



āyurvedic
instruction for
YTT programs

with matthew remski

I've been teaching Āyurveda modules for YTT programmes since 2006, in and around Toronto, and more recently, in the U.S. and Europe. My mission has been to present this ancient naturopathy not only as an empowering, low-budget way to support general health and well-being, but also as a rich tool for asana teachers who would like to develop a therapeutic view towards serving individual needs. I teach with the belief that Āyurveda equips us with an empathetic and poetic worldview with which we can bravely approach our social and environmental crises.

Over the years, I've honed the following topics for YTT presentation:

- ❖ Introduction to Āyurvedic worldview and method: how Āyurveda sees flesh, thought and environment in holistic harmony.
- ❖ What does it mean to have a constitution? Beginning to assess yourself and your students.
- ❖ Fuel, Fire, Radiance: the importance of digestive fire in life and yoga. Looking at the relationships between diet, activity, and destiny .
- ❖ Dinacharya: organizing the rhythms of the day. Reconnecting to the solar cycle.
- ❖ Using Āyurveda to support yoga teaching and practice.

All topics can fulfill portions of either the “yoga philosophy, lifestyle, and ethics” or “electives” requirements laid out by the Yoga Alliance for 200 or 500-hour programs. Topics 2 and 5 can also fulfill a portion of the “teaching methodology” requirements. At either 200 or 500-hour levels, these topics can be presented in 12, 15, or 21-hour segments over a weekend intensive period. At the 500-hour level, the topic can unfold in deeper detail over longer stretches of time, over multiple weekends, or during week-long intensive formats.



Method:

each topic is presented with PowerPoint slides and interactive discussion. Students may record the lecture presentation for personal use. In weekend intensive formats, it works best to break up the rhythm and contemplate the principles through either vinyasa practice (taught by the host) or with restorative yoga, which I can lead from an Ayurvedic perspective.



Costs:

My standard (but flexible) rate for YTT presentation work is \$120/hour + 13% Ontario HST. If sessions are open to the public, revenue sharing might be appropriate. Travel, room, and board must be provided by the host. I'm happy to be billeted. If scheduling allows, I am also happy to offer private consultations during the intensive period.



Testimonials from students:

In a world that too often emphasizes busy work schedules, imbalance and disconnection, I found that Matthew's presentation of Āyurveda offered concrete and practical ways to retune my awareness towards health and wholeness. I think it would be impossible to be unchanged by the course learning. There are opportunities to make the simple adjustments in your day-to-day experience that may have significant health benefits. Matthew is a caring, knowledgeable teacher that creates space for a warm, nourishing inquiry into how Āyurveda can positively support our human experience.

—KELLY ANDERSON, MD

Matthew's vast knowledge, biting insight and irreverent humour ignite this introduction to Āyurveda. He takes an ancient practice and makes it new again, banging Caraka up against Merleau-Ponty, traditional wisdom against the sparks of intuition, human-made constructs against nature's pulse, in a rich and compelling study of what it means to live with awareness and integrity in the world. If you let it, this course will touch all aspects of your life, from the pattern of your days to your understanding of yourself and your relationships.

—ALIX BEMROSE, RYT-500

Studying Āyurveda with Matthew is a life affirming, life enhancing, and life changing experience. The wisdom shared is rich, deeply relevant for our time, and of practical use for anyone on the path. The material is presented with reverence, dedication and abundant creativity.

—GARY KEZAR

Studying with Matthew Remski is an in depth, comprehensive first step into the world of Āyurveda. It sets the student up with a strong enough foundation of knowledge and experience to then explore the subtle nature of your their own inner health. I thank Matthew for helping me deepen the relationship between myself and my environment.

—STEVE FERRELL, RYT, YT

Studying Āyurveda with Matthew has opened an oceanic world of insightful information for me. The wealth of Ayurvedic principles, knowledge and integrating lifestyle practices presented, has initiated a deeper awareness of my body's inner intelligence, concrete beneficial changes, and a loving relationship with self. It's a true blessing and has made a positive impact in my life. I'm looking so forward to diving deeper.

—NADIA VALLESCURA

Matthew brings a rare intelligence and poetic sensibility to his teaching of Āyurveda. Always attentive to modern applications and contemporary context, his classes encompass a riveting dialogue between different times, places and ways of knowing. He makes Āyurveda feel at once intuitive and familiar, while at the same time, offering it as a way think about and experience the the world in radical new ways.

—KATHERINE FRIESEN



Matthew Remski

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