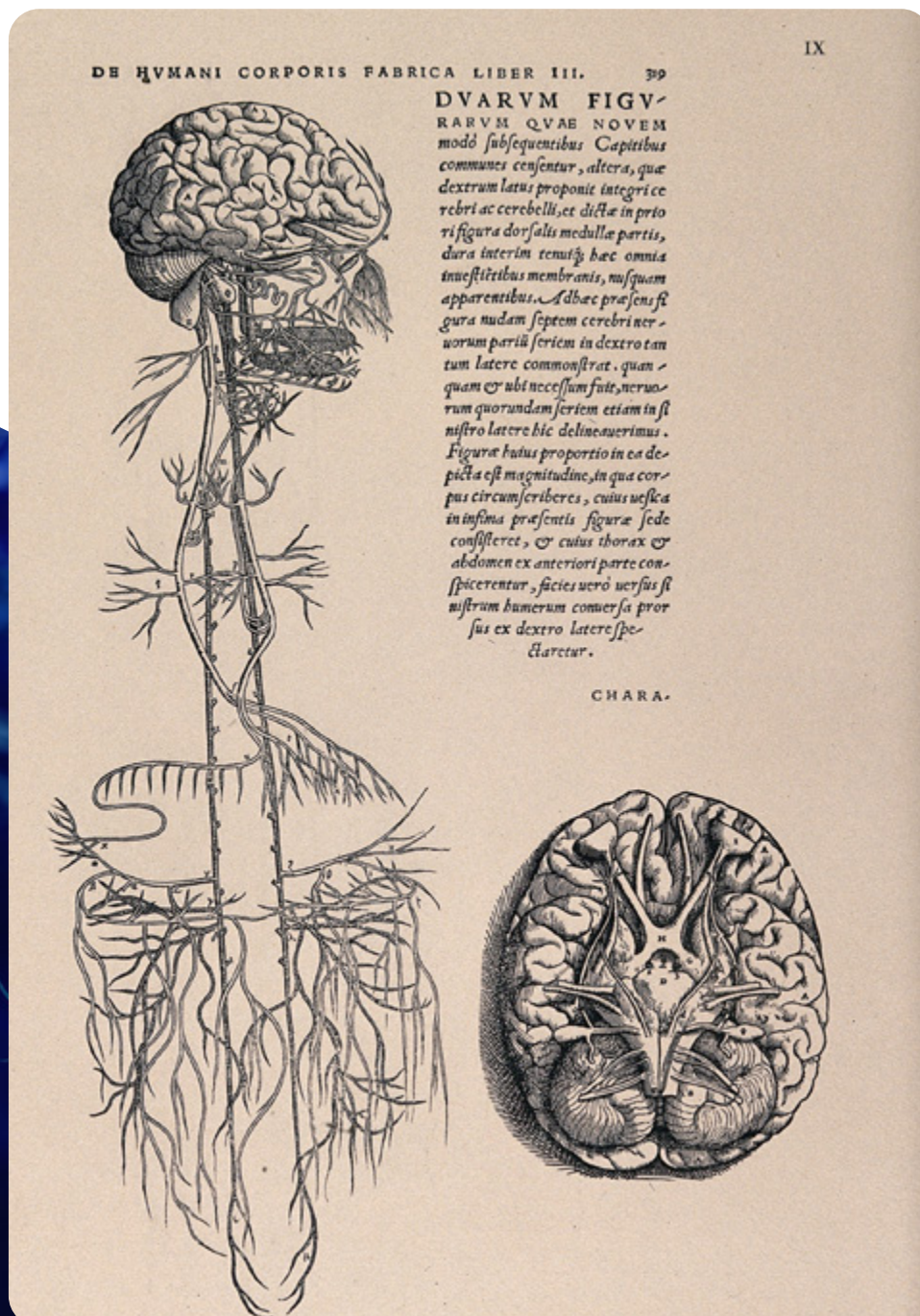


AYURVEDA

AND THE VAGUS NERVE



PART I - Exploring The Autonomic Nervous System and the Vagus Nerve



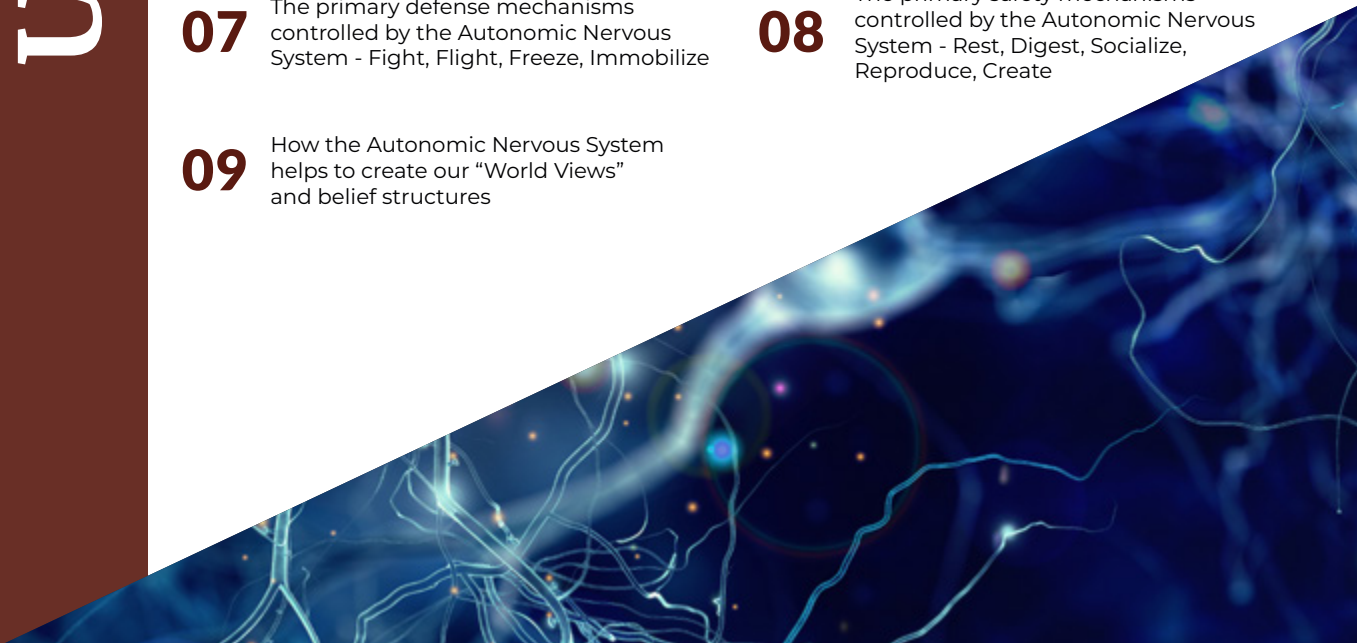
Ayurveda has long recognized the importance of the autonomic nervous system in the healing process.

The need for humans to spend a majority of their time dwelling in the parasympathetic autonomic state, as opposed to the sympathetic autonomic state, is fundamental to all healing functions in the body.

Recently, scientists like Stephen Porges have been rediscovering these connections in works such as the Polyvagal Theory.

In this section we will cover...

- 01** The Autonomic Nervous System, how it works, and why it is so important
- 02** The vital functions of the Autonomic Nervous System and the Vagus Nerve
- 03** The Ayurvedic and Western understandings of the Autonomic Nervous System
- 04** The role of the Autonomic Nervous System in creating and maintaining deep seated habits
- 05** The Ayurvedic and Western views on what creates change in the Autonomic Nervous System
- 06** How diet and lifestyle affect the Autonomic Nervous System
- 07** The primary defense mechanisms controlled by the Autonomic Nervous System - Fight, Flight, Freeze, Immobilize
- 08** The primary safety mechanisms controlled by the Autonomic Nervous System - Rest, Digest, Socialize, Reproduce, Create
- 09** How the Autonomic Nervous System helps to create our "World Views" and belief structures

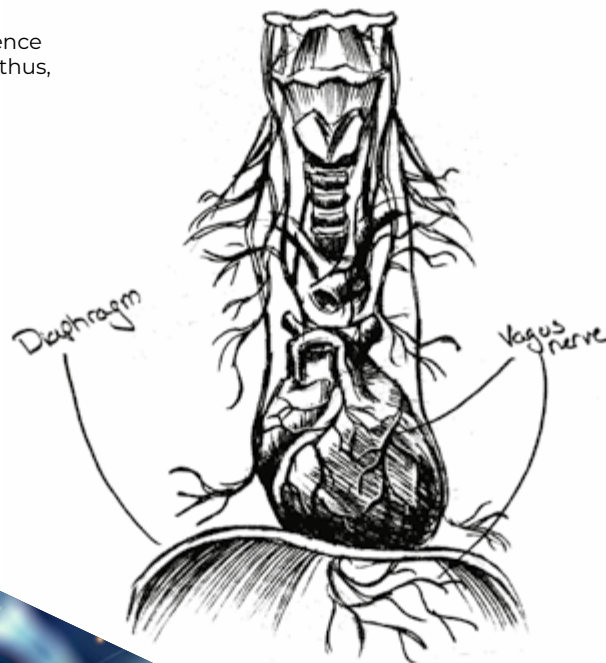


PART II - Dive Into Case Studies

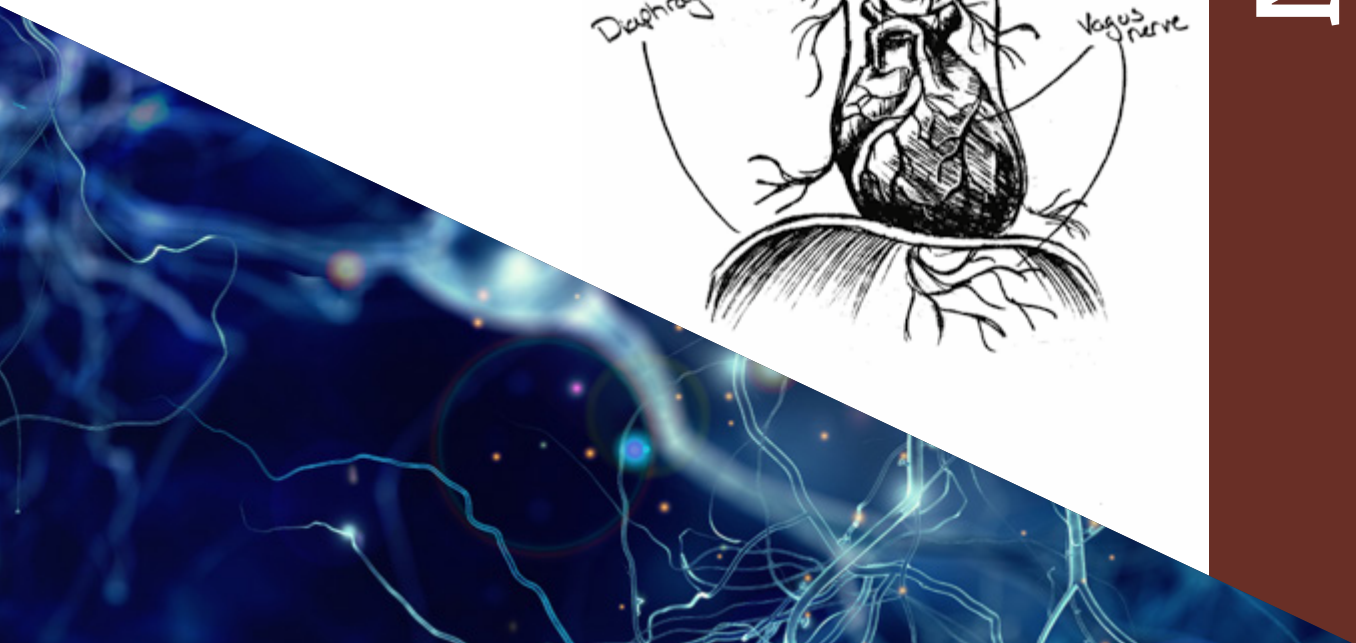


In this section we will experience...

- 01** How all of the theory applies to real life case studies in many different ways
- 02** Live volunteer clients with genuine issues related to the Autonomic Nervous System
- 03** How to deal with challenging, unclear cases in which the Autonomic Nervous System is related
- 04** How the Autonomic Nervous System often stops the healing process
- 05** How relationships dramatically influence the Autonomic Nervous System and thus, the body



MOVING FROM THEORY TO APPLICATION



VERY CHALLENGING AND VERY REWARDING!

Part III - Personal Application

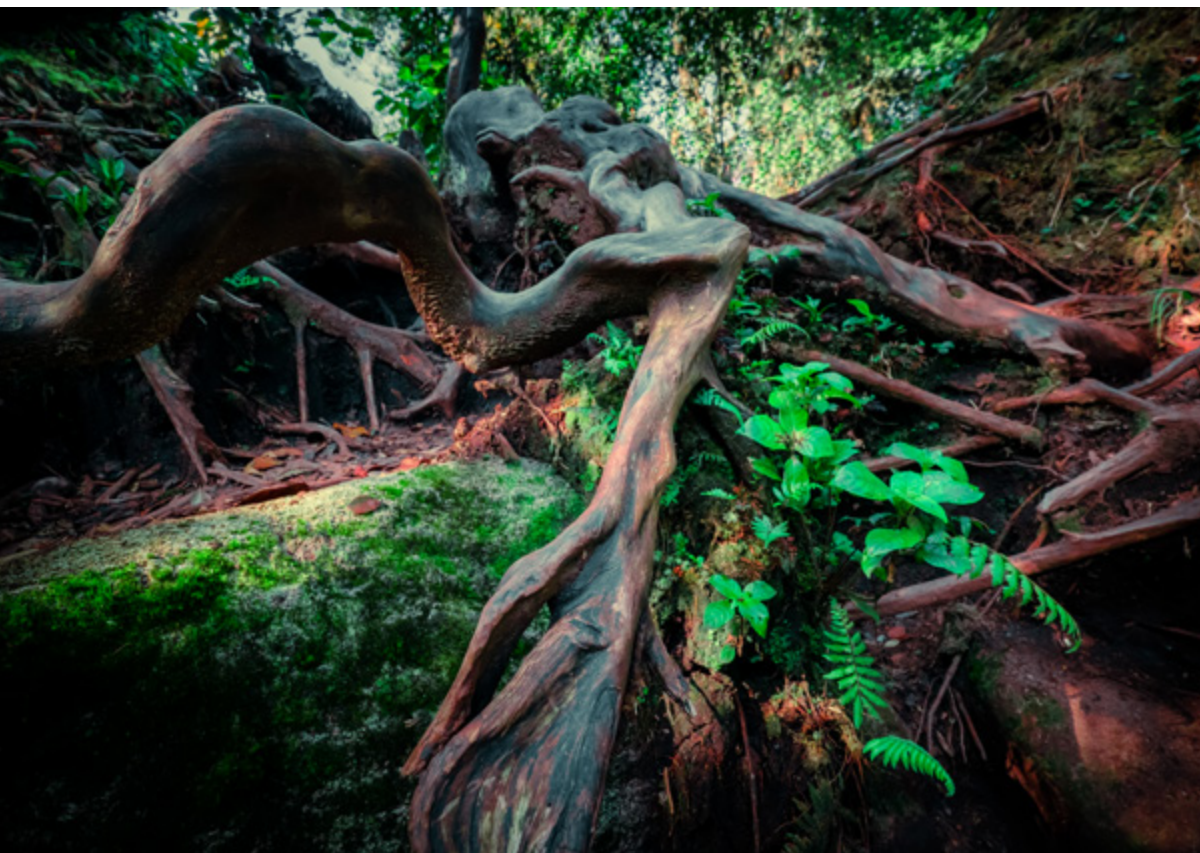


In this section we will experience...

- 01** How to apply the information and experiences previously learned toward one's own Autonomic Nervous System
- 02** Challenges and roadblocks in creating self-change, even when it is desired
- 03** Personal exercises that move us towards resilience and Autonomic harmony
- 04** Ayurvedic practices that we can apply on ourselves which directly impact the Autonomic Nervous System
- 05** How to draw out certain Autonomic patterns that may not be immediately apparent so that they can be changed



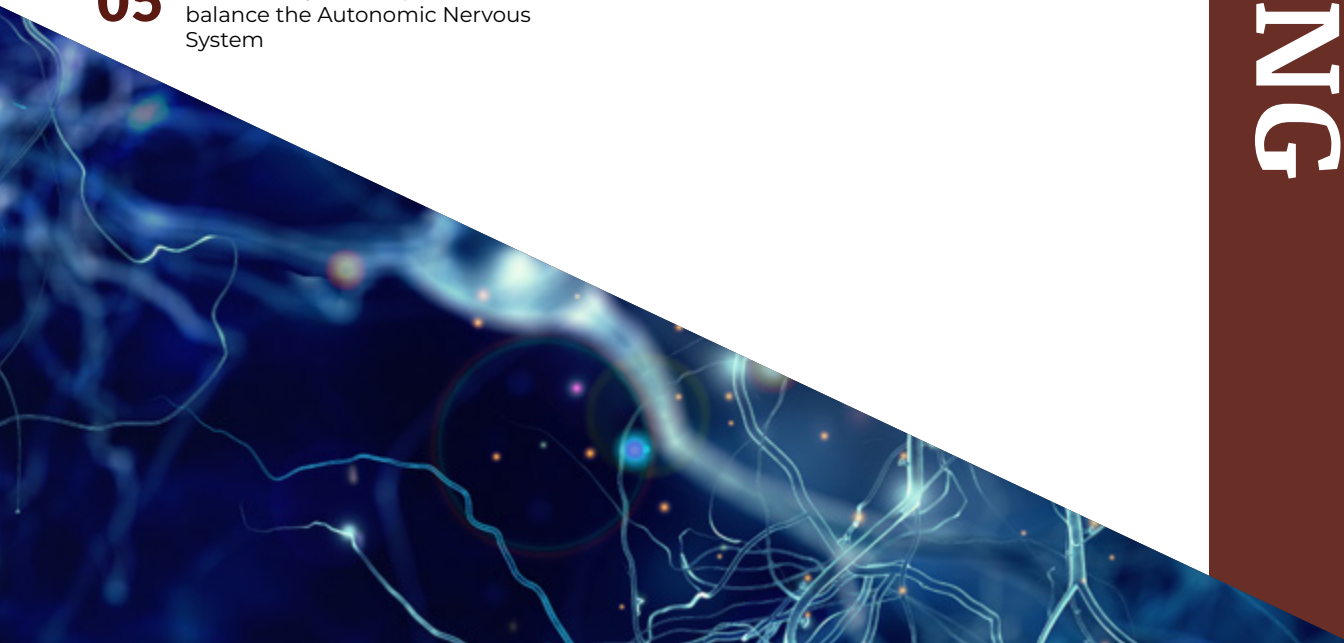
Part IV - Putting It All together



In this section we will experience...

- 01** Techniques that apply theory and personal practice together to create new patterns of relationship
- 02** Changing the Autonomic "Signature" of your personal and extended environments
- 03** How to teach others about the Autonomic Nervous System using your unique personal talents and affinities
- 04** Learn the common ties between all healing traditions through the lens of the Autonomic Nervous System
- 05** Learn how to create a complete, nuanced, Ayurvedic protocol to balance the Autonomic Nervous System

FULLY INTEGRATE THE DEEP
DRIVERS OF HEALING



Contact IIA to Enroll



VICTOR BRIERE LEAD INSTRUCTOR

Victor Briere, Ayurvedic Doctor, is the co-founder of the International Institute of Ayurveda. Victor is a gifted pulse reader specializing in ayurvedic diagnostic techniques and health counseling. His in-depth, individualized approach to health offers clients and students a detailed and encompassing perspective on the underlying causes of imbalance.

Victor's approach to wellness emphasizes the role and importance of lifestyle and dietary balance. He offers the support often needed to successfully address the root cause of illness and restore the body to health.

ALONG WITH ESTEEMED GUEST TEACHERS

JOSPEH RICH, DR. NANDAN LELE, BAMS,
DENIE SHAE MARTINEZ, AHC,
JOSEPH MARLIN, MD, PHD NEUROSCIENCE

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Upon completion you may use the title: AAC - Ayurvedic Autonomic Coach
Certification Granted by International Institute of Ayurveda
IIA is a NAMA recognized and California BPPE recognized Educational Institution

Continuing Education Credits - Participants will be awarded NAMA PACE Credits upon completion of the course.

Course Dates: January 2022 - October 2022

Total Hours: 150 - Live Online - 75 hours - Recorded Content/Coursework - 75 hours

Price: \$1,497

Meeting times: Every Other Saturday from 8:00am PST - 11:00am PST

Four Day Intensive & Culmination: Friday October 7th - Monday October 10th, 2022
The Four Day Intensive can be attended either personally, in the beautiful Gualala, CA or online (live) from anywhere in the world.