

Ayurveda Courses

*all classes are PACE eligible at National Ayurvedic Medical Association©

Ayurveda is one of the oldest medical systems in the world, originating at least five thousand years ago in what is now India. It is a comprehensive system of medicine that emphasizes the interconnectedness of the body, mind and spirit and strives to maintain the innate harmony of the individual.

The objective of this curriculum is to present the fundamental principles of Ayurveda and clearly identify this ancient science as a viable approach to self-care and healing; as well as highlight the areas that will serve our community in the best possible way.

Level I – Immersion

Learning Objectives

Through an exploration of the basic language and principles of Āyurveda, participants will learn to promote wellness through a variety of Ayurvedic inspired practices and further understand this ancient science by applying the knowledge to their own lives.

The course introduces Ayurveda’s unique system of describing and classifying the various divisions of the body’s innate intelligence, called the 3 Doshas--Vata, Pitta and Kapha. The course outlines the important principles of this ancient approach, and allows the individualization of diet, herbs, food, and other natural lifestyle recommendations of Ayurveda.

Who should take this course

The “Immersion” level is open to anyone who wants to incorporate and promote wellness concepts and practices into their personal health care; the goal is to empower the participant with Ayurvedic approaches to prevention and wellness. This high-level overview is designed especially for RYT¹, and YTTs to enhance and complement their training and teaching with the wisdom and healing power Ayurveda offers. This level is ideal if you are new to Ayurveda and looking to explore it further, and possibly considering pursuing deeper study of this ancient science.

Format and pricing

12 classroom hours. 1 weekend intensive

Course be done as a stand-alone. No pre-requisites

Includes handouts/other material

\$375

¹ classes meet YACEP guidelines at Yoga Alliance© for Yoga Philosophy, Lifestyle and Ethics (YPLE)



Immersion Curriculum

Day 1

Lesson 1 (2 hours)

1. What is Ayurveda
2. Aim of Ayurveda
3. Definition of health

Lesson 2 (2 hours)

1. Five Elements (Panchamahabhuta Siddhanta)
2. Three Dosas (Tridosha Siddhanta)
3. Twenty Qualities (Gunas)
4. Define the principle of Like attracts like

Lesson 3 (2 hours)

1. List the qualities and functions of *agni*
2. Define *āma* and understand how it is formed.

Day 2

Lesson 4 (3 hours)

1. Prakriti, 7 main categories of prakṛti
2. Manas Prakriti: Tamas, satva, rajas

Lesson 5 (3 hours)

1. List and describe the doṣa-palliative lifestyle techniques; dinacharya, diet, asana/mind-body practices, food/spices/herbs,
2. Ayurvedic Nutrition
3. Six Tastes (Shadrasa)

Level II – Foundations

Learning Objectives

This course builds on the Level I Immersion, leading the student through an understanding of classical Ayurveda and its applications for the promotion of health.

This Level includes an apprenticeship program providing participants an opportunity to apply the knowledge with hands-on experience. The course provides simple but very effective health management strategies to guide the participant toward a state of balance of mind and body. Topics covered include personal integration of concepts and making positive lifestyle changes. Students experience self-healing and are therefore better equipped to share the knowledge with their clients and students.



Who should take this course

Foundations aims to prepare students to incorporate more subtle Ayurveda concepts and practices into a yoga practice, an established medical practice, or to go on to pursue broader, more committed study in Ayurveda. This class is designed for: medical doctors, integrative doctors, massage therapists, acupuncturists, health coaches, nurses, anyone who can integrate this Foundational knowledge to their already existing practices

Format and pricing

25 classroom hours (+10-12 hrs home study). Can be done as stand-alone or combo with Bodywork course. Pre-requisite Level I Immersion

Format: 2 weekends (including Level I) + one-on-one meetings to review assignments

Includes handouts/other material

\$575

Day 1 & Day 2 Immersion

Day 3

Lesson 1 (1 hour)

4. Samkhya Philosophy (Samkhya Darshana)
5. History

Lesson 2 (3 hours)

1. Vāta: The Mobile Force
2. Pitta: The Transformational Force
3. Kapha: The Stabilizing Force

Lesson 3 (2 hours)

1. Vikriti
2. Panchakarma

Day 4

Lesson 4 (2 hours)

5. Dhatus
6. Malas
7. Srotas

Lesson 5 (2 hours)

1. Prana, Tejas, Ojas
2. Tamas, satva, rajas

Lesson 6 (3 hours)

1. Pharmacology/Herbology
2. Overview of common remedies



Internship

Observation ONLY, no hands-on. Non paid.

Minimum time commitment. Must help with various tasks of running the practice

Trainer

Ileana Gonzalez has run her private Ayurvedic practice since 2011 in N. Virginia. She is a Professional Ayurvedic Continuing Education Provider (PACE) through National Ayurvedic Medical Association (NAMA).

She spent 5 months at Arsha Vidya Peetam Trust (Coimbatore, Tamil Nadu), an ayurveda and yoga training center, ayurvedic hospital, and one of the biggest ayurvedic pharmacies in the world. In 2012 Ileana spent time with Dr. Vasant Lad at the *gurukula* he hosts every year at his clinic in Pune, India (Maharashtra), getting a first-hand look at the traditional, clinical application of Ayurveda under the guidance of Dr. Lad. She is currently working on 300hr RYT in Yoga Therapy with Ganesh Mohan of Svastha Yoga and Ayurveda.

Since 2011 Ileana has been offering traditional ayurvedic treatments, including massages and lifestyle consulting, and specializing in the ancient cleansing techniques of *panchakarma*. Ileana believes in the long term rewards of a healthy lifestyle, and is very much committed to offering her clients the tools and the support needed to live a life of balance and wellness. She is dedicated to bringing the ancient knowledge of Ayurveda to students through her educational offering.

