

Ayurveda Practitioner Training Program, Level 1 (500 hrs)

Program Description:

Ayurveda is described as the 'Science of Life'. It is the Traditional Medicine System of India and well known for its ability to provide helpful, customized suggestions for improving health and vitality through diet and lifestyle.

Instructors & Qualifications:

The primary faculty teaching this course is, and always will be, an Ayurvedic Doctor traditionally trained at an Ayurvedic University (currently only available in India). Teaching experience of at least 3 years is required of the primary instructor.

For the first year of the program, we had Hemant Gupta (DAYu, DNM) from Shree Ma Ayurveda in Ottawa teaching the practitioner course (www.divineayurveda.org). For the second and subsequent years, Dhara Shah (DAYu, DNM) of From Within Wellness Centre Inc. will be teaching the course.

Program Set-up:

The Practitioner Training program is taught over the course of 10 months. Details include:

- 20 days of **onsite training** (7 hours instruction per day = 140 hours onsite)
 - 4 days bi-monthly over 10 months
- **Assigned readings and assignments** to be completed in between onsite sessions (290 hours distance learning total, 58 hours each two months)
- **Case studies** are to be completed after the 4th and 5th module and before the final exam (35 case studies, totalling 70 hours)
- **Final written and practical exam** scheduled after course on a separate day (1 month after completion of onsite trainings)

LOCATION:

From Within Wellness Centre Inc.
#126, 6104 172 Street
Edmonton, Alberta, Canada

REGISTER & CONTACT:

780-489-7799
info@fromwithin.ca
www.fromwithin.ca

Course Summary:

- Module 1 – Ayurvedic Philosophy, Anatomy & Physiology
 - 28 hours onsite, 58 hours distance
 - June 11-14, 2009

- Module 2 – Ayurvedic Psychology & Nutrition
 - 28 hours onsite, 58 hours distance
 - August 13-16, 2009

- Module 3 – Ayurvedic Herbology & Detoxification (Panchakarma Theory)
 - 28 hours onsite, 58 hours distance
 - October 8-11, 2009

- Module 4 – Evaluating Constitution, Pathogenesis & Introduction to Disease
 - 28 hours onsite
 - December 3-6, 2009

- Case Studies Assignment #1 – 20 case studies (2 hours each, 40 hours total)
 - Due for February 4, 2010

- Module 5 – Understanding & Managing Disease
 - 28 hours onsite
 - February 4-7, 2010

- Case Studies Assignment #2 – 15 case studies (2 hours each, 30 hours total)
 - Due for April 1, 2010

- Final written & practical exam
 - 1 month after completion of onsite training (month 10)
 - Scheduled for Saturday, March 13, 2010

Required Textbooks:

1. *Perfect Health* by Deepak Chopra
2. *Textbook of Ayurveda, Volume One: Fundamental Principles* by Vasant Lad
3. *Textbook of Ayurveda, Volume Two: A Complete Guide to Clinical Assessment* by Vasant Lad
4. *The Complete Book of Ayurvedic Home Remedies* by Vasant Lad
5. Course Package produced by From Within Wellness Centre Inc.

*All texts are provided to the students and included in the course tuition

**Other texts will be assigned as 'suggested reading' and are not necessary for completion of course material, but are helpful for continued studies.

Appendix A: Course Schedule

MODULE 1

Module 1, Day 1 – Ayurvedic Philosophy, Anatomy & Physiology

- History of Ayurveda
- Integrating Ayurveda and Western Medicine
- Introduction to Basic Ayurvedic Philosophy
- Ayurvedic Philosophy and Quantum Physics

Module 1, Day 2 – Ayurvedic Philosophy, Anatomy & Physiology

- 5 Elements
- Prakriti & Dosha Balance
- 3 Doshas (Body-Mind Constitution)
- Proportion of Dosha Type

Module 1, Day 3 – Ayurvedic Philosophy, Anatomy & Physiology

- Understanding & Integrating Ayurvedic Anatomy
- Deeper Understanding of 'Eternal Process of Creation'
- Ayurvedic Anatomy & Western Anatomy

Module 1, Day 4 – Ayurvedic Philosophy, Anatomy & Physiology

- Agni – the Digestive Fire
- Body Rhythms & Seasons
- The 5 Senses
- Introduction to Ayurvedic Psychology & Assignments

Module 1 Assignments & Preparation for Next Module

- Examine your dosha: Current diet, lifestyle & choices
- Understanding the 'Eternal Process of Creation'
- Introduction to Sanskrit & the Basic Language of Ayurveda
- Review of Ayurvedic Anatomy & Physiology

Reading Preparation for Module 2

- Review Chapters 1 – 7 of text: *Textbook of Ayurveda, Volume 1* by Vasant Lad

MODULE 2

Module 2, Day 1 – Ayurvedic Psychology

- Introduction to 5 Sheaths
- Senses and Mental Integration
- Mental Constitutions
- Awareness

Module 2, Day 2 – Ayurvedic Psychology

- Ojas
- Tejas
- Prana
- Yoga
- Self & Psychology

Module 2, Day 3 – Ayurvedic Nutrition

- Taste (rasa)
- Nutritional Energy & Effects
- Digestion

Module 2, Day 4 – Ayurvedic Nutrition

- Nutritional Guidelines
- Daily & Seasonal Routine
- Introduction to Diet Evaluation
- Introduction to Nutritional Recommendations

Module 2 Assignments & Preparation for Next Module

- Stages of Digestion Summary and Pictorial Representation
- Ayurvedic Nutrition & Western Nutrition Compared
- Self Diet Evaluation
- Understanding the Practice of Yoga

Preparation for Module 3

- Internet Group Research Project: Panchakarma Therapies & Programs

MODULE 3

Module 3, Day 1 – Ayurvedic Herbology

- Energetics of Herbs
- Ayurvedic Herbs

Module 3, Day 2 – Ayurvedic Herbology

- Therapeutic Treatment of Disease with Spices
- Therapeutic Spices in Cooking
- Application of Cooking Techniques

Module 3, Day 3 – Panchakarma Theory

*Please note that in this course we do not teach application of techniques, only theory of Panchakarma & rejuvenation therapies

- Detoxification through Ayurveda
- Understanding the Treatment Process
- Pre-treatment
- Primary Treatment

Module 3, Day 4 – Panchakarma Theory

*Please note that in this course we do not teach application of techniques, only theory of Panchakarma & rejuvenation therapies

- After Treatment
- Panchakarma Herbs
- Rejuvenation Therapies
- Individualized Panchakarma Recommendations

Module 3 Assignments & Preparation for Next Module

- Gathering Ayurvedic Herbs
- Herb Recommendations Case Studies
- Meal Plan & Recipes
- Developing a Panchakarma & Rejuvenation Therapies Program

Reading Preparation for Module 4

- Review Chapters 1 – 10 of text: *Textbook of Ayurveda, Volume 2* by Vasant Lad

MODULE 4

Module 4, Day 1 – Evaluating Constitution & Disease

- Disease
- Clinical Examination
- Clinical Examination Practice

Module 4, Day 2 – Evaluating Constitution & Disease

- Pulse Examination
- 8 Methods of Clinical Examination
- Evaluation of Constitution

Module 4, Day 3 – Pathology & Disease Management

Metabolism & Dosha Disorders

- Metabolic Fire
- Metabolic Waste
- Interaction of Doshas
- Vata Disorders

Module 4, Day 4 – Pathology & Disease Management

Metabolism & Dosha Disorders

- Pitta Disorders
- Kapha Disorders
- Decreased Dosha Disorders

Module 4 Assignments & Preparation for Next Module

- The Process of Disease: Pictorial Representation
- Clinical Evaluation Forms Preparation
- Metabolism & Dosha Disorders Case Studies

Reading Preparation for Module 5

- Review Chapters 11 – 13 of text: *Textbook of Ayurveda, Volume 2* by Vasant Lad

Case Studies Assignment #1

- Complete 20 Case-studies before Module 5

MODULE 5

Module 5, Day 1 – Pathology & Disease Management

Disorders of the Body Tissues and Wastes

- Introduction to Disorders of the Body Tissues
- Rasa & Rakta Tissue Disorders
- Mamas & Meda Tissue Disorders
- Asthi & Majja Tissue Disorders

Module 5, Day 2 – Pathology & Disease Management

Disorders of the Body Tissues and Wastes

- Shukra, Artava & Stanya Tissue Disorders
- Review of Tissue Disorders
- Disorders of the Bodily Wastes
- Understanding and Treating Tissue Disorders/Disease

Module 5, Day 3 – Pathology & Disease Management

Disorders of the Bodily Essences & Channels

- Introduction to Disorders of Prana, Tejas & Ojas
- Ojas Disorders
- Tejo Disorders
- Prana Disorders

Module 5, Day 4 – Pathology & Disease Management

Disorders of the Bodily Essences & Channels

- Disorders of Food Receiving Channels
- Disorders of Body Nourishing Channels
- Disorders of Body Elimination Channels
- Review of Course Material

Module 5 Assignments & Preparation for Final Exam

- Metabolism & Dosha Disorders Case Studies

Course Review & Final Exam Preparation

- Course Review Assignment
- Review assigned reading material & course package

Case Studies Assignment #1

- Complete 15 Case-studies before Final Exam

Ayurvedic Practitioner Certification – Application Form
June 2009 to February 2010

Registration Form and Payment Contract

Registration

Name: _____
Phone: _____
Address: _____
City/Prov: _____ Postal Code: _____
E-mail: _____

Please complete the information below to confirm payment plan options.
Deposit of 10% of total course cost +gst is required to hold registration spot in
Certification course.

Payment Method (please circle): Cheque/MC/Visa/Amex/Paypal
*For Mastercard, Visa, Amex, please call our Centre to complete
payment

Payment Plan Agreement

I agree to provide From Within Wellness Centre Inc. with 10% of total course
cost +gst for registration deposit and 9 cheques for the equivalent amount
postdated for the following dates: June 1, 2009; July 1, 2009; August 1, 2009;
September 1, 2009; October 1, 2009; November 1, 2009; December 1, 2009;
January 1, 2010; February 1, 2010. Postdated cheques are to be delivered to
From Within Wellness Centre Inc. upon arrival of your first module in June of
2009. This agreement represents a binding contract with From Within Wellness
Centre Inc.

Should any payment default or be returned NSF, I agree to pay \$35 NSF
charges for each default, in addition to the funds owing.

Signed: _____ Printed Name: _____
Date: _____

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