



AT THE CORE
Yoga, Meditation and Ayurveda



**AMERICAN INSTITUTE
OF VEDIC STUDIES**

Ayurvedic Healing Course

500 hour Ayurvedic Life-Style Consultation Certification from
The American Institute of Vedic Studies and AT THE CORE

"Ayurveda is the study of a profound ancient science. It is one of the great adventures of the human mind throughout the ages, following in the paths of many seers and yogis with a system that takes us to the source of all healing and the origins of life within our hearts. May you have the inspiration to explore Ayurveda in the way that is most beneficial and creative for you. May it assist you in your life and growth and aid you in being of service to all life!"

Dr. David Frawley - Pandit Vamadeva Shastri

GOALS OF THE AYURVEDIC HEALING COURSE

1. Ayurvedic Anatomy and Physiology - Doshas, subdoshas, dhatus, srotas, malas, Agni
2. Ayurvedic Psychology - Samkhya, Yoga and Vedanta
3. Determination of Constitution - both physical and mental
4. The Disease Process - stages, symptoms, prognosis
5. Diagnostic Methods - pulse, tongue, abdomen, analysis of tissues and channels etc.
6. Treatment Methods - diet, herbs, aromas, colours, gems, pranic methods, massage, mantra, exercise, asana, pranayama and meditation

\$495USD Ayurvedic Healing Course Registration

This one-time fee registers you with The American Institute of Vedic Studies ensuring your access to the most comprehensive online Ayurvedic Healing 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/ayurvedic-healing-course/>

MODULE Registration Payment options include cash & email transfer.

MODULE 1

Principles of Ayurveda I (Background, Three Guna, Four Goals of Life, Ayurvedic Anatomy, Vata, Pitta, Kapha (qualities and sub-doshas), Prana, Tejas & Ojas, Seven Tissues, Waste Materials, Agni, Channels)

Schedule: Friday 9:00am-9:00pm | Saturday 8:00am-9:00pm | Sunday 8:00am-2:00pm

July 13-15th AND Aug 24th-26th

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

Optional Accommodations:

PRIVATE \$425+hst (2 nights, ayurvedic vegetarian meals, 60 minute ayurvedic treatment.)

SHARED \$325+hst (2 nights, ayurvedic vegetarian meals, 60 minute ayurvedic treatment.)



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MODULE 2

Principles of Ayurveda II (Constitutional Analysis, Mental Nature & Ayurveda, Six Stages of Disease, Disease: Environment, Time of Life, Diagnosis: Observations, Pulse, Tongue, Raja Yoga, Chakras, Nadis)

Schedule: Saturday 8:00am-9:00pm | Sunday 8:00am-2:00pm

Weekend #1 September 15-16 | Weekend #2 October 27-28 | Weekend #3 December 1-2

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

MODULE 3

Ayurvedic Treatment Methods: Diet and Herbs (Six Tastes, Dietary Therapy, Ayurvedic Herbalism, Herbs for Digestion & Elimination, Making Ayurvedic Medicines/Oils, Purification and Rejuvenation)

Schedule: Starting January 2019

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

MODULE 4

Advanced Treatment Methods (Aromatherapy, Colour Therapy, Gem Therapy, Mantra Therapy, Ayurvedic Counselling, Doshic Accumulation, Pranic Healing, Marma & Massage Therapy, Meditation)

Schedule: Starting September 2019

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

COURSE INCLUDES

- Online Study Course from the American Institute of Vedic Studies (by David Frawley)
- Talk, lectures and in-depth explorations of the course material.
- Small and intimate practical workshops sharing hand's on Ayurvedic training in:
 - o Ayurvedic Pulse and Tongue Diagnosis
 - o Exploring Ayurvedic Consultations
 - o Ayurvedic Purification and Cleanses
 - o Ayurvedic Rejuvenation
 - o Ayurvedic Asana, Pranayama and Meditation Practices
 - o Ayurvedic Massage and Treatments
 - o The Business of Ayurveda – building a successful practice
 - o Ayurvedic Diet and Cooking
 - o Ayurvedic Herbalism including eastern herb lore, western herb walks and the art and science of essential oils and making Ayurvedic herbal remedies
- Grading and mentoring feedback/support for course study exercises and exams
- One Personal Ayurvedic Consultation per 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....

American Institute of Vedic Studies - Ayurvedic Healing Course Syllabus

PART 1. PRINCIPLES OF AYURVEDA 1 (Module 1)

Introduction to the Course and how to use it. Historical, Spiritual Background, Vedic and Yogic Science
Ayurvedic Cosmology, the Twenty Four Tattvas, Samkhya, the Five Elements
The Three Gunas, Karma, Goals of Life, Basic Principles of Ayurvedic Thought
Ayurvedic Anatomy and Physiology in Detail
The Biological Humors of Vata, Pitta and Kapha - elements, qualities, actions, sites, and aggravation
The Twenty Attributes - humors, elements, gunas and usage
The Five subtypes of Vata, Pitta and Kapha (subdoshas)
Prana, Tejas and Ojas - the Three Vital Essences
The Seven Tissues (Dhatus), actions, interrelationship, excess and deficiency states, sara condition
The Seven Kalas
The Three Waste Materials and their conditions
Agni (digestive fire) and its four states
The Fourteen Channel Systems (srotamsi) of the Body, their functions and conditions
Ayurvedic View of the Organs and their relationship to the Doshas
Summary of Medical Systems East and West
Enumeration of Ayurvedic Principles
Glossary of Terms and Bibliography

PART II. PRINCIPLES OF AYURVEDA 2 (Module 2)

Constitutional Analysis (Mind-body types) - examining all factors of bodily structure, metabolism, disease tendency and psychology
Mental Nature according to Three Gunas and Three Doshas
The Disease Process
1: Disease and the Movement of Time, Climate and Environmental factors
2: The Six Stages of Disease in Ayurveda, classification and prognosis of disease
Examination of Disease
1: Aggravated states of the Doshas, Sama and Nirama conditions
2: Humors and Tissues in the Disease Process, the movement of the Doshas through the Dhatus
Diagnosis and Patient Examination: Differential Diagnosis of Disease Syndromes
Methods of pulse, tongue, abdomen, questioning and observation
Yoga and Ayurvedic Psychology, Spiritual Principles of Ayurveda
The Functions of the Mind and our Greater Consciousness
The System of Raja Yoga, Ashtanga, the Eight Limbs of Yoga
Examination of the Subtle Body, Chakras, and Nadis
Yoga Asanas and Ayurveda



PART III. AYURVEDIC TREATMENT METHODS: DIET AND HERBS (Module 3)

The Science of the Six Tastes, Rasa-Virya-Vipak-Prabhava

Treatment through the Five Elements

Dietary Therapy, principles, outline of Ayurvedic Diet, Food Lists per Constitution

Food List and Food Type Analysis - Fruit and Vegetables

Grains, Beans, Seeds and Nuts, Dairy Products, Animal Products

Oils, Condiments and Spices

Ayurvedic Herbalism

Herbs for Digestion and Elimination

Ayurvedic Herbs and Herbal Preparations - Study Guide to Yoga of Herbs

Ayurvedic Therapeutic Measures: Palliation (Shamana) and Purification (Shodhana)

Pancha Karma, Tonification and Rejuvenation (Rasayana)

Ayurvedic Treatment of Disease - Study Guide to Ayurvedic Healing

PART IV. ADVANCED TREATMENT METHODS (Module 4)

Subtle Healing Modalities of Ayurveda

Aroma Therapy and list of aromatic oils

Color Therapy

Gem Therapy

Mantras and their therapeutic application

Yoga Psychology and Ayurvedic Counseling: healing the mind and emotional nature

Patterns of Doshic Accumulation: through the skin, breath, digestion, sensation, emotion and thought

Detailed Herbal Treatment through the Tissues and Channel Systems

Detailed Herbal Treatment through the Subdoshas

The Science of Prana and Pranic Healing, Treatment of Prana, Nasya, Pranayama

Marma points and Ayurvedic Massage

Integral Treatment of Prana, Tejas and Ojas

Meditation and Ayurveda, prescribing meditation by Constitution

Summary of Integral Healing System of Ayurveda