

# LMT 243 : FOUNDATIONS OF AYURVEDA

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## Transcript title

Foundations of Ayurveda

## Credits

4

## Grading mode

Standard letter grades

## Total contact hours

60

## Lecture hours

30

## Lab hours

30

## Recommended preparation

LMT 155.

## Course Description

Explores Ayurveda as a scientific, natural medical system. Introduces students to foundations of Ayurveda and explores in-depth dosha theory as applied to physical and psychological constitutions, refining self-care for the holistic body along with relationships to nature.

## Course learning outcomes

1. Discuss and apply principles of the five elements to all aspects of life.
2. Explain the dosha theory and elemental composition of each constitution.
3. Apply foundations of Ayurveda and yoga theory in practical and professional settings.
4. Identify ways to positively influence a physical, mental, and emotional mindset.
5. Define and identify key principles of dinacharya and ritucharya.

## Content outline

1. Thai massage history, benefits and contraindications
2. Body mechanics, massage therapist self-care
3. Terminology and sen lines of the body

## Required materials

1. Loose, comfortable clothing
2. Thai mat for practice
3. Computer
4. Internet access