

PARTNER SEARCH FORM

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Name of Organisation	European University Cyprus
Call - Title and call identification - Funding programme - EC service - Link to the call document - Closing date	Lifelong Learning Programme Grundtvig Partnerships http://ec.europa.eu/education/llp/doc848_en.htm 21 February 2012
(Preliminary) Title of the Project	"Health and Longevity with Ayurveda and Yoga"
Outline of the project idea	<p>Ayurveda, the ancient "Science of Life, Health and Longevity" is one of the oldest systems of health care in the world. The purpose of Ayurveda is to heal, to maintain a high quality of life, and to increase the longevity of the individual. Yoga is a physical, mental and spiritual discipline aiming the attainment of a state of perfect spiritual insight and tranquility. Both Ayurveda and Yoga have their origins in India 5000 years ago and offer many ways to prevent and heal various disorders as well as to cleanse and rejuvenate the body. Yoga and Ayurveda are becoming increasingly recognized as used by many Europeans on a regular basis. However, research and dissemination of information in this area is very limited in Europe and organizations that provide adult education could greatly benefit by participating in a Grundtvig Partnership project.</p> <p><u>Project objectives</u> The overall aims of the project are:</p> <ul style="list-style-type: none"> • to collect and share knowledge and experiences regarding the traditions of Ayurveda and Yoga and how these can be integrated in daily life in order to live healthy • to find out how these eastern traditions have been adopted and practiced presently in Europe and to increase awareness about their health benefits • to share experience and best practices of teaching Ayurveda and Yoga to adult population thus providing new learning opportunities for adults and older people • to develop tools that can be used by adult learners to acquire knowledge regarding these practices and their benefits • to create a network of organizations for future collaboration
Foreseen duration of the project	2012-2014
Partner Sought	Institutions and organizations that provide or have an interest in yoga and/or Ayurveda courses/training
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