

“The Art and Science of Pulse Reading” (Parts 2 & 3)



The aim of our three-part *nadi vigyan* workshop is to share profound Ayurvedic wisdom, create inspiring experiences and impart practical skills that empower participants to further develop their own Ayurveda practice with more enthusiasm, confidence, personal satisfaction as well as therapeutic success.

The second part of this workshop will deepen the understanding of the material from the first course and include more pulse pictures and *marma*. The goal over these days is to discover and experience new dimensions of pulse reading. The main emphasis is on how to ‘touch the heart’ and communicate effectively with patients and clients. In addition to looking at basic concepts, we will also engage in playful exercises as well as group and process work.



The second workshop (Friday to Sunday) will cover:

- New pulse pictures and their relevance in clinical practice
- Introduction to *marma* therapy according to the *Siddhaved lineage*
- *Marma* techniques for clearing-oriented transformation work
- Practical training in performing *pejoti marma*
- *Knowing, Doing, Being* – our Self in the therapeutic context
- Ayurvedic 10-day cleansing programme



In the third workshop we will look at advanced clinical pulse pictures and common pathologies from an Ayurvedic perspective. We will continue to explore perception through exercises and processes. The main focus of this weekend is on creative transformation – for one’s own personal development as a pulse reader and for the therapeutic work with clients and patients.

The third weekend (Friday to Sunday) will cover:

- Advanced pulse pictures
- Applied Ayurvedic pathology
- Core concepts about women’s health and the menstrual cycle
- *Marma* techniques for creative transformation
- *Panchakarma* in the context of clearing & creating
- *Siddhaved* guidelines for a successful practice

Timings:

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

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

Cost:

Part 2: **£240** (undergrad student concession: £200)

Part 3: **£240** (undergrad student concession: £200)

The cost includes the workshop, 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.