

Family Support and Training for Children and Young Adults with Autism Spectrum Disorder

Two day integrated Ayurvedic Medicine and Lifestyle Course

Day 1. Saturday September 1st at 10am - 4pm

9:45am	Arrival and Chai
10 - 10:15am	Introducing Dr Dinesh and the Team (Dr. Bosco and Tamika Harrison)
10 - 11:30am	Introducing Ayurveda and its Understanding of Autism (Dr. Dinesh)
11:30 - 12pm	Tutorial Group Question and Answers with Dr. Bosco and Tamika Harrison
12 - 1:00pm	Customising Daily Routines Using Ayurvedic Principles (Dr. Dinesh)
1 - 1:30pm	Tutorial Group Demonstrations, Q&A with Dr. Bosco and Tamika Harrison
1:30 - 2pm	Lunch
2 - 3:00pm	Music Therapy, Yoga and Mindfulness Techniques for Relaxation and Regulation (Dr. Dinesh)
3 - 3:45pm	Yoga and Mindfulness Class and Demonstration (Dr. Dinesh and Team)
3:45pm - 4pm	Q&A with Dr. Dinesh and the Team

Day 2. Sunday September 2nd at 10am - 4pm

9:45am	Arrival and Chai
10 - 11:30am	Biological Rhythms – Its Importance and Application for ASD (Dr. Dinesh)
11:30 - 12pm	Tutorial Group Question and Answers with Dr. Bosco and Tamika Harrison
12 - 1pm	Developing a Sensory Diet using an Ayurvedic Approach (Dr. Dinesh)
1 - 1:30pm	Lunch
1:30 - 2:30pm	Principles of Food and Eating Using Ayurvedic Principles (Dr. Dinesh)
2:30 - 3:30pm	Cooking Workshop for ASD (Dr. Bosco, Tamika Harrison and Dr. Dinesh)
3:30pm - 4pm	Q&A with Dr. Dinesh and the Team and close of course

Contact for interest and registration:

Tamika Harrison 0433 957 982 • info@thesattvacentre.com

1st and 2nd of September 2018

Time: 10 - 4pm

Cost: \$280 for early bird bookings before July the 8th and \$300 thereafter

Cost includes lunch and resources

The workshop will be held at Tara Hall, Buddha House 496 Magill Rd, Magill SA 5072



Dr. Bosco Paul (BAMS, Dip RM, Cert. IV TAE) is an Indo-Australian Ayurveda Doctor and Trainer. Currently residing in Adelaide, Dr Bosco has a great love and passion for practicing, promoting and teaching the principles and philosophies of Ayurveda to the Australian community. Dr Bosco specialises in the treatment for neurological and digestive system diseases, male and female infertility, headache and pain, and psychological and emotional imbalances.



Dr. Dinesh K.S. (BAMS, MD Ay., PhD) is an Ayurveda Doctor and Professor practicing as the Head of Department at the Kottakal Ayurveda College in Kerala, India. Graduating at the highest rank in his graduate Medical Degrees, Dr. Dinesh specialises in individualised treatments and protocols for the management of Autism Spectrum Disorder and other developmental delays recognised in children.



Tamika Harrison (B.F.A., M. Spec. Ed., Ad. Dip Ayurveda) is a special education teacher and Ayurvedic practitioner who specialises in providing holistic health care strategies for parents and young families, individuals with special needs, women's and men's health solutions for all ages, tailored programmes for athletes and providing long term support for individuals with chronic conditions.

In conjunction with ...

