

Become an Ayurvedic Wellness Ambassador- April 2022

Syllabus General Overview:

Week 1/Module 1

- ❖ The History and philosophy of Ayurveda - Introduction to the sacred texts
- ❖ The Four Pillars of Ayurveda and how to apply this knowledge
- ❖ Prakruti & Vikruti - what are the characteristics?
- ❖ What is the 5 Elements Theory
- ❖ Agni- the power of digestion and how to build your Oja's

Week 2/Module 2

- ❖ The 7 Dhatus (tissues) and the 3 malas (wastes) and their relationship with disease
- ❖ What is Prana -the life force and the Indriyas (sense organs) and their importance to our health
- ❖ Tri-guna Theory - Understand your and others innate psychology and tendencies

Week 3/Module 3

- ❖ Subdosha - deeper into the doshas and their relationship to common imbalances
- ❖ Srotas - Ayurvedic channels & the human body mechanics
- ❖ The Three Subtle Essences to optimal health - Prana, Tejas and Ojas

Week 4/Module 4

- ❖ Dinacharya - The Daily Routine - How rituals and rhythm can positively change your life
- ❖ Ritucharya – Ayurvedic Seasonal Routine and how we transform with the seasons
- ❖ Introduction to Ayurvedic Nutrition for the Seasons and for the Doshas Imbalances

Week 5/Module 5

- ❖ The Six Tastes - Deeper nutrition and how each tastes affects our behaviour
 - ❖ Introduction to Culinary Spices and their benefits
- Traditional Ayurvedic recipes for cleansing & key remedies for common ailments

Week 6/Module 6

- ❖ Medicinal herbal blends and teas for common ailments - instruction and recipes that heal all ages
- ❖ Introduction to yoga asanas and pranayama breathing exercises for each season and dosha imbalances
- ❖ Introduction to massage techniques and which medicated oils to use for doshas imbalances