

Learn with the experts!

**9 weekends
1 weekend a month
Over 1 year
600 pages of handout
4 full days of hands on
Cooking workshop included**


**00612 9904 7754
info@ayurvedaelements.com
www.ayurvedaelements.com**

**Designed for health seekers
and practitioners alike
Not a govt accredited course**



Ayurveda Certificate 2010

Sydney · Melbourne · Canberra



Ayurveda Elements Academy is committed to teaching the cream of Ayurvedic theory and practice in an interesting and fun format. The course is designed to equip students with a firm understanding of Ayurvedic principles and their practical application in curative and preventative health care. On successful course completion students will be adept at Ayurvedic diagnostic skills, Ayurvedic massage, lifestyle guidance, Ayurvedic nutrition and the use of potent herbs and oils.

Learning outcome

At the completion of the course students receive a certificate of attainment that qualifies them as an Ayurvedic Lifestyle Counsellor. This is designed for health-seekers and practitioners alike. This is neither an accredited course nor a practitioner course.

2010 Ayurveda Course Dates

SYDNEY

March- 6th, 7th,
April- 24th, 25th,
May- 1st, 2nd,
June- 5th, 6th, July-
HOLIDAY,
Aug- 7th, 8th,
Sept- 4th, 5th,
Oct- 16th, 17th,
Nov- 6th, 7th,
Dec- 4th, 5th

MELBOURNE

March- 13th, 14th,
April- 17th, 18th,
May- 8th, 9th,
June- 26th, 27th,
July- HOLIDAY,
Aug- 14th, 15th,
Sept- 11th, 12th,
Oct- 9th, 10th,
Nov- 13th, 14th,
Dec- 11th, 12th

CANBERRA

March- 20th, 21st,
April- 24th, 25th,
May- 15th, 16th,
June- 19th, 20th,
July- HOLIDAY,
Aug- 21st, 22nd,
Sept- 18th, 19th,
Oct- 23rd, 24th,
Nov- 20th, 21st,
Dec- 18th, 19th

(Any change will be informed at
least a week in advance)

Fee structure

Course fee is \$1980 (includes GST). Payment may be made in one or two installments by card, money order, cheque or cash. To secure placement a deposit of \$990 is required at least 2 months before course commencement date. The remaining \$990 can be paid on the first day of the course.

Payment along with the completed enrolment form may be made out to Ayurveda Elements and posted to:
Ayurveda Elements 17 Orchard Road
Chatswood 2067.



what they said

Initially I looked at Ayurveda as a way to gain a deeper understanding of clients and as an alternative way to treat them. However throughout the course I realised how much it was benefiting me. It has given me such empowering wisdom within, knowledge I can pass on to family and friends.

- **Libby, Ayurveda graduate.**

Entertaining and educating- use of anecdotes really helps to get the message across.

- **Deborah, Ayurveda graduate**

Light, animated, easy, accessible. A fun way to learn.

–**Samadhi, Ayurveda student**

Dynamic lectures, very well presented and indepth notes.

–**Sarah, Ayurveda graduate**

Curriculum

Module 1

Art of living & the science of healing • Secrets of healthy living • Pillars of health • Ayurvedic physiology • The three doshas • Functions & location of doshas • Doshic rhythms • Body-types • Introduction to Vedic philosophy • Vedic cosmology • Life and karma • Chakras and five sheaths of body • The three modes of universe & the mind • Twenty attributes.

Module 2

Advanced concept of doshas and tissues ~ Branches of doshas • Balam - Prana, Tejas and Ojas • Signs of imbalance of doshas and elements • Structure of the body - the subtle tissues and channels • Natural urges • Agni and metabolism • Imbalances if Agni • Ayurvedic nutrition • Ayurvedic classification of foods.



Curriculum



Module 3

Ayurvedic nutrition ~ Diet during various health conditions • Ayurvedic cooking - practical.

Module 4

Kitchen remedies for common ailments • Ayurvedic herbs • Powerful ayurvedic herbs.

Module 5

Cause and course of disease • Classification of diseases • Evolution of diseases

• Six stages • Disease as healing • Cause and course of diseases

Module 6

Diagnosis • Tongue diagnosis • Symptomatology • Seasonal regimes

• Lifestyle in doshic imbalance • Therapeutic balancing (colour, aroma, gem therapy)

Curriculum



- Module 7** Ayurvedic massage • Marmas, head, foot and body massage.
- Module 8** Branches of Ayurveda ~ Paediatrics • Rejuvenative & Fertility therapies • Blood letting
• Beauty regimes • Ayurvedic body therapies ~ Pre-panchakarma therapies - oleation
and sudation • Rejuvenation therapies • Shatkriyas (Yogic purifications).
- Module 9** Therapeutics ~ Pancha karma & Shat kriyas • Vastis -Enema • Douche
• Ear, eye and nostril therapies -practicals • Discussion and examination ~ Revision
• Examination • Farewell dinner.

I WANT TO ENROLL

AYURVEDA CERTIFICATE COURSE 2010

- Sydney
- Melbourne
- Canberra

My full name:

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My land phone:

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My mobile phone:

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My email:

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My postal address:

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My current and past studies:

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My current occupation:

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.....

.....

Credit card details:

Number

Expiry

Name

Amount to pay: \$990 | \$1980 (please tick)

Please take \$990 on the 1st course weekend.

My sign

Date



Dr. Rama Prasad B.A.M.S

Completing 7.5 year full time Ayurveda Bachelors course from India, Rama practiced and taught Ayurveda for around 20 years around the world. He was part of the organisations behind 4 international ayurveda and yoga conference. He presented key notes and presentations along with Dr Chopra, Dr Svoboda, Swamini Mayatitananda, Dr. Frawley and the likes. He worked with all leading yoga schools in Australia.

His fun-filled class room presence is refreshing for the students. His dynamic presentations are transforming. 'The more you share, the more you learn' is his policy in the classroom.

Rama Prasad is the leading lecturer for this course.