROUP CONNECTION

- Sunday 9 am- 11 am PST weekly
- Discover a new method to relate to complex Ayurvedic principles through group learning. Connect with other visionary healers and feel supported in the journey you are on to serve others.

SYLLABUS FALL 2021

DISCOVER HOW YOU CAN USE

AYURVEDA



FOR RESILIENCY

LEARN WHAT HEALERS HAVE KNOWN FOR CENTURIES



COURSE RESOURCES



TEXTBOOKS

Recommended Texts:

- “Ayurveda: The Science of Self-Healing” Vasant Lad BAMS Lotus Press.
0914955004
- Ayurveda and the Mind: The Healing of Consciousness” David Frawley. Lotus Press. 1996 ISBN 914955365
- Ayurvedic Cooking for Self-Healing Usha Lad, Vasant Lad ISBN 10: 1883725054
- The Ayurvedic Cookbook. Amadea Morningstar, Urmila Desai
- The Complete Book of Ayurvedic Home Remedies. Dr. Vasant Lad

Optional:

- Lifestyle Medicine Handbook, 2nd ed Paperback by Beth Frates Jonathan Bonnet Richard Joseph
- “Textbook of Ayurveda: Fundamental Principles” Vol 1, Vol 2, Vol 3 Vasant Lad. 2002 Ayurvedic Press. ISBN 1883725070
- “Chakras: Energy Centers of Transformation” Harish Johari .Destiny Books. 1987. ISBN 892817607.

Other:

Yoga Mat or Meditation Pillow

Internet Access





WEEKLY TIMELINE

WEDNESDAY: PRE-RECORDED LECTURE AVAILABLE

30-60 Minutes

Dr. Lad's lectures are 50 min

THURSDAY: MINDFULNESS CLASS 7 AM PST

60 Minutes

FRIDAYS TIME TBD: 6 SESSION WITH AN
AYURVEDIC DOCTOR

60-90 Minutes

SATURDAY 7 AM PST: YOGA CLASS

60 Minutes

SUNDAY 9AM - 11 AM PST

2 Hours





AYURVEDIC THEORY



SANKHYA PHILOSOPHY

Discover the philosophic origins of Ayurveda and how we can translate this into our modern understanding. Learn how the knowledge of Ayurveda is shared and can be partnered with Integrative and Lifestyle Medicine.

5 ELEMENTS AND THE 5 SENSES

Understand the 5 elements and their connection to the 5 senses. These are potent doorways to healing as we understand from both Ayurvedic and modern neuroscience standpoints. Explore these connections.

DOSHA THEORY

Establish a deeper relationship to the qualities associated with each element that leads to the theories of the doshas. Implement principles of lifestyle medicine personalized for each dosha.

DHATUS

The "tissue" systems give us an entirely different framework around how imbalance occurs in the body. An introductory overview of Ayurvedic pathophysiology is explored through an understanding of Agni and Srotas (channels).

SAMPRAPTI

The 6 dedicated stages of "disease" are reviewed. This theory will completely revolutionize your understanding of how disease comes to its full expression and how simple the steps are to shift back to balance in the early stages.



DR. SIRI CHAND KHALSA MD MS

Dr. Khalsa has been living in SW over the last 15 years after completing her residency training in Internal Medicine at The Mayo Clinic in Jacksonville, Florida. She graduated with an undergraduate degree in Biology from the University of Virginia, a Master of Science from Old Dominion University, and a medical degree from Eastern Virginia Medical School. After completing her allopathic education, Dr. Khalsa has been blessed to travel internationally learning subtle healing techniques.

She is certified as a Yoga Teacher and Reiki Master with additional studies in aromatherapy, Ayurveda, and nutrition. She has completed a 2-year integrative medicine fellowship at the University of Arizona. She additionally teaches for Dr. Weil's fellowship in Integrative Medicine and enjoys community education through specialty cooking classes. She is board-certified in Internal Medicine, Integrative Medicine, Hospice, and Palliative Medicine. She studied Ayurveda in-depth with Dr. Vasant Lad and completed the ASP1/ASP2 training as well as the Pune GuruKula program plus additional training with Dr. Lad in meditations, Panchakarma, and Ayurvedic cooking.

Over 20 guest instructors

sharing knowledge



"PEER REVIEWED"

01

Integrative Pediatrician Tara T

The experiential learning opportunities were my favorite part of the course. The Mindfulness, Cooking, and Yoga live classes allowed for an embodied and deeper appreciation of the specific themes each week. The experts she invited to the course were exceptionally knowledgeable Ayurveda practitioners. Several profound and beautiful insights emerged for me through these experiential sessions that helped me to envision what a balanced life might be for me. As I journey forward, I look forward to deepening the practices I have learned!

As a clinician who has completed the Arizona Integrative Medicine fellowship, I was amazed at how this ancient science has so much overlap with integrative and lifestyle medicine. Dr. Siri Chand helped me apply an Ayurvedic lens to my practice, and I have since made changes that have brought renewed joy to my clinical work and have expanded the tools I offer to my patients.

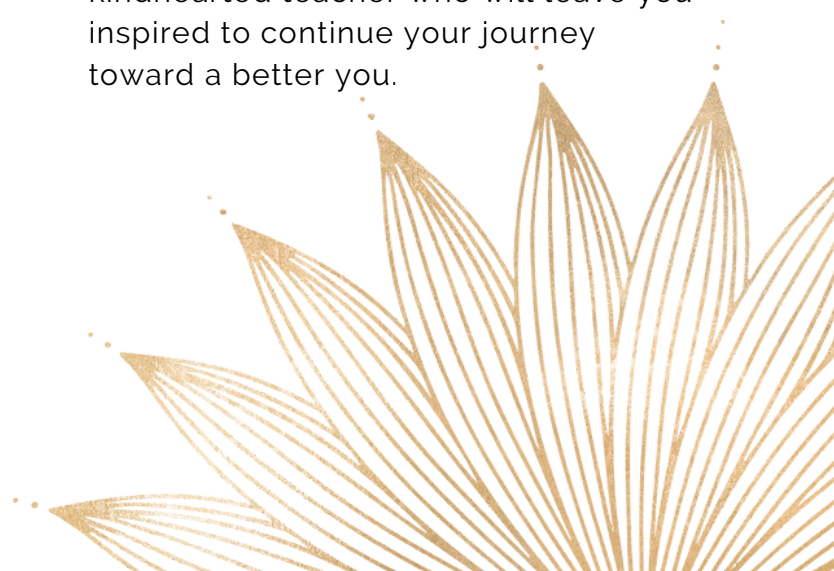
Dr. Siri Chand is a gem, a skilled teacher and mentor, with incredible intuition and a healing presence. I am truly grateful for this experience and the community she has created. I highly recommend it! NOW is the perfect time to take this course!

02

Holistic Cancer Care Carrie B

Dr. Siri Chand's Ayurveda Foundations course was an incredible journey of self-reflection, realization, and healing as well as community support from like-minded physicians whom I met through this program. I've known Dr. Siri Chand for 15 years, and her passion for learning and using the principles of Ayurveda really shined in this course. We participated in yoga, mindfulness, live cooking classes, sensory experiences, lectures, and group sharing.

The breadth of knowledge we received was just the right amount, and I learned easy Ayurvedic tools to use for myself and my patients. I highly recommend this course if you are a clinician feeling out of balance and in need of holistic changes to improve your wellbeing. Dr. Siri Chand is a dedicated, insightful, and kindhearted teacher who will leave you inspired to continue your journey toward a better you.



AYURVEDA FOUNDATIONS

with Dr. Siri Chand Khalsa MD MS



learn more here



Ayurvedic Foundations

Revitalize your life with this introductory experiential Ayurveda journey.

ayurveda.drsirichand.com

[CLICK HERE](#)