

Ayurveda - The Science of Life 12/15/10 - Wed Gathering in Rockville

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This Wednesday [Sandbox gathering](#) we learn about Ayurveda, which is a 5,000-year-old system of natural healing that has its origins in the Vedic culture of India. Would you like to be healthier and have more energy for life? What if simple food changes could make you healthier? Would you like to feel more balance with nature, body, mind and spirit?

More than a mere system of treating illness, Ayurveda is a science of life (Ayur = life, Veda = science or knowledge). It offers a body of wisdom designed to help people stay vital while realizing their full human potential. Ayurveda reminds us that health is the balanced and dynamic integration between our environment, body, mind, and spirit.

Recognizing that human beings are part of nature, Ayurveda describes three fundamental energies that govern our inner and outer environments: movement, transformation, and structure. Known in Sanskrit as Vata (Wind), Pitta (Fire), and Kapha (Earth), these primary forces are responsible for the characteristics of our mind and body. Each of us has a unique proportion of these three forces that shapes our nature. If Vata is dominant in our system, we tend to be thin, light, enthusiastic, energetic, and changeable. If Pitta predominates in our nature, we tend to be intense, intelligent, and goal-oriented and we have a strong appetite for life. When Kapha prevails, we tend to be easy-going, methodical, and nurturing. Although each of us has all three forces, most people have one or two elements that predominate.

The goal of Ayurveda is to identify a person's ideal state of balance, determine where they are out of balance, and offer interventions using diet, herbs, yogic lifestyle, etc. We will look at the Brahma Chakra (Wheel of Life) that is the philosophical system that became the basis of the Ayurvedic medical cosmology.



Randy Goldberg studied Ayurveda for two years in Calcutta, India. Randy is a former Yoga monk, a Craniosacral therapist, a world famous astrologer interviewed by the Washington Post and by CNN. He facilitates Family Constellation therapy for individuals and groups.

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The workshop begins after dinner at 8pm. I invite you to join us, though as always whatever choice you make you will be honored in.