

Your Instructors



Kelly Fisher, C-IAYT, E-RYT500, AYS, YACEP,

is a Certified Yoga Therapist, Experienced Yoga Teacher, and an Ayurvedic Yoga Specialist. Her instruction is based on over 25

years of meditation practice and her multidisciplinary study of hatha yoga, tantric philosophy, and ayurveda. Kelly co-leads deeper study through Yoga and Ayurveda Immersion programs and Yoga Teacher Trainings. Since 2002 she has been running a successful yoga business, Wildflower Yoga, where she offers private and public classes and workshops, and leads international yoga retreats (with Rimmi!). She also offers private yoga therapy sessions.

Part of this program involves sampling foods that you learn about and building your confidence with Ayurvedic cooking



Rimmi Singh, E-RYT500, YACEP, AWS,

is a Senior Yoga Teacher and an Ayurvedic Wellness Counselor. She's been a dedicated practitioner for over 23 years. Born in India,

Rimmi grew up amongst Indian philosophy, wisdom and traditions. She brings a well-rounded perspective to her teachings of Yoga and Ayurveda, blending ancient wisdom into practical, modern-day path of self-discovery and healing. Rimmi is passionate about food and wholesome eating. Cooking is her deepest expression of love. She has been catering delectable, healthy foods at wellness retreats, Ayurveda workshops, holiday parties and get-togethers. Rimmi loves to travel and leads domestic and international yoga retreats. Rimmi and Kelly have co-hosted five retreats to India.

OUR AYURVEDA IMMERSION PROGRAM HAS SOMETHING FOR EVERYONE



Ayurveda Immersion Ancient Wisdom For Modern Times

Is It For Me?

This program is for anyone interested in learning more about the comprehensive practice of Ayurveda. Yoga students and teachers alike will benefit from the in-depth study of the doshas, prakriti, vikriti, dhatus, the six tastes, daily habits, and more.

Learning Ayurveda is not about memorizing. It's about embodying the principles and applying them to all facets of life. This six-month immersion is an opportunity to learn a suite of new health and nutrition practices to effectively incorporate into your daily lifestyle.

Whether you are new to Ayurveda and want to learn the basics or you want to deepen your understanding of Ayurveda and further develop your personal Ayurvedic lifestyle plan, this program has something specific for everyone.

Upon completion, you will have the knowledge and skill to create a specific dosha balancing yoga practice, use food and herbs with awareness, and create a basic lifestyle plan for yourself and for others based upon their needs and goals.



the Yoga Center
of Columbia

8950 State Route 108, Suite 109,
Columbia, MD 21045
410.720.4340
www.ColumbiaYoga.com

Ayurveda Immersion

January 20 - June 9, 2024

Ancient Wisdom For Modern Times



Learn practical tools to create more balance and harmony in your life

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Ayurveda Immersion Ancient Wisdom For Modern Times

This immersion will be hybrid; taught in studio and live-streamed on Zoom.

Ayurveda is India's 5,000-year-old system of natural healing that has truly stood the test of time. The primary goal of Ayurveda is to help people live long, healthy and balanced lives. Ayurveda focuses on the whole person and takes into account your unique constitution, stage of life, diet and lifestyle habits, environmental factors and other personal attributes to help you achieve your optimum health.

In this training, we will explore how diet, lifestyle and living in alignment with the cycles of nature lead to better physical health, emotional balance, and spiritual well-being. In the final weekend of this training, you will develop a personal plan for self-care, incorporating the Ayurvedic practices that you learned to improve the overall quality of your life.

Required Reading

Required reading materials are not included in the cost of tuition. Textbooks are available for purchase at The Yoga Center or elsewhere.

- Prakriti, Your Ayurvedic Constitution, Dr. Robert E. Svoboda
- Yoga & Ayurveda, Self-Healing and Self-Realization, David Frawley



During this 6-weekend, 50 hour Training participants will learn:

- Yoga and Ayurveda philosophy
- Your innate and current constitutions, prakriti and vikriti
- Essential ayurvedic components: doshas, nadis, vayus, koshas, gunas, and more
- Subtle essences: prana, tejas, and ojas
- Agni and ama
- The six tastes and how they affect the tissues of the body
- Ayurvedic approach to digestion, nutrition, cooking and right eating
- The benefits of following the rhythms of nature using the ayurvedic clock through hours, seasons, and stages of life
- Dinacharya - daily practices for health and well-being, such as self-massage and cleansing of the senses
- How to address imbalances through asana, pranayama, deep relaxation, meditation, diet, cleansing, and lifestyle adjustments
- Practical tools to create more balance and harmony in your life
- How to design a personalized ayurvedic health plan

You will receive training materials and assignments to help expand your studies.

2024 Dates

Hybrid Format - Participate In-Studio
OR Live-Streamed Via Zoom.

Jan 20-21	Fundamentals of Ayurveda
Feb 17-18	More Fundamentals of Ayurveda
Mar 9-10	Vata - Harness the Wind
Apr 6-7	Kapha - Energize the Earth
May 4-5	Pitta - Balance the Fire
Jun 8-9	Your Personalized Ayurveda Plan

Weekend Schedule:

Saturday and Sunday, 1:00pm – 4:30pm
6 weekends, 50 CEUs



Eligibility

The program is open to students of all levels who have a desire to learn Ayurveda. Asana, pranayama and meditation will be included in the program so it is helpful if you have practiced yoga a minimum of 1 year in regular weekly classes. We encourage you to be committed to studying, learning, and developing your knowledge of Ayurveda as a way of life rather than just a learning exercise.

How Do I Register?



Please submit your application with a \$100 deposit. Call the Yoga Center of Columbia at 410.720.4340 or email us: info@columbiayoga.com for application.

Investment and Refunds

The investment of the program is \$895 plus a materials fee of \$75. The \$100 deposit must accompany your application. Payment in full or arrangement for payment is due by December 31, 2023. Contact the Yoga Center for details of the payment plan. Full refunds (minus the non-refundable deposit of \$100) will only be granted until January 19, 2024. After January 19, refunds will only be considered on a case by case basis.

Certificate Of Completion

Upon completion of the program, a certificate will be issued for the total number of hours completed. If you need CE hours with YA, you must complete all 50 hours. Missed hours can be made up by answering specific questions pertaining to the material missed. Otherwise, missed hours will be subtracted from the 50 hours. Additionally, hours may count as prerequisites for other Ayurveda trainings.