



AT THE CORE
Yoga, Meditation and Ayurveda



**AMERICAN INSTITUTE
OF VEDIC STUDIES**

Yoga, Ayurveda Mantra and Meditation Course

500 hour Certification integrating Traditional Yoga and Ayurveda

Take a detailed, integrated learning program on classical Yoga and traditional Ayurveda for body, mind and spirit by recognized master teacher (acharya) Vamadeva Shastri (Dr. David Frawley) along with in-depth mentoring support from Vedic Counsellors Yogesh and Shankari Van Acker of AT THE CORE.

The course teaches an integral healing and transformation approach of both Yoga and Ayurveda, considering all aspects of yoga, with a grounding in traditional texts and classical teachings. It is not simply an asana course but a study of Yoga and Ayurveda on all levels of classical or Raja Yoga.

The course aims at providing the student with the foundation for an integrated Yoga-Ayurveda approach on physical, psychological and spiritual levels, considering the greater Yoga tradition. It provides an excellent set of course books that provide an important reference guide for the future.

\$495USD - Yoga, Ayurveda, Mantra and Meditation Course Registration

This one-time fee registers you with The American Institute of Vedic Studies ensuring your access to the most comprehensive online Yoga, Ayurveda, Mantra and Meditation course material by Dr. David Frawley (Vamadeva Shastri). Upon successful course completion you will receive certification with The American Institute of Vedic Studies, one the world's most distinguished and recognized Schools of Vedic Study.

REGISTER at <https://www.vedanet.com/course/yoga-ayurveda-mantra-and-meditation/>

MODULE Registration

- Module payment options include cash & email transfer. For Paypal add a 1.75% fee.

MODULE 1

Traditional Texts and Teachings - Introduction & Background (Ayurveda and Yoga Therapy Overview, Yoga Dharma & Vedic Knowledge, Spiritual & Cosmological Background, Three Gunas, Five Elements)

Schedule: 9:30am-4:30pm | Jan 14 | Feb 4 | Feb 25 | Apr 8 | Apr 29

Cost: \$995+hst (SAVE \$200 when you register in full by January 1, 2018)

MODULE 2

Classical Yoga According to Ayurveda (Overview of the Greater System of Yoga, Ayurvedic Guide to the Yoga Sutras, Key Teachings of the Bhagavad Gita, Upanishads, Hatha Yoga Pradipika)

Schedule: Starting September 2018

Cost: \$995+hst (SAVE \$200 when you register in full by September 1, 2018)



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MODULE 3

Ayurvedic Application of Yoga Practices (Ayurvedic Application of Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi including Structure, Energetics and Therapy.)

Schedule: Starting January 2019

Cost: \$995+hst (SAVE \$200 when you register in full by January 1, 2019)

MODULE 4

Ayurvedic and Vedic Yoga (Yoga of Ayurveda, Agni Ayurveda, Agni Yoga, Fire of Self-Inquiry)

Schedule: Starting September 2019

Cost: \$995+hst (SAVE \$200 when you register in full by September 1, 2019)

MODULE 5

Higher Practices (Mantra Therapy, Bhakti Yoga, Karma Yoga, Healing Energies of Tantra, Kundalini and the Chakras, Smarana, Advaita Vedanta – the Supreme Teachings of Yoga and Ayurveda)

Schedule: Starting January 2020

Cost: \$995+hst (SAVE \$200 when you register in full by January 1, 2020)

COURSE INCLUDES

- 3 online Course Study Booklets from the American Institute of Vedic Studies (by David Frawley – Pandit Vamadeva Shastri)
- Talks, lectures, ayurvedic asana and in-depth explorations of the course material.
- Small and intimate practical workshops sharing Yoga and Ayurveda experience with the course material.
- Grading and mentoring feedback/support for course study exercises and exams
- One Personal Ayurvedic Consultation per each Module

COURSE MENTORS Yogesh & Shankari Van Acker

- Vedic Counsellors, Certified Ayurvedic Educators and Meditations Therapists.
- Yogesh and Shankari have been studying the deeper aspects of Yoga, Ayurveda and Vedanta with Vamadeva (Dr. David Frawley) and Yogini Shambhavi for over 8 years.
- They have been teaching the Ayurvedic Healing Course for over 5 years.
- They bring a depth of personal experience and practical application to their teaching of Ayurveda born from their years of living and working with an Ayurvedic life-style....



Yoga, Ayurveda, Mantra and Meditation

American Institute of Vedic Studies - Course Syllabus

PART I TRADITIONAL TEXTS AND TEACHINGS

Section 1 – Introduction and Background (Module 1)

Lesson 1. Course Orientation

Lesson 2. Ayurveda and Yoga Therapy Overview

Lesson 3. Yoga Dharma and Vedic Knowledge

Lesson 4. Spiritual and Cosmological Background

Lesson 5. The Three Gunas and Five Elements as Yogic and Psychological Indicators

> Section 1 Final Test

Section 2 – Classical Yoga According to Ayurveda (Module 2)

Lesson 6. Overview of the Greater System of Yoga

Lesson 7. Ayurvedic Guide to the Yoga Sutras 1: Samadhi Pada

Lesson 8. Ayurvedic Guide to the Yoga Sutras 2: Kriya Yoga Pada

Lesson 9. Ayurvedic Guide to the Yoga Sutras 3: Siddhi Pada

Lesson 10. Ayurvedic Guide to the Yoga Sutras 4: Kaivalya Pada

Lesson 11. Key Teachings of the Bhagavad Gita and Upanishads

Lesson 12. Key Teachings of the Hatha Yoga Pradipika

> Section 2 Final Test

Part II

Section 3 – The Ayurvedic Application of Yoga Practices (Module 3)

Lesson 13. The Ayurvedic Application of Asana 1: Asana and Sattva Guna

Lesson 14. The Ayurvedic Application of Asana 2: Structure and Dosha

Lesson 15. The Ayurvedic Application of Asana 3: the Energetics of Asana

Lesson 16. The Ayurvedic Application of Pranayama 1: Energetics of Pranayama

Lesson 17. The Ayurvedic Application of Pranayama 2: the Role of the Five Pranas

Lesson 18. The Ayurvedic Application of Pratyahara: Internalization of Energy

Lesson 19. The Ayurvedic Application of Dharana: the Therapeutic Use of Concentration and Attention

Lesson 20. The Ayurvedic Application of Dhyana: Meditation as a Therapy

Lesson 21. The Ayurvedic Application of Samadhi or Unity Consciousness

> Section 3 Final Test

Section 4 – Ayurvedic and Vedic Yoga (Module 4)

Lesson 22. The Yoga of Ayurveda and its Cosmic Background

Lesson 23. Agni Ayurveda

Lesson 24. Agni Yoga

Lesson 25. The Fire of Self-Inquiry

Lesson 26. A Vedic Prayer to the Heart

> Section 4 Final Test

Part III

Section 5 – Higher Practices (Module 5)

Lesson 27. Mantra Therapy 1: Background View

Lesson 28. Mantra Therapy 2: Primal Sound

Lesson 29. Marma Therapy

Lesson 30. The Yoga of Devotion (Bhakti Yoga)

Lesson 31. Karma Yoga, Timing and Ritual

Lesson 32. The Healing Energies of Tantra

Lesson 33. Kundalini and the Chakras

Lesson 34. Smarana: the Practice of Remembrance

Lesson 35. Advaita Vedanta: the Supreme Teaching of Yoga and Ayurveda

Lesson 36. Summary and Overview of Yoga Practice

> Section 5 Final Test

Appendices

Appendix 1: Teachings

Appendix 2: Glossary

Appendix 3: Bibliography

Appendix 4: Sanskrit Pronunciation Key

Testing and Student-Mentor Interaction

The course material contains 36 lessons. At the end of each lesson there are study questions and practical exercises in order to guide the student in his or her study of the course material. Completed study questions will be reviewed and graded by course mentors (email to information@atthecore.ca). Questions and concerns that come up from study questions may also be addressed. This 300 hours of home study allows for an easier, integrated and more enriching course comprehension supported by the 200 Module hours of mentoring contact.

The course material has five detailed final exams at the end of each of the five sections.

Student must forward their completed exams to the Course Mentors for grading (email to information@atthecore.ca). Certification is awarded upon successful completion of all 5 exams along with in the 200 contacts hours.

How to Register Please contact Yogesh & Shankari Van Acker for registration details or to discuss any questions or concerns pertaining to course content, support, fees, schedule etc. www.atthecore.ca (519) 537-8263