

# **Evolving Habits**

**Ayurveda and self study program**



Timeless wisdom for deep nourishment,  
happiness, and performance.

**Yoga ~ Meditation ~ Nutrition ~ Self-care**

## Overview

Ayurveda is a synergistic blend of the wisdom and science of life. A roadmap guiding one into living a life in balance with nature. Through the practice of ayurveda you can learn how to live in harmony with the elements, your own nature (doshas), the natural cycles of the planet and your environment.

During this course you will learn the ten essential habits from Ayurveda that create the foundation to experience peak performance, happiness, and longevity. This program is designed in a way that inspires you to go at your own pace and enjoy the small wins along the way.

We approach these essential habits from a place of curiosity and openness to forget what we think we know about physical, psychological, and spiritual health, and to invite the wisdom of nature to guide us into empirical understanding.

## The Essential Habits

- Earlier and lighter dinner
- Early to bed
- Start the day right
- Breath body practices
- Plant based diet
- Self massage
- Meditation
- Rhythmic eating
- Care for your senses
- Easeful living

## What you can expect from the program

1. You can expect to automate the essential habits from Ayurveda.
2. Personal and group mentorship
3. You will feel deeply situated in your beingness.
4. You will deepen your understanding of yoga and Ayurveda.
5. You will learn how to enhance the quality of your sleep.
6. Explore the In depth teachings on the following topics:
  - Doshas, life stages, and circadian rhythm
  - Digestion, metabolism and agni
  - The koshas - the layers of yourself
  - Psychology of ayurveda

- The subtle body in relation to self sabotaging
  - Dharma and living in alignment
7. Enjoy the process of deepening your alignment with your personal truth.
  8. You will experience your ideal body composition.
  9. You can expect to notice healthier skin.
  10. Your digestion will become stronger.
  11. You will gain the support of a dynamic group.
  12. Gain a deep sense of confidence in speaking your truth.

## Program meeting schedule

- 3 twelve-week modules through the year.
  - January - May - September
- Each module has weekly live virtual workshops on the essential habits. 75 minutes
  - Recorded with 24/7 access for reviewing.
- Monthly in-person or virtual one on one sessions. 60 minutes
  - Time for personalized attention, guidance, and troubleshooting.

## Your resources and support throughout the program

You will have 24/7 access to the following

- Video library for the essential habits
- Guided meditation audios
- Healthy eating guidelines
- Healthy recipes and how to videos
- Worksheets and tip sheets on evolving your identity

If you are committed to living life from a space of grounded spiritual guidance, these are the habits you need to thrive. I look forward to continuing this conversation with you.

*With gratitude,*

**Alec Hurley**

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*Yoga Health Coach ~ Yoga and Meditation Teacher ~ Professional Chef ~ YACEP*