



Dear Ayurveda Student,

Please find the following documents attached.

Book 1 Chapter 6: Srotamsi  
The Bodily Channels & Systems

1. [Book 1 Chapter 6 PDF](#)
2. [AHC Study Guide PDF](#)
3. [Ayurvedic counselor education PDF](#)
4. [Emotions & Doshas PDF](#)
5. [Emotions & the Organs PDF](#)

Thank you.

Namaste,  
Karyn

A handwritten signature in black ink that reads "Karyn Chabot". The signature is written in a cursive style with a long, sweeping underline.

*"Love is sacred. Beauty is sacred. Flowers are sacred. Birds are sacred. And sacredness brings the perfume of love and compassion. Therefore, love and compassion is the perfume of sacredness. It sounds rather poetic, but...God IS poetry." -- Vasant Lad*