



# AYURVEDAMTL.COM

Centre d'Ayurveda Holistique and Spa Holistique d'Ayurveda

## AYURVEDIC COURSE OUTLINE

### *Ayurvedic Practitioner Course*

#### LEVEL 1

The Ayurvedic wellness system is a complete way of living that dates back over 5,000 years with its roots in India which focuses on living balanced lives on three facets: physical, emotional and spiritual. Ayurveda translates as the science of life.

In this course lead by Anita Sharma, Vaidya from Vedic studies in India and forth generation practitioner, students are taught to heal themselves before they can heal others on three facets; body, mind and spirit. The classes are given in small and intimate groups where students are encouraged to learn and grow. The course is thought as Gurukul practice where student and teacher have direct connection. The course is recognized by the NAN Quebec.

#### COURSE OUTLINE

- Introduction to Ayurveda & history
- Main principals of Ayurveda
- Anatomy & physiology
- Dis-ease process
- Knowledge of assessment tools
- Gunas
- Psychology
- Nutrition
- Daily & seasonal routine
- Knowledge of main herbs and spices
- Chakra energy
- Yoga & mediation
- Introduction to therapies
- Ayurvedic techniques
- Internship

Introduction to Ayurveda & history	To begin to learn the practice of Ayurveda, it is important to know the history of this ancient and varied wellness and prevention system with the basic practices that are done within. Students are initiated to some learning traditions in an opening ceremony.
Main principals of Ayurveda	Ayurveda students are taught to start to look at everything within the five elements from the way people are, health conditions, how the weather can affect people and more. They learn way the three constitutions—the natural energies—called doshas as well as to recognize them in individuals as well as in symptoms and imbalances. Daily routine is taught to enhance the individuals within their dosha balance.
Anatomy & physiology	This part of the course reviews Western anatomy and physiology focusing on the organs, the nervous system and the digestive system. Ayurvedic anatomy is annexed to Western anatomy and physiology and includes Ayurvedic angle on the bodily tissues, digestion, flow within the body. For students without a medical background, it is strongly recommended that they advance themselves individually before the class begins.
Dis-ease process (development of symptoms)	The evolution of dis-ease within a human body comes in several steps, most of which, an Ayurvedic Practitioner can bring back to health, prevention before it becomes a disease. In this section, students are taught to analyze and find from symptoms both apparent and not and the effects of disease. Just as important as bringing back to health is to prevent disease from coming to a person by looking at their predispositions and traits. An Ayurvedic practitioner helps in keeping dis-ease from becoming disease.
Knowledge of assessment tools	In Ayurveda, practitioners use special assessment tools to determine the health of the client. These are by assessing the tongue, eyes, nails, skin, hair and energy level. This part of the course teaches students the subtle observation of these subtle features in people and how to link them to .



Gunas	Ayurveda says that all things we ingest are sattvic, rajasic or tamasic in nature. These are the 3 Gunas. As important as doshas, they can operate alone or in combination of one another. Gunas are the process in which what is subtle becomes gross within the body. It is the quality of what we take in. Through the course, students are shown the application of the gunas, how to recognize them and how to use the gunas in bringing well-being.
Psychology	Students are shown how the mind, body and spirit work together in this course. Ayurvedic psychology is a key part of the studies as it impacts the entire person, as does the dis-ease process or nutrition. An individual's psychological state has a great deal to do with the overall well-being of the person. Students learn the relationship between environment, what is ingested and how individuals process elements.  Ayurvedic psychology affects one's physical health, just as the physical health of the individual affects his or her mental state.
Nutrition	Ayurvedic nutrition is more than eating four food groups and much more personalized. Like all of this practice, it considers the person and his or her dosha and imbalances. Nutrition can serve as an essential tool in making people healthy, balanced and happy. It includes the way food is prepared, the origins of the components, recipes, ways of cooking, and circumstances surrounding eating to help bring along healthy digestion.
Daily & seasonal routine	A large portion of a healthy lifestyle is to have daily and seasonal routines. The daily routines are designed for individual people to keep the mind, body and spirit healthy and emphasize the individual's doshic needs.  Seasonally, a person's system must be ready for the changes that come. Special attention is made to the climate we are in and how this Ayurvedically affects individuals. Students are taught not only to help themselves, but to be able to design tailored daily and seasonal routines for others.
Knowledge of main herbs and spices	The practice of Ayurveda requires the strong knowledge of the benefits and characteristics of the main herbs and spices. These are instrumental in prevention, maintenance of health and to relieve symptoms. Students are taught to use these herbs and spices in a variety of ways to treat the client.
Chakra energy	The balancing of a person is done on many fronts which are taught in this course, while most therapies are taught in Level 2. In Level 1, students are shown the reading and balancing of Chakras. This system, now popular in North America, works on a person's energy and can strengthen a person on seven points to help them in communication, focus and many more ways. Each Chakra has a connection with our glandular system. Students get theory and hands-on education that shows the benefits and the technique allowing them to practice this form of energy work once graduated.
Yoga & meditation	Ayurveda, yoga and meditation are the three branches of well-being that are thought in this course. The proper practice of meditation is key to working with energy work and clearing oneself to treating others. Yoga is a wonderful part of life that is attainable to everyone at different levels. Students are taught by theory and practice how this can be adjusted to various health concerns and to work for the plan designed for the client. The three work together for a well-balanced individual. These classes are taught by yoga and meditation experts who are highly trained and understand the special needs of different health conditions.
Introduction to therapies	Therapies are the second level of the Ayurvedic courses and are introduced in the first level to expose the students to the array of treatments they can recommended to their client in response to his or her specific needs. These therapies include Abhayanga massage, Shirodhara and Panchakarma and much more.
Ayurvedic techniques	This course teaches students tools for balancing through different Ayurvedic techniques including gem, heat and color therapy as well as Rejuvenation (or Rasayana) therapy along with food and lifestyle.
Internship	Within the Centre Holistique d'Ayurveda in Montréal, students are given the opportunity to practice their knowledge on clients with the supervision and consultation of it's senior team. Students are required to consult with 100 clients and determine their dosha and build a lifestyle and diet plan as well as any additional therapies for them. Each case is reviewed with the senior team before advising the clients of the suggested plan and therapies should they be needed.



## SCHEDULE

Level 1 is an 18-month course, divided into theory and internship. The theory portion is 12 months and includes practice of pulse reading, Chakra therapies and more. There are two one-month vacations; summer and winter. The internship is for 3 months upon successful completion of the theory portion of the course.

Course is given once a week.

480 hours of class

## START DATE

Contact us for details on next session.

## PREREQUISITES

- High school certificate and some collegial level courses
- Aged 18 and older

## TUITION

Tuition fees are divided into the 4 main sessions of the course and are due at the beginning of each. These are non-refundable. A full break-down of the schedule is given at registration. Tuition does not include books or other materials.

\$5,500.00 + TX

\$500 non-refundable deposit.

## APPLICATION AND REGISTRATION

Places are limited. Applicants must apply 7 months prior to class start date by email [info@ayurvedamtl.com](mailto:info@ayurvedamtl.com). Acceptance is confirmed 3 months prior the beginning of classes. Applicants are contacted for the interview with a senior member of the Centre Holistique d'Ayurveda Montréal.

## ATTENDANCE

Attendance is mandatory for 85% of the total hours of the course.

## MATERIALS

In this course, students are taught theory as well as practice. Therefore comfortable and yoga-appropriate clothing is recommended as well as a yoga mat. Details on suggested and required readings are given at the first class.

Pre-course required reading is assigned with confirmation of registration to course to be completed by the beginning of class.



## ADDITIONAL COURSES

For these additional courses, the successful completion of high school and some college is required. All students must be over the age of 18.

85% of attendance on the total hours of the course is mandatory.

An interview will be done for all courses prior to acceptance.

Contact us for details on next session.

Registration fees are non-refundable.

For more information and registration: [shivaayurvedacenter@gmail.com](mailto:shivaayurvedacenter@gmail.com)

### *Indian Head Massage*

This course focuses on the full technique for the traditional head massage techniques of India, anatomy & physiology of the head and oil & herb preparation for different imbalances and doshas.

4 weekends (Saturday and Sunday), 4 hours each day: 32 hours of training, one month practice, followed by exam (Saturday, December 4, 2010)

\$750.00 +TX (\$50 registration fees)

### *Abhiyanga therapy (Ayurvedic Massage)*

Students of Abhiyanga therapy begin with learning anatomy & physiology through energy, knowledge of marma points, technique and oil & herb preparation

6 months, taught once a week

Exam in July

\$2,500.00 + TX (\$100 deposit)

(\$500 in materials for preparation & registration fee)

### *Ayurvedic Facial course*

The Ayurvedic Facial course focuses on anatomy & physiology, different facial techniques and unique preparation of facial products according to the doshas (type)

3 months, once a week

\$1,250.00 + TX (\$100 deposit)

(\$250 in materials for preparation & registration fee)

### *Ayurvedic Yoga Therapy Course*

According to dis-ease and imbalance, yoga postures, pranayama, mudras and different meditations and spiritual practice to "heal" yourself and others.

6 months, once a week

\$2,000.00 + TX (\$100 deposit)

(\$50 registration fee)

#### **Requirements:**

This course requires each student to have excellent knowledge of Asana Yoga and follow a strict Sattvic diet.

### *Ayurvedic Cooking Course*

Whole-day class

Details to come

For more details on projected dates for these courses, please email [shivaayurvedacenter@gmail.com](mailto:shivaayurvedacenter@gmail.com).

*With knowledge comes health. With health, comes healing.*

*Welcome to Ayurveda.*

