



LIVING AYURVEDA

with Cate Stilman

Living Ayurveda Course Blueprint



yogahealer.com



Living Ayurveda Course Blueprint

Why - Align to your radiant longevity with wisdom from Ayurveda + Yoga

Page 3

What - Capture Living Ayurveda Timeline

Page 9

Who - Meet your LAC Head Coach and creator of this program, Cate Stillman

Page 13

How - Discover the Living Ayurveda Method.....

Page 15



Why



LIVING AYURVEDA
with Cate Stillman

Align to your radiant longevity with wisdom of Ayurveda + Yoga Once you know yourself, you can help others heal.

Thrive with the practical, modern wisdom of the Living Ayurveda Course (LAC). LAC will provide you a supportive community of peers who will become and remain your closest friends. Communities learn and grow faster than individuals. You'll have a place to show up authentically, being supported and able to support others with trust and truthfulness.

For the past 9 years, Cate Stillman has led groups through a nine-month journey into living Ayurveda in daily life. Our members consistently report:

- I'm more conscious of what foods are good for me.
- I'm taking better care of my body.
- I better understand what helps my body thrive.
- I feel younger and lighter.
- Ayurveda makes more sense to me now.
- I'm becoming a wellness resource for my yoga students.
- I'm taking better care of my family.

9 Tips for Women From Yoga + Ayurveda

Ayurveda means to know life. Use the timeless secrets, simple gems to remind you of what you already know. Print a dozen copies to share. Let's have each other's backs as we co-create our future.

1. Fall in Love with Your Body Your body is the most intelligent, most evolved manifestation on the planet and perhaps in our known universe. Your body holds the gateway to the life of your dreams. Fall in love with every part of yourself, and you unlock your potential to thrive, leading the way for others.	2. Treat Yourself like a Priestess A priestess tends to her spirit and her spiritual evolution. A priestess knows how to build her inner fire, make her own medicines, and move through life according to her inner rhythm. She tends to herself, knowing that her deep connectivity to the rhythm of life is an asset to all she encounters.
3. True Beauty Comes from Early to Bed, Early to Rise Sleep is the cure-all. Sleep is and will always be the best beauty product on the shelf. If you aren't shutting down and rising early, you're disrupting your body's ability to process, assimilate, and eliminate. If you store waste in your cells by not allowing enough time for your nightly restoration and detoxification, you'll be tired. Tired leads to overwhelm. Overwhelm leads to poor choices. Your inner beauty leads to your outer beauty and is utterly reliant on early to bed, early to rise.	4. Lead your Conversations from Authentic Connection + True Laughter + True Tears Consciousness desires interconnectivity. We desire to connect consciously with each other. We desire to witness each other's growth, ripening, deepening, and progress. We also desire to have each other's back through challenging times. Our laughter enlivens our soul, and our tears cleanse our wounds. When we listen and speak from an authentic connection, our relationships evolve.
5. The Plants Outside Your Door Have Your Back Back in the day, our grandmothers lived closer, usually under the same roof. As women, we learned from our grandmothers which plant friends are edible and which are medicinal. If you're missing your grandmother's plant wisdom, find a local botanist or organic farmer to introduce you to the plants that grow outside your door. Even in urban areas, our plant friends are right around the corner. Talk to your farmers at the market.	6. Your Gut Likes Siestas In Ayurveda, the stomach organ is kapha. Kapha means to flourish with water. The qualities of kapha are slow, heavy, damp, and cool. Think of a rainy day. Your gut isn't designed for non-stop factory work. It needs time to dry out and get sparky, and it can't do that if you eat between meals. Give your gut siestas throughout the day.
7. Worship Your Belly Fire This connects to "Your Gut Likes Siestas." There is a masculine god: your belly fire. If you pay close attention, if you attend to your true hunger, you pay it forward in terms of a gorgeous, long life, and days of peaceful living. If you don't, you prematurely age and feel crappy as the show goes on.	8. Empower Your Hands to Heal Every Day Your hands are full of magic: Your hands are designed to activate your body's intelligence. Your hands are highly-intuitive, powerful agents of your heart. Train your hands to heal yourself and your peers with daily touch. Start by running your hands over your entire body. Look for lost lands. Explore forgotten territories. Find hidden gems. Start each day with a passing of your hands over your body. Trust your speed, cleanse your touch. Once this habit is developed, add another time around bathing to give yourself a quick or proper massage.
9. Reflection is the Best Investment of Your Time The yogis of yore codified the fundamental reality that the life force is based on pulsation. Inhale, exhale. Connection, separation, reflection. In our hyper-generative, sharing economy, we want to take in more than we have time for. Dynamic harmony and profound inner wisdom come only from digested experiences. Schedule time for reflection and absorption into your daily experience. After your reflection time, do planning time to empower your future with the lessons absorbed from your past.	

GET IN THE DRIVER'S SEAT OF YOUR HEALTH
<http://yogahealer.com/healthier-hormones>

With Cate Stillman





Within 9 months:

- We unclog and clean up our bodies as our temples.
- We declutter our homes and our lives and open up the field of living in a clarified space.
- We own the power of our own constitution.
- Our relationships become more connected, so we experience the next level of interconnectivity and co-creativity.
- Our energy deepens and stabilizes at a level of steady, rich capacity.
- Our intuition is revealed. We make smarter choices that lead to joy, ease, and love.

There are three different paths you can take in the Living Ayurveda Course. Discover your healing path:

- Self Healer path
- Family Healer path
- Pro Healer path

Are you ready for your Ayurveda Healer Journey?



What is your healing path?



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In LAC, you can choose one of three healing paths. Each path has a corresponding syllabus.



Self Healer

On this path, you become your own healer. You have a desire for personal evolution in real time. You're ready to uplevel your energy integrity. Connect to your ecosystem. Align to deeply empowered life.



Family/Community Healer

On this path, you intuitively pass deep body-care wisdom and responsibility onto your kids and elders. You uplevel your family's daily habits around sleep, food, and movement. You learn intergenerational caregiving, from before conception through death.



Pro Healer

On this path, you learn the most effective ways to apply Ayurveda in your wellness career. You also learn how to move groups through deeper transformations in less time. You uplevel your own wisdom, wellness, and abilities to communicate and coach your tribe through the next evolution.





Self Healer

Life before LAC:

- I carry extra weight and thus waste that circulates through the bloodstream, creating unpleasant emotions.
- I have unpredictable seasonal allergies, congestion, digestive toxicity, constipation, bloating, and/or a host of difficulties during menstruation.
- I live out of integrity with what I know to be healthy and beneficial for my body, living in a way that doesn't align with how I want to feel.

Life after LAC:

- I know the 20 gunas and how they pair into 10 opposite qualities, and I can assign these pairs to the 5 elements. I take action to balance gunas that are too strong with their opposites in order to balance them. I am at ease with the way the elements act in my life.
- I understand the forces acting on me based on time of day, year and life. I can describe how eating and sleeping according to the doshic clock influences my health. I identify where my daily habits are in and out of alignment with the doshic clock - what it feels like, what it looks like, and how I want to design my life. I'm starting to see where the biggest gains are going forward.
- I make my home a safe, sacred space for growth, healing and clear communication. The home is a safe place where I know that the food is good for me and my bodies. I set specific times and places for self-care practices like oil massage.

"This course will change the trajectory of your life. It is still an everyday process, but you learn to live in health and move beyond thought patterns and habits that we have so grown to believe. You will become a new person."

- Jean Lee





Family Healer

Family life before LAC:

- I parent based on how society and others say it should be done instead of with my intuition.
- My family members have not identified our values, or if we have, we live out of alignment with our values and our intuition. We have foggy/unclear communication surrounding our health and life goals.
- Runny noses, seasonal allergies, constipation, indigestion and other rampant day-to-day discomforts are common throughout my family.

Family life after LAC:

- I understand the 5 habit triggers and teach my family how to use this method to create the life they want and break habits that no longer serve them.
- My family takes time to identify our list of values. We memorize our list of values and create a weekly family meeting to stay on track with them.
- Our home is a healthy, safe, and sacred space for growth, healing, and clear communication. The food in our home is healthy and natural. We make food choices that are good for our bodies. We seek natural remedies for typical day-to-day discomforts.

"LAC has rekindled my passion and confidence to be my best self and continue to evolve with a bigger picture perspective. I have 3 children at home - I'm so glad I was a member in Living Ayurveda when they were young!"

- Anna Berkelmans





Pro Healer

Professional life before LAC:

- I don't know/understand my passion, purpose, or dharma, or haven't yet taken the steps needed toward living them.
- I feel lost/confused about what the right path is for making an impact in the world or in the lives of others.
- I live out of integrity with the knowledge or instructions I give to clients.

Professional life after LAC:

- I understand the 5 habit triggers and have changed the behaviors of myself and my clients accordingly.
- I can explain the doshic clock with confidence (day, seasons, life). I can name activities that are appropriate for each dosha's time of day. I can describe how eating according to the doshic clock influences my clients wellness.
- I have identified my list of values to help me make better decisions more easily. I have defined and memorized my list of values. I can guide students or clients in brainstorming their values and using them to live on target.

"Learning the principles of Ayurveda changed my perspective on health and disease 180 degrees! As an OB/Gyn, I go to the kitchen now instead of the medicine cabinet to treat myself, my family and friends, and even my patients."

- Dr. Beth Claxton





What

Capture Living Ayurveda Timeline


9 months: 3 Quarters

LAC Q1 Trimester - Basics of Ayurveda: Language, Digestion, and Nourishment


LAC Q2 Trimester - Sophisticated Ayurveda: What is Health? What is Disease?


LAC Q3 Trimester - Discover Chakras, Yoga and Female Health Secrets

Self Healer


 **Self Healer - Trimester Syllabus**

1st Trimester Syllabus	2nd Trimester Syllabus	3rd Trimester Syllabus
Month 1 <ul style="list-style-type: none">• Earlier Lighter Dinners• How to Change a Habit/5 Habit• Triggers + Your Why• 20 gunas, elements, doshas• Doshic clock• Values• Healing space	Month 4 <ul style="list-style-type: none">• Start Day Right, Breathe Body Practices• What is Health part 1 (Dosha, Agni, Dhatu, Mala)• What is Health part 2 (Senses, mind, subtle doshas)• Koshas	Month 7 <ul style="list-style-type: none">• Self-Massage• Vayus• Chakras• Yoga
Month 2 <ul style="list-style-type: none">• Healthier Eating Guidelines• Kaizen• Constitutions: Prakriti/Vikriti• Agni types• Health history	Month 5 <ul style="list-style-type: none">• Meditation• Stages of life /intergenerational thrive• Disease process• Tarpana	Month 8 <ul style="list-style-type: none">• SDR + Sense Organ Care• Kitchen Sadhana• Conception/Postpartum• How to menstruate• How to go through menopause
Month 3 <ul style="list-style-type: none">• Early to bed• Keystone Habit• 6 tastes + seasonal eating• Kitchen medicine• Tongues	Month 6 <ul style="list-style-type: none">• Plant based diet• Facials• Aromatherapy• Plants as Medicine	Month 9 <ul style="list-style-type: none">• Easeful Living + Longevity tips• Travel tips• Values: review


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Family Healer


 **Family Healer - Trimester Syllabus**

1st Trimester Syllabus	2nd Trimester Syllabus	3rd Trimester Syllabus
Month 1 <ul style="list-style-type: none">• Earlier Lighter Dinners• How to Change a Habit/5 Habit• Triggers + Your Why• 20 gunas, elements, doshas• Doshic clock• Values• Healing space	Month 4 <ul style="list-style-type: none">• Start Day Right, Breathe Body Practices• Subtle gunas + subtle doshas• Koshas• Values	Month 7 <ul style="list-style-type: none">• Self-Massage• Vayus• Chakras• Yoga
Month 2 <ul style="list-style-type: none">• Healthier Eating Guidelines• Kaizen• Constitutions: Prakriti/Vikriti• Agni types• Health history	Month 5 <ul style="list-style-type: none">• Meditation• Stages of life /intergenerational• Disease process• Tarpana	Month 8 <ul style="list-style-type: none">• SDR + Sense Organ Care• Kitchen Sadhana• Conception/Postpartum• How to menstruate• How to go through menopause
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Pro Healer

 **Pro Healer - Trimester Syllabus**

1st Trimester Syllabus	2nd Trimester Syllabus	3rd Trimester Syllabus
Month 1 <ul style="list-style-type: none">• Earlier Lighter Dinners• How to Change a Habit/5 Habit• Triggers + Your Why• 20 gunas, elements, doshas• Doshic clock• Values• Healing space	Month 4 <ul style="list-style-type: none">• Start Day Right, Breathe Body Practices• What is Health part 1 (Dosha, Agni, Dhatu, Mala)• What is Health part 2 (Senses, mind, subtle doshas)• Koshas	Month 7 <ul style="list-style-type: none">• Self-Massage• Vayus• Chakras• Yoga
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Self Healer - Trimester Syllabus

1st Trimester Syllabus

Month 1

- Earlier Lighter Dinners ☐
- How to Change a Habit/5 Habit Triggers + Your Why ☐
- 20 gunas, elements, doshas ☐
- Doshic clock ☐
- Values ☐
- Healing space ☐

Month 2

- Healthier Eating Guidelines ☐
- Kaizen ☐
- Constitutions: Prakruti/Vikruti ☐
- Agni types ☐
- Health history ☐

Month 3

- Early to bed ☐
- Keystone Habit ☐
- 6 tastes + seasonal eating ☐
- Kitchen medicine ☐
- Tongues ☐

2nd Trimester Syllabus

Month 4

- Start Day Right, Breathe Body Practices ☐
- What is Health part 1 (Dosha, Agni, Dhatu, Mala) ☐
- What is Health part 2 (Senses, mind, subtle doshas) ☐
- Koshas ☐

Month 5

- Meditation ☐
- Stages of life /intergenerational thrive ☐
- Disease process ☐
- Tarpana ☐

Month 6

- Plant based diet ☐
- Facials ☐
- Aromatherapy ☐
- Plants as Medicine ☐

3rd Trimester Syllabus

Month 7

- Self-Massage ☐
- Vayus ☐
- Chakras ☐
- Yoga ☐

Month 8

- SDR + Sense Organ Care ☐
- Kitchen Sadhana ☐
- Conception/Postpartum ☐
- How to menstruate ☐
- How to go through menopause ☐

Month 9

- Easeful Living + Longevity tips ☐
- Travel tips ☐
- Values: review ☐



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COURSE



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Family Healer - Trimester Syllabus

1st Trimester Syllabus

Month 1

- Earlier Lighter Dinners ☐
- How to Change a Habit/5 Habit Triggers + Your Why ☐
- 20 gunas, elements, doshas ☐
- Doshic clock ☐
- Values ☐
- Healing space ☐

Month 2

- Healthier Eating Guidelines ☐
- Kaizen ☐
- Constitutions: Prakruti/Vikruti ☐
- Agni types ☐
- Health history ☐

Month 3

- Early to bed ☐
- Keystone Habit ☐
- 6 tastes + seasonal eating ☐
- Kitchen medicine ☐
- Tongues ☐

2nd Trimester Syllabus

Month 4

- Start Day Right, Breathe Body Practices ☐
- Subtle gunas + subtle doshas ☐
- Koshas ☐
- Values ☐

Month 5

- Meditation ☐
- Stages of life/intergenerational ☐
- Disease process ☐
- Tarpana ☐

Month 6

- Plant based diet ☐
- Facials ☐
- Aromatherapy ☐
- Plants as medicine ☐

3rd Trimester Syllabus

Month 7

- Self-Massage ☐
- Vayus ☐
- Chakras ☐
- Yogas ☐

Month 8

- SDR + Sense Organ Care ☐
- Kitchen Sadhana ☐
- Conception/Postpartum ☐
- How to menstruate ☐
- How to go through menopause ☐

Month 9

- Easeful Living + Longevity tips ☐
- Travel tips ☐
- Values: review! ☐



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Pro Healer - Trimester Syllabus

1st Trimester Syllabus

Month 1

- Earlier Lighter Dinners ☐
- How to Change a Habit/5 Habit Triggers + Your Why ☐
- 20 gunas, elements, doshas ☐
- Doshic clock ☐
- Values ☐
- Healing space ☐

Month 2

- Healthier Eating Guidelines ☐
- Kaizen ☐
- Constitutions: Prakruti/Vikruti ☐
- Agni types ☐
- Health history ☐

Month 3

- Early to bed ☐
- Keystone Habit ☐
- 6 tastes + seasonal eating ☐
- Kitchen medicine ☐
- Tongues ☐

2nd Trimester Syllabus

Month 4

- Start Day Right, Breathe Body Practices ☐
- What is Health part 1 (Dosha, Agni, Dhatu, Mala) ☐
- What is Health part 2 (Senses, mind, subtle doshas) ☐
- Koshas ☐

Month 5

- Meditation ☐
- Stages of life /intergenerational thrive ☐
- Disease process ☐
- Tarpana ☐

Month 6

- Plant based diet ☐
- Facials ☐
- Aromatherapy ☐
- Plants as Medicine ☐

3rd Trimester Syllabus

Month 7

- Self-Massage ☐
- Vayus ☐
- Chakras ☐
- Yogas ☐

Month 8

- SDR + Sense Organ Care ☐
- Kitchen Sadhana ☐
- Conception/Postpartum ☐
- How to menstruate ☐
- How to go through menopause ☐

Month 9

- Easeful + Longevity Tips ☐
- Travel tips ☐
- Values: review ☐



Who

Cate is an innovative Ayurvedic practitioner and yoga teacher. She empowers thrive-seekers to uplevel their health, their careers, and their lives in real time. She teaches wellness pros to grow their impact and their income and to live their best lives.

Cate completed Iyengar Yoga Teacher Training and has been certified as an Ayurvedic Practitioner since 2001. She co-hosted The Ayurveda Summit and published her book, *Body Thrive*, in 2015. Since creating Yogahealer in 2001, Cate has helped thousands of people thrive in their health, their families, and their communities.

The success and efficacy of the Body Thrive method is the result of Cate's innovative, modern approach to Ayurveda. She has created a more effective path that consistently guides members toward their desired health breakthroughs and wellness goals. Cate has trained over 100 Yoga Health Coaches to use her Body Thrive method. These coaches are helping Cate further her mission of spreading personal and planetary thrive.

Are you ready to receive guidance to step into thrive?



LIVING AYURVEDA
with Cate Stilman

Meet your LAC Head Coach and creator of this program, Cate Stillman.



"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 well-being, that of my family, and for my career and life. THANK YOU!!!!!"

-Fernanda Grisetti



Meet Our Mentors

You will receive two calls per month with your path mentor. Mentors are trained to make sure that you become competent in Living Ayurveda.



LAC Mentor: Self Healer Track - Mary Sullivan

Mary Sullivan MS, KRM, AYS is a writer, teacher, and researcher, and a long-time member of the Yoga Healer Community. Mary helps people identify and implement daily practices, habits and paradigms that build their wellness and resiliency. She writes and teaches classes on lifestyle medicine for people with Lyme disease and other chronic illnesses. Mary began Dare to Self Care in 2013 as an outlet to help others.



LAC Mentor: Family Healer Track - Sarita-Linda Rocco

Sarita has been studying and practicing Ayurveda since 1996. She is personally trained by Maya Tiwari, world spiritual leader & founder of Wise Earth School of Ayurveda. Maya Tiwari is famous for her work on ancestral healing. Sarita assisted Maya in conducting numerous workshops and ceremonies to walk people through the journey of ancestral healing.



LAC Mentor: Pro Healer Track - Alexandra Epple

Alexandra Epple CAS, CMT is an Ayurvedic Practitioner, yoga instructor, Yoga Health Coach, bodyworker, and Midlife Coach. Her approach to health is practical and down-to-earth. She supports mature women through menopause and midlife so they come out the other side feeling better than they ever have: vibrant, joyful, and luxuriously healthy.



LAC Ally: Batool Merali

Batool Merali is a certified Ayurvedic Practitioner and yoga teacher who has been working in the field of alternative and holistic health for over a decade. She guides people to thrive in body, mind, and spirit, helping them release the anxiety holding them back from reaching their highest potential and experiencing the magic of life.



LAC Ally: Anna Welle

Anna Welle is an Ayurvedic Practitioner, Yoga Health Coach, Reiki Therapist, and Initiate as a Priestess of the Moon. She loves working with young women who are committed to personal growth and better health, with an interest in Ayurveda and understanding how to nuance and customize their own self-care.



How

Discover the Living Ayurveda Method We Learn, We Act, We Share

Live Sessions

- 2 Coaching Calls per month with Cate
- 2 Live Sessions per month with LAC Mentors
- 1-1 sessions with LAC Assistants

The Course Hub

- Master Specific Habits and Habit Evolution Techniques
- Core Group Lessons and Ayurvedic Competencies
- Class Materials: LAC Videos, Webinars, Meditation Audios
- Body Thrive Book
- LAC Books: book lists geared toward each path
- LAC Workbook + Tip Sheets

Practice Lab

- Weekly huddles
- Evolve habits with families/partners/colleagues

The LAC Facebook Forum

- Receive support from other LAC members

Yogahealer Retreat

- Meet the LAC community on the Yogahealer Retreats



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