3-Day Pulse Reading Intensive
December 6-8, 2019
Course Outline

Led By: Victor Briere, A.D.

Location: Pacific Coast Ayurveda, 38921 Sedalia Dr. Gualala, CA 95445

Time:
December 6, 2019: 5:00-7:00 pm
December 7, 2019: 9:00-5:00 pm (lunch break from 12:30-2:00)
December 8, 2019: 9:00-5:00 pm (lunch break from 12:30-2:00)

Prerequisites:
Current students and practitioners of Ayurveda. Intermediate level, preferred.

Class Details:
In this 3-day hands-on intensive, you will learn about the art and science of pulse reading in many forms:

- Learn the 7 distinct layers of the pulse, and their physiological and energetic relationships
- Train to identify 4 major layers of the pulse that relate to prakruti, vikruti, subdosha, and vital organ
- Gain an understanding of patterns in the pulse that correspond to common expressions of imbalance and disease
- Practice reading the pulse of yourself and others, and sensitizing your fingers and your awareness to learn the language of the pulse
- Explore the relationship and subtleties between pulse reading and counselling, and the art of communicating your findings in the pulse

Begin each day with yoga and pranayama, exploring the direct relationship between pulse analysis and yogic practices.

The course is meant to strengthen your understanding, confidence, and effectiveness as an Ayurvedic practitioner.

Cost:
$295

Accommodations:
There are many lodging options in Gualala, both hotels and vacation rentals. We can provide you with suggestions as well as help facilitate shared-housing and carpooling with other participants.

Meals:
Vegetarian lunch provided in-house daily for $15.