

**Lectures on Ayurvedic Tantra
(Bhuta Shuddhi, Sense Care and Vibrant Living)**

In simplest explanation, tantra is a term used for proactively using the 6 senses (sight, hearing, smell, touch, taste & intuition) both for the consumption of energy as substance and the expression of energy through our movement and actions.

You will learn the methods and techniques for therapeutically orienting oneself to the world's natural influences/systems and then specifically discerning life habits to cleanse, use and nourish the sense organs and their faculties in harmony with the world's natural elements.

- To keep your system in harmony and balance
- Prepare your system to handle powerful states of energy
- Enhances the capabilities of your physical body, mind, and energy system
- Lay firm foundations to work towards mastering your human system

Explore how all areas of your life are connected and how by adding in more energetic fuel you can begin to truly live your most vibrant life. You will learn daily practices through the 7 pathways of food, movement, thoughts, play, love, rest and connection.

The tools you will take with you at the end of this program will be your guide and will support you in making gradual, sustainable lifelong change. Start living your vibrant life:

- Develop morning routines (dinacharya) in a way that nourishes and replenishes your body
- Tune up your digestion of food and emotional connection with food
- Strategies to light your inner fire and connect with your inherent vitality