**Dynamics of Ayurvedic Nutrition:**

**Mood & Food**

(Kate is it possible to use a different color font on these headers than in Marma, Mind, Mahagunas?)

**Professional Training and Personal Growth:**

**Thursdays 10:30 am – 1 pm OR 5 – 7:30 pm MT,**

**May 4, 11, & 18, 2023**

Image: iza Mood & Food

Learn tools to work more effectively with mood & food in your own life and practice, including marma therapy, breath, journaling, and polyvagal theory.

Hold a resonant balanced presence when clients or students hit trigger places and food patterns veer dysfunctional, to steadily support healing changes.

Apply these tools to invite and hold a middle path friendly to the nervous system and digestive tract of oneself and one’s clients.

Learn how to hold this resonant presence in a balanced way, so that clients can move through stressful material and heal without you taking on this stress yourself.

DEFINE MOOD & Food up front.

**Course Description**

Food sparks the re-balancing of health in Ayurveda. The digestive tract (& the nourishment we offer it) is the gateway to Ayurvedic rejuvenation. Yet eating, food, and specific prescribed diets can create charged responses.

Food affects mood, and mood affects our food choices. We can know this intellectually, & yet make wild choices nonetheless, not always supportive of our own well-being. This course serves both professionals and lay people.

Learn how to identify emotional food patterns that aren’t working for you now. Develop restorative food patterns for optimal well-being. Understand how the mahagunas & polyvagal theory can be used to create a “middle way” in life & client sessions. Explore how the addiction cycle manifests in mood and food. Use Marma therapy, breath, journaling, and polyvagal theory as self care tools professionally & personally..

**Course Objectives**

1. Cultivate the ability to identify when you are in an over aroused or under aroused autonomic state, and be able to move to a safer more stable state, to give yourself greater freedom in choices of action.
2. Identify emotional patterns related to eating that no longer serve you.
3. Develop restorative food patterns that support well-being now and feel appropriate for you or your clients.
4. Learn self care tools to work with mood and food in your own life and with your clients in session.

**Provider** Ayurveda Polarity Therapy & Yoga Institute (APTYI)

**Faculty** Amadea Morningstar works with food, mood, healing energy, shifting patterns, and self-care in her private practice in Santa Fe, New Mexico; she uses the tools in this course on a daily basis. She is an Ayurvedic educator with 40 years experience and has worked with nourishment professionally since 1975. She has a Masters in Counseling and a BS in Nutrition. As a Polarity therapist (RPE) and yoga teacher (RYT) she weaves hands-on energetic healing, movement, and self care into her work with Mood & Food.

**Audience** Ayurvedic professionals, Polarity Therapists, Yoga Teachers, interested Lay people

**NAMA PACE certification pending**

**TIA credits 7.5**

**Course Delivery Method** Live Interactive Online

**Time May 4, 11, & 18, 2023 10:30 am – 1 pm OR 5 – 7:30 pm MDT**

**Cost** Is by donation, $350 is the suggested donation; people have given more and less. Reflect on what makes sense for you. No one will be turned away.

Click here to fill out your registration form and pay for the course. You will receive confirmation of your registration by email from APTYI.

**Registration closes Tuesday, May 2.**

**Questions**

If you have any questions about the course, feel free to contact APTYI’s Education Outreach Coordinator, Iza Bruen Morningstar

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