



Dear Ayurveda Student,

Thank you for enrolling Sacred Stone's AHC online program. You will be receiving weekly emails with pertinent educational handouts designed to deepen your learning experience. Most handouts will correspond with a chapter in Dr. Vasant Lad's two required textbooks, but there will also be some handouts peppered in to stimulate and cultivate other limbs of the Veda. I have accumulated many handouts over the years and want my students to be privy to all of them at some point before graduation.

It is suggested you take your chapter quizzes immediately after you finish reading the chapter. Login to your student dashboard at sacredstonehealing.com to find your quizzes.

Stay current with your yoga practice requirements and your Media Library summary requirements. Stay rested, balanced and refreshed with daily meditation and eating foods that pacify your dosha.

While studying and embracing the Veda, your life can begin to transform, magic can unfold, and sometimes you may experience a healing crisis before the healing actually manifests. It can be seen thru endings, you may lose friends/people that have been toxic, purifications such as a flu or cold or some sort of illness as well as other symptoms. Know and trust these events are unfolding to make room for the new you. In some cases, students may not experience any of these symptoms at all, too, so keep your fingers crossed. Reading Vedic literature can raise your vibration, and help you connect to your spirit and dharma on deeper levels. Welcome to the world of the Veda and all the sacredness that it brings.

Your Online Anatomy & Physiology Course, Ayurvedic Bodywork Specialist (ABS) Course and Media Library Requirements are located on your student dashboard. Your login credentials were emails after your registered. If you can't find them, please check your spam folder. If they are not in your spam folder, please contact us to resend.

Book 1 Chapter 1 Shad Darshan:
The 6 Philosophies of Life

Please find the following documents attached:

1. [Book 1 Chapter 1 PDF](#)
2. [Features of the Five Elements PDF](#)
3. [NAMACB Handbook PDF](#)
4. [Opening Class Mantras PDF](#)
5. [Scope of Practice PDF](#)
6. [Shad Darshan PDF](#)
7. [Traditional Class Mantras PDF](#)

Thank you.

Namaste,

Karyn

Karyn Chabot

