



How Living Ayurveda Course Benefits You

- ◆ You will learn cutting-edge and practical Ayurveda for your personal evolution.
- ◆ Learn your Sacred Anatomy, inside out.
- ◆ Take better care of yourself, your family, and raise smarter kids (or yoga students/ wellness clients)
- ◆ Learn how to live more skillfully, more on-target with a freedom, yoga-based worldview.
- ◆ Learn kitchen medicine - how to use your spice rack.
- ◆ Dive into your health history and your ancestral health history to help you shift your future habits.
- ◆ Learn directly from Cate Stillman, a top mentor in the industry of Ayurveda, Yoga + Coaching, who is committed to achieving results in your yoga and wellness career as fast as possible.

This is what
Cate hears
back from
her
students:

What shifted due to the course? *

- My health improved.
- I have a more knowledge of daily wellness routines.
- I have a more knowledge of seasonal wellness routines.
- I understand my energetic body.
- I understand disease prevention.
- Knowing my family history in a way that enables me to make better decisions.
- I can take better care of my family and friends.
- I am more involved in my food preparation.
- I understand the energetics of Ayurveda

Please summarized what changed or improved for you due to the course?

I am able to see things in an Ayurvedic way and can come to help from that stand point. I've helped people understand their relationship to nature and how important it is to fall into rhythm with nature in order to become balanced.

What is included in the Living Ayurveda Course

Access to Living Ayurveda Prep School

When you sign up you get right into LAC Prep School. Cate builds an atmosphere in her courses of commitment, presence, accountability and personal responsibility. She will help you prepare to become part of this dynamic community, so that you can get the most out of your transformational investment.

9 months of a deep, inner journey

As a LAC student you will go through a massive shift in worldview as you open to a freedom-based approach to learning Ayurveda. You'll learn how to see through the Ayurvedic lens.

Experiential Learning

Theory is awesome. But practice separates those who succeed from those who just add another Certification certificate to their wall. The LAC program is based on action-oriented learning. Living Ayurveda is different than learning Ayurveda. LAC members report dynamic changes in their day-to-day habits. You will change how you live.

Ayurveda Webinar Training

Every 10 days you receive an email leading you to a webinar or audio to watch to move forward on this path. Our webinar's are directly geared to move through a year 1 Ayurvedic College curriculum, but in a way that is progressive and applicable to your personal path.

Bimonthly Living Ayurveda Laser Coaching Sessions

As a LAC member you receive access to our bimonthly Laser Coaching Sessions. Members love troubleshooting directly with Cate, as they apply the deeper teachings of Ayurveda to their lives in a way that is practical and inspiring. Breakthroughs happen consistently on our calls.

Recordings of all the Calls

We do not expect you to make the 4 Live Calls a month you have access to. Everything is recorded and available within 24 hours. All webinars have an audio version for those who are mobile learners.

Ayurvedic Textbooks, Action Sheets + Growthwork

We have many ways of learning. For the more cognitive learners we use textbooks and assigned reading. Cate created beautiful Action Sheets + Growthwork to match each Webinar. Each webinar unpacks a specific piece of Ayurvedic wisdom. Then, you read to deepen your study, and bring the Growthwork into your day-to-day life.

Private Members Community + Networking Group

We are a tight-knit group and have a hopping forum. Turn to the forum for support, to get your questions answered or to share your recent breakthroughs. We're there for you. We have member mentors and course assistants to give you the support you want during our journey.³³

Monthly Specialty Trainings with Guest Speakers

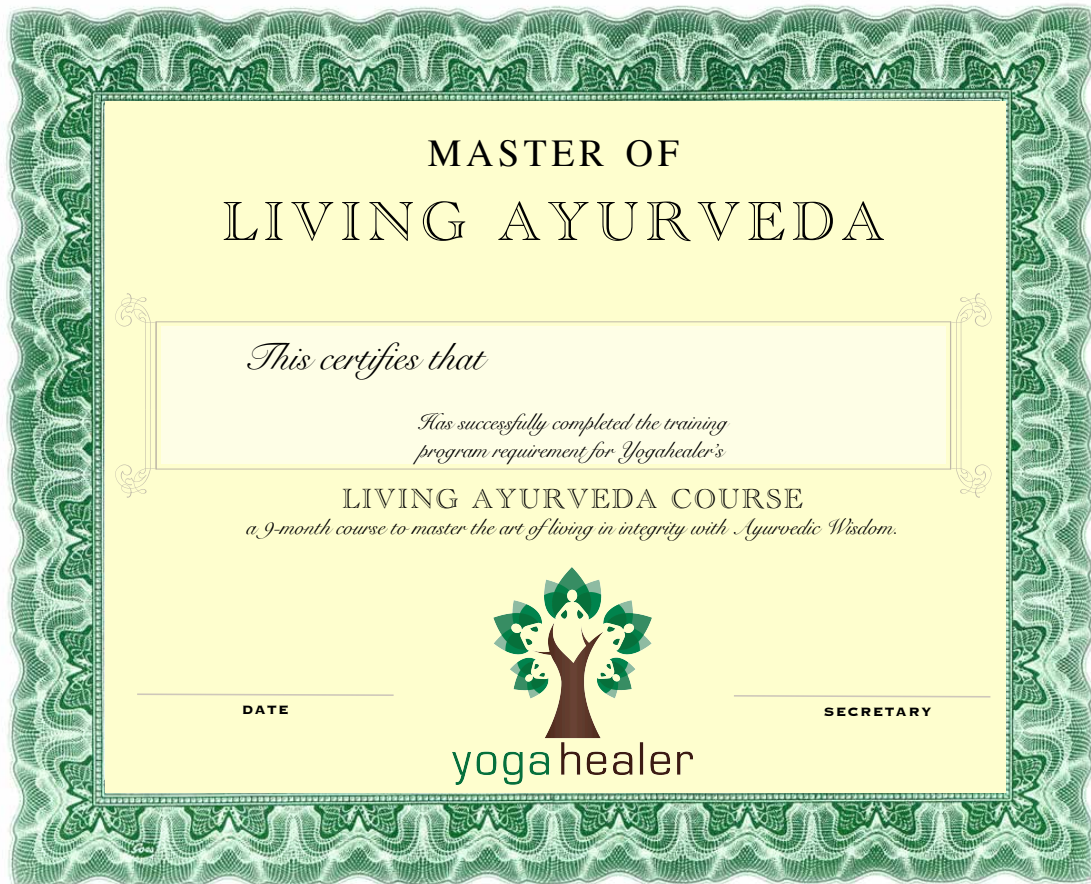
Cate is a born networker. When you enter her LAC community you get access to live teaching sessions with [progressive leaders in Ayurveda](#). You also receive access to past guest speakers on specific topics to accelerate your personal health evolution and take your career to the next level. Guest speakers include: Dr. Claudia Welch, Dr. Scott Blossom, Dr. Shantree Kacera, Dr. Eric Grasser, Katrina Blair, Dina Falconi and many more!

Professional Potential

Many students join Living Ayurveda for their personal and professional wellness journey. You may want to integrate the deep wisdom teachings of Ayurveda into your daily life, and set yourself up to become a Yoga Health Coach. Cate will help you understand how to transition your career to add more income, and help people go deeper in their wellness journey.

Certificate of Completion

Next June, you will receive a special Certificate when you graduate the 9 months of Living Ayurveda... to Master the art of living in the Integrity of Ayurvedic Wisdom.



What We Cover

Living Ayurveda give you an inside-out Ayurvedic understanding of how vibrant health works. Most people die without this understanding... having never fully explored the potential of their body and the sensitive awakesness of their subtle body. Most people aren't interested in truly knowing their physiology and understanding dis-ease. Most people don't evolve their health. But then there is you. And you are different. You want to know your body. You want to evolve on a vibrant wellness path. You may even want to inspire and assist others in this very journey.

How to wake up your sacred anatomy and the power of vitality.

Self-care techniques that you don't currently know or practice. Your disease tendencies and health history inside out... to avoid future demise. Intimacy with your potential future body.

How Ayurveda works... you'll get a basic overall understanding from the inside out.

First Trimester

module 1: Intro to yourself as energy in motion

Do you understand your universe from an energetic level? Delve into the basics of Ayurvedic Theory from the inside out. ah-yer-vey-duh: "The science of life" – 5,000 year old wisdom that ranges from simple to complex. Dive to understand the principles that underlie this powerful medicine.

Bring ayurveda into the kitchen, bathroom, studio, meditation space and yes, even the car. Simple tips to make your life a whole lot easier and way more comfortable!

Learn the in's and out's of daily self-massage. Explore the benefits of this fundamental preventative disease technique both in your body and through deeper study.

Fiery temper or cool as a cucumber, light as a feather or firm as a rock, discover the advantages of characterizing yourself to understand your nature. Understand your unique constitution on a deeper level to will connect with your body, make friends with your mind, and understand your various "neuroses" to connect better with those you love.

We will develop or strengthen your meditation practice in order to be able to connect with Being, and tap into our inner body anatomy.

Tune into the body rhythm by delving into the seasons – what we can learn simply by listening to the rhythms of nature and how they manifest in the body. The seasons, the lunar cycle and even the daily rhythms affect each constitution in different ways. Gain a level of understanding that will help you to deal with these transitions in a health-full way.

Classify emotions, foods and more using the 10 pairs of opposites (the gunas) to articulate what you are observing in a clear and concise way.

module 2: Agni and Ama; The 6 Tastes; and Cravings!

Prepare your body for the transition into the colder months. Boost your immunity and replenish your stores of energy through cleansing and observing.

Agni – the secret to perfect health – how your immunity is connected to your digestive tract and what to do about it. Ama – sticky toxins need a way out – discover how to identify ama and begin to clear it from your system.

According to ancient wisdom if you don't relieve your bowels within an hour of waking you are constipated. Learn to identify common causes for this disease in our culture. Learn a few simple changes that will affect how you feel throughout the day...including a bowel movement upon arising.

Identify the six tastes. Explore new recipes that are specific for the end of Autumn. Differentiate between healthy and unhealthy cravings.

module 3: Your kitchen sanctuary; Practicalities of your subtle body

During this month you will create a kitchen sanctuary – reduce clutter, clean out the pantry and transform your kitchen into a place you love to be in – clean, safe and organized.

Learn techniques to train your awareness into your intuition when you cook – reduce the percentage of time you cook from recipes and start to listen to what your body needs and how to best serve your family a healthy, healing meal. Explore cooking for the kapha season without the associated feelings of heaviness and bloating that can come with the comfort foods of the season.

Integrate routines to prevent setbacks during the long holidays season. Adopt breathing practices to optimize your energy body as we move towards the Winter Solstice.

Take a tour through your subtle body anatomy – understanding the various levels and pathways of the body will help to create opening and to reveal health histories that will provide insight and understanding on multiple levels.

module 4: Thrive During the Dark Months; Holiday Rejuve; 6 Stages of the Disease Process, and An Investigation of Vata

Incorporate various hints and practices to help boost your immune system and keep your family healthy and happy through the winter. You will be guided with specific tools to deepen your spiritual practices to boost your immune system, absorb nutrients, and create winter thrive. Be supported in our inward season.

Schedule a post-holiday detox/rejuvenation for yourself, and maybe even your family! You will receive a simple menu to allow yourself to align your life with your highest priorities.

Spice water – experiment with those spices in the kitchen! Experience the power of the seeds, roots and leaves of the medicine you have right in your kitchen.

Delve into your health history – start to reveal patterns and the progress of disease in your body and mind. Gain an understanding of the 6 stages of the disease process and learn to identify early symptoms and solutions.

module 5: A Full Investigation into Pitta; Women and Moon Cycles; PMS; Spices & Living Soups

Distinguish what helps a woman synergize her body with the moon cycle. Integrate basic routines to help yourself, or your woman be in touch with her creative power center.

Investigate through your inner body what the force of Pitta, heat, transformation and inflammation is all about... and what can go wrong.

Integrate raw and cooked soups to become the mainstay of your evening meals. We'll explore recipes for various doshas and troubleshoot integrating more living foods in winter for all body types. Learn about mixing spices (masalas and churnas) to treat various imbalances, including the common cold, sinus issues, and other winter maladies.

Determine what makes a woman feel discomfort with PMS, menstruation, and menopause. Implement rituals and routines to avoid future discomfort, and the tools to help others break basic out-of-sync patterns.

module 6: Healthy Kapha, Ancestral Clearing, Optimal Weight the Ayurvedic Way

Incorporate kitchen practices to skillfully transition from Winter into Spring. (Most people lose their wellness-edge and get sick between seasonal transitions).

Learn to detect the nature of Kapha in your body and mind. We'll explore the 5 subdoshas of Kapha, what they do, what can go wrong, and how to change the energies in the body for kapha to alleviate.

Practice an ancient technique for clearing ancestral patterns with tarpana, an Ayurvedic method of cleansing tarpaka Kapha.

You will update your health history with information gained from the subdoshas of Kapha.

Digest the skinny on using herbs, supplements, and vitamins. Become your own plan-based pharmacist.

Detect what is happening in the waste channels (srotas) from the inside out.

module 7: Cleanse Your Lymph, Learn the First 3 Dhatus

Demystify your lymph system. Practice the basic "shaking" technique for clearing lymph. Cleanse your blood of stagnation and inflammation so that you enter the summer season clear, clean and cool. Hone in on the best yoga poses for Spring.

Spring is Kapha Season. We'll investigate kapha imbalances, preventing the accumulation of kapha and how to use food, spices and herbs to treat symptoms in yourself or others.

Determine what subtle shifts happen in YOUR body during spring and hone your routines and rituals accordingly in the kitchen. Develop your repertoire in the nutrient realm with designing elixirs, juices, and smoothies to meet the needs of various conditions. Grab recipes and simple strategies for the family to transition out of heavier food and into lighter spring fare.

module 8: Green Your Spring, Pulse, Dental Care, & The Last 4 Dhatus

Knowing how to access information from your pulse (and other's pulses) is a time-tested tool. Learn the beginning techniques for reading pulse. Also, gain a simple practice in pulse therapy.

Learn how to harvest wild greens that are thriving in your local wild lands.

Grab great recipes and which health conditions they treat to enhance your green living in Spring. By now, you will realize how much you know how to use food to create heating or cooling in the body.

Holistic dental care is an emerging field, with roots in ancient Ayurvedic techniques. This month we'll hone in on our home dental care. Explore the 4 deeper layers of tissue, according to Ayurveda.

We'll do an inner body investigation of fat, bone, bone marrow and reproductive fluid. You'll gain a basic technique for assessing which doshas (energies/qualities) are in which tissue of your body. This inner-body information is the gateway to preventing future imbalance and disease.

module 9: Spring into Summer; Wild Green Prana, Summer Rituals and Routines

Explore the energetics of wild foods over cultivated foods in your awakened subtle body. Discover the connection between raw wild green prana and your deeper energy.

Create an easy plan to optimize your summer health. Learn the best self-care practices for you in summer, and to instill simple pleasures like herbal foot bathing.

Incorporate simple kitchen sadhana practices for a living foods summer.

Learn basic solutions to acute and chronic summer health issues, including summer allergies, acute inflammation, acute infections, eye issues, summer weight gain, summer sinus problems, hives and eczema.

Enjoy time for the course review and reflection on the process of your own transformation.

After Living Ayurveda

Living Ayurveda is a beautiful journey with a tight community. After 9 months (+ Prep School) most people don't want to part ways.

Cate makes it easy to stay for another round of Living Ayurveda. She also makes it easy for LAC graduates to take the next step into Yoga Health Coaching, for those who want to take their learning and turn it into an income stream + community wellness career.



"I found the transition from Living Ayurveda to Yoga Health Coaching a great way to capitalize on my investment!"

"I was surprised at how easy it was to step into my wisdom as a Yoga Health Coach after Living Ayurveda. I didn't sign up for LAC expecting to become a coach... but I'm so glad that it's worked out this way, for income and for dharma."

About your Mentor: Cate Stillman



Cate Stillman is respected worldwide as a Yoga + Ayurvedic wellness leader and career strategist. She can coach your unique genius in the wellness industry out of you and accelerate your personal success on your own terms. Since 2001 Cate has generated unique online offerings helping clients, yoga students, and yoga teachers experience health and career breakthroughs around our planet.

Cate is known for her ability to enable wellness providers to grasp and implement the necessary tools and strategies for their unique success. Her students adore her ability to tune in, her quick wit, humor, ethics and laser sharp coaching.

With Yoga Health Coaching Certification Cate created a new career path for Yoga Teachers to become financially successful while stepping into greater service for the wellness evolution of their communities. You can become Certified and pave the path in this new niched profession.

Explore How to Uplevel Your Success in your Wellness Career +

If you're ready to kick your income, your career, and your daily experience up a notch Cate and the Yoga Health Coaching Certification Program is the proven choice. Contact Cate Stillman directly for an enrollment interview:

cate@yogahealer.com

Experiences from Past YHC Members

What is happening on the inside of Yoga Health Coaching Certification?

Take a sneak peek....



"This course exceeded my expectations. I lost 25 lbs without trying, joyfully switched to a planet-based diet and see how powerful I am when I live by daily and seasonal rhythms. Cate is brilliant. She makes Ayurveda accessible, interesting, and understandable as an evolving science within us all. If you want to learn more about how to live a life of self-care and connection, I whole-heartedly recommend signing up for LAC." **LAC member Gracy Obuchowicz 2013-2014**



"Cate has a great way of teaching and articulating some very complicated concepts in such a concise and accessible way. Bringing in other teachers and speakers really helps round it all out and give a broader view of all these magnificent teachings. I have taken the course twice and will take it again this year because it keeps growing and changing. For me, it's like subscribing to an Ayurvedic Life magazine where every month there is some exciting new article or information that I hadn't heard before. Being in the course also helps to keep me on track." **LAC member Laura McCann 2013-2014**



"This course opened up so many possibilities of growth and improvement in my well being. I loved it so much that i committed to doing it again to keep that growth going!" **LAC member Manuela Issacs 2013-2014**

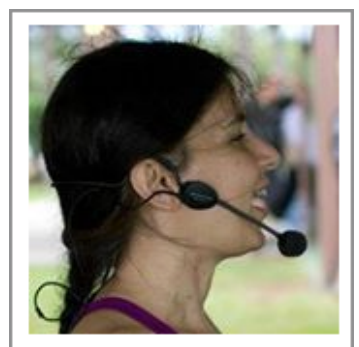


For the first time in my life, I've begun to create routine and supportive structure in my daily life. My attitude about routine has shifted from resistance to desire: the more routine in my days, the happier and healthier I feel! I'm now attracted to daily routine rather than repelled. I do it because I love the way it makes me feel. Cate has taught--and modeled--so many ways I can steer my own bodyship. I now realize that to be healthy involves a whole way of living, not just a few magic potions or astute diagnoses. One of the most precious aspects of Living Ayurveda for me has been the repetition and the length of the course. Cate is so right when she says that being told something is not at all the same as really using the information in our life. I am beginning to TRUST MYSELF. This is huge." **Marial Shea LAC member 2013-2014**

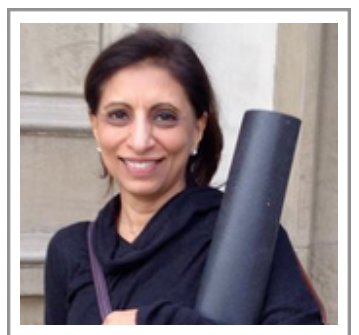


"Cate, this course is amazing. It has opened me up to whole new possibilities of health and lifestyle that I never even thought possible before. It has changed my life, my health, my habits, and those of my family in ways unforeseen to me before I started the course. I cannot thank you enough! You have blown my entire world open with new possibilities for my personal health and wellbeing, that of my family, and for my career and life. THANK YOU!!!!"

For the first time since we've been in Europe (three years now) my husband did not get super sick in the late spring and have to take off a week of work! He actually didn't get sick at all this year (thanks, boo candy!). I meditate regularly now, which has made a huge impact on my outlook and ability to handle stress in my life. We've created a "new normal" in our household routines around dinacharya and diet." "Fernanda Grisetti LAC member 2013-2014



Thanks for all your work on this, Cate. I was excited to run my first group cleanse this spring, armed with my knowledge from this course and previous studies with you." Cheryl Chafee LAC member 2013-2014



I love the LAC course & have learned sooooo much. Connecting Ancient wisdom to the modern you! Keeping it simple & workable to enhance your daily vibrant life. Wow! Brilliant! Cate Stillman explains it so well. Thank you for the Light! Batool Merali LAC member 2013-2014



Cate, thank you for a great semester of Ayurveda learning! I learned a bunch and have been able to take this knowledge into the Yoga studio and share with Ayurveda 101 workshops. My first workshop was fabulous with 12 women who totally 'got it' and continue to further their studies and living Ayurvedically. So cool! Iris Kish LAC member 2013-2014



"My yoga teachings have deepened just due to the knowledge that has been flowing my way helping me to understand the subtle body. And my meditation has deepened immensely most likely from better eating habits and a more clear subtle body. My daily practices have really helped me!." **Kathy Edds, yoga teacher in Arizona**



"I am now teaching what I know and love about Ayurveda (daily and seasonal routines, 6 tastes, seasonal diets, etc) to my yoga students, and to my teachers in training which is not only a whole lot of fun but I find also rounds out the other info I've been sharing with them via the yoga practices and philosophy all these years." **Natalie Rousseau- Horscroft, Whistler, B.C.Canada**



"I was worried before taking the course that learning more detailed Ayurvedic theory and practices might feed into my tendency of getting hung up on "rules" and give me more things to stress out about or judge myself with. But what I felt actually happening was a shift into relaxing more, trusting my intuition more and deeply connecting with myself. I find the emphasis on experimentation wonderful- I am learning to try things and see how they feel as well as notice how I feel when I act counter to my wisdom. It's wonderful to learn to make decisions from a place of deep wisdom and connectivity rather than on fear or a perceived need to control myself." **Kristina Balabuch, Denton,TX**



"... I signed up for Cate's **Living Ayurveda course** expecting a broad understanding of the Principles of Ayurveda. What i received far exceeded my expectations: a profound inner-shift and wisdom to last a lifetime. I've enrolled for a second time; it's that good..." Marc Holzman... our favorite hot shot teacher on yogaglo.com