

“The Art and Science of Pulse Reading” (Part 1)

Saturday 4th & Sunday 5th November 2017

Compared with other subjects in Ayurveda, relatively little information is available on *nadi vigyan*. However, there are traditional schools of thought and unbroken lineages in India that have kept the practice of pulse reading alive by passing it on in the classical way from *guru* to *shishya* (master to student). Our workshop gives an introduction to the basic concepts and principles of the *Siddhaved* lineage of pulse readers who have been using this art & science for centuries. According to this tradition, pulse reading is not only a diagnostic technique, but also as a means of “entering into the heart of a patient” in order to create trust as well as a powerful experience of transformation.



To learn the art of pulse reading, knowledge of Ayurveda and the correct technique are very important. However, “Knowing is not Doing, Doing is Doing”. The first course weekend will therefore combine theoretical knowledge with interactive practical sessions and specific processes that aim to enhance your focus and sensitivity as a pulse reader. We will also share many practical concepts that we were taught by our teachers in India and which we have found to be of enormous benefit both during our studies and as practitioners.



This workshop will cover:

- The foundations of pulse reading, including the three dimensions of pulse, the powers of the mind and the different types of perception
- How to feel *vata*, *pitta* and *kapha* in the pulse
- The concepts of *ama*, heat, swelling, *bhej*: how to recognise them in the pulse and how they manifest symptomatically
- *Marma* points for enhancing focus and clarity of mind
- Ayurvedic guidelines for the healthy nourishment of body, mind & emotions in the 21st Century and in a Western context
- Core principles from the lineage that help practitioners to create understanding and develop trust in their patients

Teaching level:

This workshop is pitched at the level of Ayurvedic practitioners and therapists who have a sound knowledge of Ayurvedic principles and are applying them in their practice.

Timings:

Please join us from 9.30am for a cup of tea before we start:

- **Saturday:** 10am to 6pm
- **Sunday:** 9am to 5pm

Cost for Part 1:

£180 (undergraduate student concession: £150).

This includes the weekend workshop (part 1), refreshments and organic vegetarian lunch.

Please confirm your attendance by sending a cheque payable to Sascha Kriese to the address below, or making a bank transfer to Sascha's account: 06361303, sort code: 089300, and let us know when you have transferred.

Directions to Ayuseva

By Train

Regular trains run from London Victoria, London Bridge or Kings Cross Thames Link and take about 1 to 1½ hours. Call National Rail Enquiries on: 08457 48 49 50 or see train timetable on <http://www.nationalrail.co.uk/>

By Taxi

There is a taxi rank outside Brighton station. Journey time is about 8 mins. Taxi phone numbers if required are: 01273 74 74 74 or 01273 20 40 60

By Bus

The number 27 bus runs about three times an hour from Brighton station. Don't take the No. 27A; only take **No. 27 towards Westdene**. The bus stop is currently outside the Railway Bell pub.

Get off the bus at the Whitethorn Drive stop on Valley Drive. Continue walking in the direction the bus is going towards Glen Rise. On the corner, first left is Green Ridge. Number 23 is at the top of the road on the left. Journey time is about 12 minutes once you are on the bus. See no.27 bus timetable: <http://www.buses.co.uk>

By Car (from the M25)

- From M25 take junction 7 onto M23 south to Brighton.
- This road later becomes the A23.
- Near Brighton, at the junction with the A27, turn left in the direction of Worthing.
- At the top of the hill take the first exit off the A27 for Hove A2038.
- At the roundabout take the second exit direction Brighton.
- Drive down Dyke Road for about 500 yards and take a left into Valley Drive
- At first bend turn left into Glen Rise and immediately left into Green Ridge.
- Number 23 is at the top of the hill on the left.
- Parking outside is free.