

## Class Outline

Class Title	Astro*Integration   Introduction
Class Objective	Understanding Astrology through its manifestation in the body, foods, herbs, and how to practically use it as a framework for wellness. Intro classes introduce the basics of the astrology framework through understanding the Elements, Modes, Dual Energetic and integrative system.
By the end of this course, students should be able to...	Understand how each person contains all aspects of the charts and energetics within, however, each of us express bioindividually. Through understanding your energetic setpoint, you can use this framework to determine what foods, movement, and herbs can bring either harmony or disharmony to the system

Sections		Topic
1	Intro to the Chart	Introduction to Integrative Astrology : energetic architecture, constellating the body, and understanding how to create harmony within an imbalanced system
2	Intelligence of Nature	Symptoms as a language of intelligence- sign the body is trying to communicate that something is out of balance. Shifting from suppressing symptoms to getting to the root cause of dis-harmony. Suppression drives the imbalance deeper into the body (this happens with trauma, or emotional turmoil as well). With herbal/nutritional therapeutics we support the symptom.
3	Duality	Yin/Yang, excessive/deficient, temp- hot (dispersive)/ cold (contractive), moisture- wet/dry (lack of fluid oil/H2O), Tone- lax (prolapse, varicose veins)/tense (cramps, spasms)
4	Elements	Fire, Air, Earth, Water
5	Modes	Cardinal, Mutable, Fixed
6	Planets	7 inner planets and energetics
7	Signs	12 signs and energetics
8	In People	Constitution, environment, lifestyle, predisposition to imbalance or illness, age, level of vitality, preferred movement
9	In Plants	Actions (diaphoretic, immune modulation, inflammation modulation, stimulant, nervine, carminative), affinities (organ, tissue, system), Habitat, morphology (color, smell, taste, texture, structure), parts used, season harvested, energetic, felt sensation/direct experience, intuition,
10	Finding Harmony	Sympathetic vs anti-pathic balancing, excess vs deficiency
11	Conclusion	Through understanding this system and astrological framework we can retrain ourselves to make decisions for our health and wellbeing based from

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		a place intuition and energetic understanding. As you continue this discovery of how to support your body, and health- you create resiliency and reclaim vitality.
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- When you feel into your current constitutional state what energetic qualities do you tend to display?  
Hot/cold, Wet/Dry, Quick/Slow, excess/deficient, tired/wired etc
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- When you feel into areas of your health, nutrition, or other lifestyle choices what things are you most likely to experience or lean towards? le- stimulating foods/drugs, relaxants, raw cold foods/ warm dense comfort foods, sweet/salty, anxious/depressive
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- Looking at your astrology chart- tallie up the # of planets that are in each element, and mode- going forward this will help to determine your constitution and planets
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Once you have the modules, topics, and learning outcomes, then you have the bare-bones structure of your course. Make sure to review those and put them in the right order, ensuring the sequence of your lessons align.

Is there anything missing?

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Are there steps that should come before others?

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As you work backwards from your highest level learning goal, ask yourself: what smaller skills must students master in order to be ready to learn this?

### Plan the assessments to test knowledge

It is important to have some sort of assessment and final project to test your student's knowledge of the course.

As well, have smaller assessments throughout the course so you are able to gauge the level of engagement and retention of information your students have.

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Try to have a variety of tests of knowledge to help with reflection and goal-setting.

List of assessments:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Use and expand this outline to ensure a clear, effective, and engaging learning journey for your course participants, helping them reach the learning goals you set for them, each step of the way.