

Open Courses • Lisboa

AYURVEDIC INTELLIGENCE FOR MIND-BODY BALANCE



Direction

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Secretariat

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Duration

0 Years

Credits

2 ects

Presentation

The Ayurvedic Intelligence for Mind-Body Balance course integrates ancient Ayurvedic wisdom with modern mind-body balance practices. Participants will explore how the fundamental principles of Ayurveda, such as doshas, agni, and prana, affect mental well-being. The course focuses on understanding the connection between physical health and emotional balance, offering tools for stress management, emotional resilience and mental clarity. Practical techniques such as dietary recommendations, herbal remedies and lifestyle practices will be covered to help maintain a balanced mind. Perfect for those interested in a holistic approach to mental health, combining time-tested traditions with contemporary wellbeing.

STUDY PLAN

1st Year / No Branch Name

| | |
|---------|------|
| Anual | ects |
| No Name | 2 |

Linha direta
para o teu futuro

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