

Ayurvedic Medicine

with Nitin Shaw MD (Ayurveda)



July 15-16, 2016
in Hamilton ON

Event duration 2 days 7:00 am – 5:00 pm

(Optional: 7:00-8:30 am Ayurvedic Dosha Balancing Practice
with Karen Claffey)

9:15 AM-12:30 PM Theory Morning Session

1:45-5:00 PM Theory Afternoon Session

Breakfast 9:00-9:15 AM / Lunch 12:30-1:45 PM.

*Accommodations and meals available on-site –
optional/extra.*

In this course participants learn Ayurvedic approaches to achieving and maintaining optimal health, as well as for healing. Topics covered include: agni, ojas and ama, the seasons, 5 elements theory, diet, lifestyle; as well as how, asanas, and pranayama techniques affect the doshas and are used in yoga therapy. Learn how to determine and balance constitution (Prakriti) and condition (Vrikriti); and discover pulse, tongue and facial diagnostic techniques.



Nitin Shaw is registered with the Association of Ayurvedic Professionals of North America, the Alliance of Professional Naturopaths and Naturotherapists, is a professional member of the Ontario Herbalist Association, and has received his accreditation as Doctor of Natural Medicine. He is a native of India, has been a practitioner, philosopher and teacher of Ayurveda and Yoga for more than 20 years. Nitin is one of very few Postgraduate Ayurvedic Doctors residing in North America. Currently he lives in the Toronto area.

To Register:

Send payment of \$340.00 tax included payable to Karen Heaven Inc.

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