Ayurveda Counselor, and, Ayurveda Practitioner Programs

Nama (National Ayurvedic Medical Association) Reviewed

Yoga Alliance Registered 200 Hrs Yoga Teacher Training

Webinars, Seminars and Continuing Education (PACE):

Ayurvedic Herbal Formulations (Bhaishajya Kalpana) * Sanskrit * Meditation * Vastu * Jyotish * Panchakarma * Ayurvedic Seminars
ABOUT US

Narayana Ayurveda & Yoga Academy (NAYA) provides comprehensive instruction in ancient Ayurveda Yoga and Vedic healing practices through online and onsite courses. Our online workspace makes distant learning at an affordable rate available for adult learners.

Our mission is to promote alternative, spiritual and holistic wellness education via Ayurveda, an ancient system from India for balancing the mind and body. Ayurveda is a collection of complimentary, holistic and alternative lifestyle practices whose aim is to balance the mind and body through the use of herbs, spices, cooking, meditation, yoga and seasonal cleansing.

Our courses are comprehensive yet designed for adult learners and offer flexibility and affordability. Training delivery is experiential and blended. Most virtual classes are delivered in the presence of a teacher via WebEx online. We use web-conferencing and open source Learning Management System to create our virtual learning environment. Alternatively, we offer onsite workshops, webinars, seminars, and lectures as well.

Our courses are offered in two formats:

Online Courses - 100% online. Do not require travel to our location. Students need a computer, a good internet connexion and should be able to login during online classes. Suitable for participants unable to travel, become a clinical Ayurvedic practitioner, and/or, not planning to applying to NAMA. (National Ayurvedic Medical Association)

Hybrid Courses - Most of the course delivery is online. However, these courses may have a minimum onsite requirement. These courses are suited for participants planning to apply for Ayurveda Counselor, or, Ayurvedic practitioner membership with NAMA. (National Ayurvedic Medical Association). Our Yoga Teacher Training is offered mostly as onsite with some online classes. Our YTT is recognized by Yoga Alliance.

REPLICATING A TRADITIONAL CLASSROOM IN AN ONLINE FORMAT.

A virtual classroom is a learning environment created in the virtual space. Our online courses allow students and instructors to participate in remote learning communities using personal computers, iPhones, iPads or smart-phones (for Web-ex Meetings) to support a collaborative learning process through live (Online Audio, Video Webinars, e-lectures, E-whiteboard, Online Chat) communications and offline (Email, Forums) communications.

The benefits of a virtual ‘live’ classroom are:

- Students can log into our online ‘class’ meetings (webinars) without leaving their home or work. Classes are also available using mobile devices such as iPhones, iPads or any smartphone that can host the WebEx app.
- Students who are absent can view recorded lectures.
- Students who were present can review recordings of the class (for a limited time).
- It is affordable and the latest way to learn.
- Students can communicate with the teachers and facilitators offline using school forums, email and chat.

Students are required to have an internet connection and a headset. They are also required to maintain ‘online’ class attendance (Dependent on the course).
Program Structure

ONLINE

Track A
- Ayurveda101
  - 50 hrs

Track B
- Foundation
  - LEVEL 1-150 HRS
- Ayurveda Counselor 600 HRS
- Ayurveda Practitioner
  - 1008 HRS

HYBRID (Online + some Onsite)

YOGA
- Ayurvedic Herbology
- Yoga Teacher Training
  - 200 HRS
  - (Onsite and online)
- Ayurveda Yoga Therapy

Track B
- Ayurveda
  - Health Educator
   - 300 Hrs

International
- Ayurvedic Nutrition
- Ayurveda
  - 50 hrs
- International

Webinars
- Online webinars that anyone can sign up for
- Onsite seminars for Ayurveda and Yoga students

Community Workshops
- Sign up for free and/or discounted community workshops run by students under our teachers held at specific times every other month. Those who sign up get free yoga therapy consultation, free Ayurveda consultation, sample bulk herbs for a week. Sign up online.

COURSE CONTENT
Course Content is based on Ancient Ayurvedic Scriptures and Texts contained in the Charaka Samhita and the Sushruta Samhita. Stress is on Samkhya and Vedanta aspect of Ayurveda. Students receive, e-book pdfs, and printed modules, as well as workbooks, assignments and home study guides for most programs. Other textbooks may be referred to by the teachers but purchasing them is optional.
Online Classes: Weekend mornings and weekday evenings (Wed, Thurs). Onsite workshops usually take place on the last weekend of every other month (Provided there are minimum participants).

AYURVEDA 101 - 50 Hrs

Description:

Introduction to Ayurveda as a modality, with focus on self-evaluation and balancing protocols for prakrti (natural state of doshas), vikrti (imbalanced doshas), and Agni (Digestive fire). Protocols include Svastha Vriita (Daily routine, seasonal routine), Ahara (Ayurvedic Diet principles) and Vihara (lifestyle changes). This is a program that requires home study, reading at your own time, attending online classes for five weeks, and finishing assignments at your own pace.

TOPICS: Overview of Ayurveda in India and challenges in USA
Comparison with other holistic health modalities.
WHO definition and Ayurveda
Introduction to Samkhya Philosophy - Indriya Pathology
Reasons for Imbalances due to Indriya Stress
Pancha Mahabhuta
20 Gunas and their application in physical, mental and spiritual body
Theories of Ayurvedic Wellness:
Svastha Vritta (Principles of Prevention of Imbalances) and Sadavritta
Concept of Ahara and Vihara
Brief introduction to Samkhya Philosophy - Indriya Pathology
Reasons for Imbalances due to Indriya Stress (Overloading the senses)
Pancha Mahabhuta (Five Great Elements in our body, mind, and world)
20 Gunas and their application in physical, mental and spiritual body
Ahara and Agni (Ayurveda lifestyle and diet plan for your own Prakrti)
Concept of Prakrti and Vikrti - Assessing our psycho-somatic constitution - Vata, Pitta, Kapha and our current imbalance
Vihara (Wellness through Daily Routine and Seasonal Routine)
Create a Daily Routine for your own vikrti or imbalances)
Dinacharya - Introduction to Daily Routine for Vata, Pitta, and Kapha
Ritucharya - Introduction to Seasonal Regimen for your own Vikrti as well as Vata, Pitta and Kapha

AUDIENCE: Suited for those with no previous knowledge of Ayurveda, Health Professionals, Yoga Teachers, Students of Nursing, Acupuncture & complimentary medicine. This online program can be used for self-help and deeper understanding of Ayurveda

Required credit for Track A Foundation, Track B 150 HR, Ayurvedic Nutrition, Yoga programs, Ayurveda Health Educator, Ayurveda Counselor and Ayurveda Practitioner
AHARA101- 50 Hrs (This course is required for, Track B 150 HR, and, Ayurvedic Nutrition)

Description: Introduction to Ayurvedic Nutrition and its basic principles. Six Rasas, thirteen agnis, concept of prana, kitchen spices. Creation of Ayurvedic ahara plan for different doshas, and balancing mala and agni.

Topics:
- Introduction to Ayurvedic Nutrition. Comparison with Western Nutrition
- Macronutrients and micronutrients and Food Supplements
- Concept of prana and Plant Based Diet -(Vedic and Conscious Diets)
- Food and the Mind-. Sattva, Tamas and Rajas in Food
- Daily ahara for Vata, Pitta, Kapha and your own vikrti Ayurvedic Myplate.
- Ayurvedic Nutrition Label
- Concept of Agni (Digestive Fire) Jatharagni and three states of Jatharagni- Tikshagni, Mandagni, and, Vishamagni.
- Balancing Agni and Vikrti.
- Introducing Annavaha Srotas-Ajirna, Vistambha and Amlapitta
- Introducing Sub-doshas and Digestion (What Doshas are involved in digestion)
- Mala Imbalances - Vibanda, Atisara, Ajirna. Mala and Ama
- Mandatory- 2 Agni Client Encounters . and, three mock agni clients
- Ayurvedic Kitchen Pantry
- Ayurvedic Ingredients, Kitchen Spices for different doshas
- Ancient Vedic and holistic Ahara for children and Post Partum Mothers
- Create VPK diet plan for your agni client Dosha Food List
- Ayurvedic Fruits, Vegetables and Grains. Ayurvedic Beverages
- Practicum: Creation of chutney, ghee, and, churnam" for your own prakrti or vikrti

AUDIENCE: Those interested in learning about Ayurvedic Nutrition for self. Suiited for those with no previous knowledge of Ayurveda. Pre requisite-Ayurveda101 50 Hrs. Health Professionals, Yoga Teachers, Students of Nursing, Acupuncture & complimentary medicine. This online program can be used for self-help and deeper understanding of Ayurveda

Required credit for Track B 150 HR. Ayurvedic Nutrition. Ayurveda Health Educator. Ayurveda Counselor and Ayurveda Practitioner
AHARA201 - 50 - 75 HRS

DESCRIPTION: Deeper immersion into Ayurvedic Nutrition for those who have completed Ahara 101. Focus on creating Ayurvedic plans and counseling for not only doshas, but imbalances and disorders.

Prerequisite: Ayurveda101, Ahara101

Topics: Ayurvedic Nutrition and other Holistic Health Models.

Review Western Model.

*Ahara for Prana, ojas, agni, review agni disorders - ajirna, atisara, grahani, vibandha, Annavaha srota, Purishavaha srota, Ambuvaha srota, creation of chyle or ahara rasa.
Rasa Panchadi- Shad Rasas, Anu rasas, Virya, Vipaka, Prabhava, Guna and Karma, Classification of Ahara - Phala Varga (fruits), Shaka and Harita Varga (Vegetables and Greens), Sneha Varga (oils), Shami Varga (Lentils), Shuka Varga (Grains), Gorasa (dairy), Ikshu vikar (Honey, Jaggery), Kruttan (Methodology of Ayurvedic Cooking), Ambu varga (Water), Influence of Tamas and Rajas Food.
Offering Food with mantras.

(Review, Function of GI Tract, list and define Carbohydrates, Fats, Lipids, Cholesterol, Process of Digestion and Agni, Imbalances and Metabolite Disorders and Ayurvedic Perspective

Required course for Ayurvedic Nutrition, Ayurveda Counselor, Practitioner and Ayurvedic Health Educator

Making Dosa, part 1: making dosa batter
by ayurveda-courses-online-Austin

Making Dosa, part 2: cooking dosa
by ayurveda-courses-online-Austin
Tridoshas 101

Description: Maintaining of balance and health through keeping doshas, dhatus and malas balanced. A deeper immersion into Ayurveda Sharira and slightly deeper immersion into doshas, their sub doshas, and, being able to do basic client encounters using threefold tools of trividha pariksha with focus on darshanam and prashanama. (observation and questioning).

Topics:
- Introduction to Roga Nidan - Suppressible and Non Suppressible Urges
- Concept of Dosha, Dhatu and Mala Vikruti
- Threefold reasons for imbalances
- Sub doshas of Vata - their gunas, symptoms and exhibition in the body and mind - Prana, Udana, Samana, Vyana and Apana
- Sub doshas of Pitta - their gunas, symptoms and exhibition in the body and mind - Alochaka, Bhrajaka, Pachaka, Ranjaka
- Sub doshas of Kapha - their gunas, symptoms and exhibition in the body and mind - Bodhaka, Kledaka
- Avalambaka, Tarpaka, Shleshaka
- Sub Doshas related to Digestion
- Sub Doshas and the Mind
- Concept of Prakrti and Vikrti
- Self Vikrti Assessment
- Concept of Prakrti and Vikrti
- Using Marma Points in women, hands, and, feet for maintenance of balance
- Ayurveda and Women (Stri) roga and holistic support of feminine issues

Required credit for Track B 150 HR Ayurvedic Nutrition, Ayurveda Health Educator, Ayurveda Counselor and Ayurveda Practitioner

Ayurveda Health Educator (International) 100% online program - 300 Hrs

Units

This is a program specifically designed for international students with limited access to Internet. This is a distant learning program and requires some online classes.

Track B - 150 Hrs - GROUP CLASSES
- Course 1 - Ayurveda 101 Track A - 50 Hrs
- Course 2 - Ahara 101 (Ayurvedic Nutrition) - 50 Hrs
- Course 3 - Tridoshas and Women Support in Ayurveda - 50 Hrs
- Course 4 - Ayurveda and the Mind (Distant Learning) - 50 Hrs
- Course 5 - Ahara 201 - 50 Hrs (GROUP CLASSES)
- Electives (Choose 2) - 50 Hrs

Herbs, Vastu, Jyotish, Yoga Philosophy

*Group classes have a start and end time. Rest of the courses may be taken as distant learning by watching prerecorded classes, and, finished at students own time within 8 months
**Ayurveda Counselor 600 Hrs**

**Ayurveda Wellness Counselor 600 Hrs**

This course is a clinical, comprehensive and intense foundation preparing students for holistic Ayurvedic Counseling.

**Course Level:** Track B - Level 2 (Block 2)

**Course Code:** Track B - AWC600

**Course Materials:** Study Aids, DVD’s, Printed, or PDF Manuals, Slideshows.

**Prerequisite:** Block 1 Foundation Track B 150 Hours

**Core Course Units:** Track B 150 Hrs, Manasa101, AKS 101 (Ayurveda Kriya Sharira), Dravya and Herbology, Roga Nidana, Ahara201

**Electives:** Bhagavad Gita, Yoga Therapy, Aromatherapy, Vastu, Jyotish, Meditation

**Onsite Workshop(s):** Trividha Pariksha, Panchakarma, Women Support, Marma, Dravya and Ahara

<table>
<thead>
<tr>
<th>Course Units</th>
<th>Topics in Course Unit</th>
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</table>
| **Ayurveda101** | Introduction to Ayurvedic Principles, History and Mythology  
Samkhya and Shad darshana  
Comparison of Ayurveda with other Health Modalities  
Overview of Ahara and Vihara  
Svastha Vritta  
Introduction to Dosha, Dhatu and mala |
| **Tridoshas101** | Introduction to Roga Nidan: Suppressible and Non suppressible urges. Threefold reasons for imbalances. Three pillars of Health: Nidra, Ahara and Brahmacharya  
Concept of Prakrut and Vikrut, Dosha, Dhatu and Mala Vikruti  
Calculate your own prakruti and vikrut  
Location, Function of 15 sub doshas. Sub Doshas related to Digestion. Sub Doshas and the Mind  
Concept of Vata and its importance and function. Prana, Vyana, Udana, Samana and Apana  
Pitta, its relationship to Agni. Sadhaka, Ranjaka, Alochaka, Pachaka, and Bhrajaka  
Kapha and its function. Tarpak, Avalambaka, Bodhaka, Shleshaka, Kledaka. Doshas related to digestion and agni  
Care of PMS and Postpartum women in Ayurveda  
Care of Children in Ayurveda  
Using Marma Points in women, hands, and feet for maintenance of balance Vata, Pitta and Kapha |
Malavistambha (Constitution)  
Western & Ayurvedic Nutrition. Ayurvedic Myplate & Nutrition Label  
Six Rasas, Vitamins, Minerals Macro and Micronutrients  
Workshop: Ghee, Churnams, Chutneys, Kitchari |
| **Ayurveda Kriya Sharira** | Seven dhatus, upadhatus, Srotas, Rasa Dhatu and imbalances. Rakta Dhatu and imbalances.  
RV Srotas, Raktavaha Srotas, Mamsavaha Srotas. Review - Meda, Majja, Asthi, Shukra |
| Manasa 101 | Citta, Manasa, Buddhi  
| Location and Function of Manasa  
| Manasa Imbalances-Nidra Nasha, Unmada, Vishada  
| Mada, Moha, Lobha, Krodha  
| Meditation  
| Herbs for Manasa  
| Yoga for Manasa  
| Aromatherapy for Manasa  
|  
| Nidan 101 | Introduction to Nidan & Cikitsa, Different Hetus  
| Nidana Panchaka  
| Sada Kriya Kala, Sroto Dusthi, Dosha Gati  
| Imbalances of Prana, Tejas and Ojas, Trividha Pariksha, Dashavidha Pariksha  
| Raktachapa, Grdhrasi, ENT imbalances, Stri Roga, Sthaulya, Apasmar, Pandu, Chardi, Vata  
| Vyadhi, Supression of urges and imbalances, Prajnaparadha  
|  
| Ahara 201- | Rasa Panchadi- Shad Rasas, Anu rasas, Virya, Vipaka, Prabhava, Guna and Karma.  
| Classification of Ahara - Phala Varga (fruits), Shaka and Harita Varga (Vegetables and Greens), Sneha Varga (oils), Shami Varga (Lentils), Shuka Varga (Grains), Gorasa (dairy).  
| Ikshu vikar (Honey, Jaggery), Kruttan (Methodology of Ayurvedic Cooking), Ambu varga (Water). Influence of Tamas and Rajas Food. Offering Food with mantras.  
| (Review, Function of GI Tract, list and define Carbohydrates, Fats, Lipids, Cholesterol. Process of Digestion and Agni, Imbalances and Metabolite Disorders Ayurvedic Perspective)  
|  
| Dravya101 | Define Dravya Guna, seven categories of Dravya, and Dravya Guna Karma Shastra, as well as Bhaishajya  
| Classification according to Karma  
| Rasa Panchadi: Rasa effect on dosha, dhatu and mala  
| Dravya in Purvakarma  
| List, the function and rasa panchadi of 25 Ayurvedic Herbs for different doshas, dhatus and srotas  
|  
| Onsite Workshops | Stri Roga (Women Support in Ayurveda)  
| Ayurvedic Nutrition  
| Ayurvedic Herbs  
| Nidan & Cikitsa  
| Marma Points & Yoga Therapy  
| Introduction to Panchakarma  
| Ayurvedic Trividha and Panchavidha Pariksha  |
### Electives

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<th>Yoga</th>
<th>Introduction to Yoga Therapy</th>
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<td>Ayurveda Yoga Therapy for agni, doshas, dhatus, Prana, Tejas and Ojas</td>
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<td>Meditation for V P and K</td>
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<td>Different meditation styles &amp; Mantra Meditation</td>
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<th>Jyotisha</th>
<th>Introduction to Grahas, Benefics and Malefics</th>
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<td>Introduction to Vastu</td>
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<td>Introduction to Natal Chart</td>
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<td>Five Elements</td>
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<td>Remedial Measures</td>
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<td>Planetary Deities *Planetary Mantras</td>
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<td>Gems and Interventions</td>
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<th>Sanskrit</th>
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<td>Phonetics and Pronunciation</td>
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<td>Glossary of Ayurvedic Anatomy words</td>
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<td>Shloka Chanting from Caraka Samhita</td>
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<td>Bhagavad Gita</td>
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Ayurveda Practitioner 1008 Hrs

**Ayurveda Wellness Practitioner 1008+ Hours**

Ayurvedic Wellness Practitioner is an advanced program that is offered to students who have successfully completed all requirements for Block 2 Ayurveda Counselor.

**Course Level:** Track B - Level 3 (Block 3)

**Course Code:** Track B - AWP1008

**Course Materials:** Study Aids, DVD's, Printed Modules Supplied by College. Optional Textbooks can be bought from amazon.

**Prerequisite:** Successful Completion of Block 2 Ayurveda Counselor. Knowledge of Human Anatomy and Physiology Systems and other holistic modalities. If a student has no background in Anatomy and Physiology at the Post-Secondary Level students are required to take these courses elsewhere.

**Duration:** Two semesters and onsite workshops

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<tr>
<th>Course Units</th>
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| Ayurveda Counselor 600 Hrs | Ayurveda101 Foundation  
Ahara101  
Tridoshas and Women Support  
Dosha Dhatu Mala  
Ayurveda Kriya Sharira  
Dravya 101  
Ahara 201  
Introduction to Biochemistry  
Manasa101  
Introduction to Panchakarma  
Nidan 101  
Trividha Pariksha  
Dashavidha Pariksha  
Vastu  
Jyotish  
Yoga Therapy  
Sanskrit  
Nutrition Workshop  
Herb Workshop  
Women Support Workshop  
50 Client Encounters |

Six Rasas, Vitamins, Minerals Macro and Micronutrients  
Ayurvedic Fruits, Vegetables, Beverages and Grains, Ayurvedic Kitchen  
Workshop: Ghee, Churnams, Chutneys, Kitchari |

| **Classical Texts** | Citta, Manasa, Buddhi  
Sattva, Tamas and Rajas  
Location and Function of Manasa  
Manasa Imbalances - Nidra Nasha, Unmada, Vishada  
Mada, Moha, Lobha, Krodha  
Meditation  
Herbs for Manasa  
Yoga for Manasa  
Aromatherapy for Manasa |
| **Nidan 101** | Introduction to Nidan & Cikitsa, Different Hetus  
Nidana Panchaka  
Sada Kriya Kala, Sroto Dusthi, Dosha Gati  
Imbalances of Prana, Tejas and Ojas, Trividha Pariksha, Dashavidha Pariksha  
Raktachapa, Grdhraisi, ENT imbalances, Stri Roga, Sthaulya, Apasmara, Pandu, Chardi, Vata Vyadhi  
Supression of urges and imbalances, Prajnparadha |
| **Onsite Workshops** | Stri Roga (Women Support in Ayurveda)  
Ayurvedic Nutrition  
Ayurvedic Herbs  
Nidan & Cikitsa  
Marma Points & Yoga Therapy  
Introduction to Panchakarma  
Ayurvedic Trividha and Panchavidha Pariksha |
YOGA TEACHER TRAINING 200 HRS

Yoga – The course is based on the premise of deeper immersion into traditional Yoga therapy, Spiritual Practices and Ayurvedic Health Practices. We are aiming to invite yogis who want to deepen their understanding of yoga, Ayurveda, as well as Sanskrit. This yoga program is delivered both online, as well as onsite workshops. The program is spiritual, and has a strong Ayurvedic basis. Curriculum includes:

Hatha Yoga
- Eight limbs of Yoga
- Yama- Five Yamas
- Niyamas (Discipline and Rules)
- Hatha Yoga Asanas for a gentle, and, beginner class with and without modifications.
- Classical Surya Namaskara with and without modifications
- Pranayama (Breath)
- Pratyahara (Detaching the Senses)
- Dharana (concentration)
- Dhyana (meditation)
- Samadhi (self-realization)
- Mudras
- Mantras
- Bandhas
- Musculoskeletal System, Respiratory system
- Asanas and Asana sequence for tight shoulders, Hips (Hip openers), quadriceps, hamstrings
- Asana sequence to balance vata, pitta, and, kapha
- Restorative and Meditative sequence
- Bhagavad Gita- Raja, Karma, Bhakti and Jnana. Samkhya Yoga- Sankhya darshana
- Introduction. Origin and history in ancient and modern times
- Working Senses, Four-sutra (preface of Patanjali’s Yog sutra Panch-klesha (five causes of pain and miseries)
Bhashajya Kalpana-100 Hrs (Ayurvedic Herbalist)

**Pre Requisite** Ayurveda education of upto 500 Hours from any NAMA recognized college. OR, NAYA STUDENTS in the last semester of 600 Hours Block 2 Counselor planning to begin Block 3 Practitioner Program.

SDCOA students will get a 100 Hour Certificate upon course requirements that will be applicable to the Block 3 Practitioner course. External Candidates from Nama Recognized colleges who do the course may have to finish some extra course requirements. Requires one BK onsite workshop at our location. Requires 10 client encounters, a Panchakarma research project and, one sample of each herbal formulation being studied every week.

This course may also qualify for 40 PACE (Professional Accreditation Continuing Education) units for National Ayurvedic Medical Association.

Bhaishajya Kaplana is an ONLINE and DISTANT LEARNING advanced Herbology program combined with Online Classes, Webinars as well as Weekend Practicums optional to attend. This course can be applied towards Block 3. Recordings are provided.

We use online software for this program. Most tests, evaluations happen online in the presence of the teacher. The course requires a lot of time, herb and kitchen equipment to compound different Ayurvedic Herb Formulas.

Class times- Wednesday evenings at 6 PM PST

**Timeline- 4 - 6 months apx.**

**Suggested Readings**

Bhava Prakasha
Ayurvedic Material Medica by Vaidya VM Gomte
Bhashajya Kalpana (English Version with Sanskrit)
Shrangadhara Samhitā
Bhashajya Ratnavali

**Note:** All dates are subject to cancellation. A minimum of four persons are required to continue onsite workshops and classes. Check for upcoming events on the website to register for a webinar.
WEBINARS

**SANSKRIT IN CARAKA SAMHITA**
Sanskrit for Ayurveda and yoga practitioners. Free online classes, depending on availability. However, access to workspace and access to recordings and materials extra. May be eligible for PACE.

**JYOTISH**
Vedic Astrology specifically aimed at Ayurveda Practitioners and students looking to enhance their knowledge. Series of 6.

**BHAISHAJYA KALPANA**
Short practicum on how to prepare Ayurvedic Herbal mixtures like Hima, Phanta, Svarasa, Kashaye, Ghritum. 8 hrs. May be eligible for PACE.

**TRIVIDHA PARIKSHA**
Required Weekend or three day workshop for Block 2 Counselor Students. 16 Hrs. Covers Trividha Parikshan, ENT and Ayurveda as well as Marmas and an introduction to Roga Nidana and Cikitsa. May be eligible for PACE.

**BHAGAVAD GITA**
A Tool for Yoga Practice
Bhaga Bhagavad Gita Satsanga for all looking to start their day. Gita Satsanga for all looking to start their day.

**READ YOUR OWN MEDICAL REPORTS**
Renowned Physician Dr. Andrew Beaumont, MD, PHD, Ayurvedic Counselor, Yogi, will present a great webinar series for those seeking alternative therapies. This webinar series is also suited for Ayurveda Counselors and practitioners. You will learn some basic understanding of your own Medical reports—and decoding them. CBC report, Lipid Panel and MRI will be some of the reports covered in this lecture series. May be eligible for PACE.

**Women Support**
Upcoming Webinars
1. Ayurveda and Menopause
2. Ayurveda and Birth Control
3. Ayurveda and Uterine Fibroids
4. Menopause (PACE*)
5. Menstrual Cycle Imbalances(PACE*)

**AYURVEDA AND DIABETES SUPPORT**
Ayurvedic Vaidya will present Diabetes Support in Ayurveda.

**AYURVEDA AND DIABETES SUPPORT**
Ayurvedic Vaidya will present Diabetes Support in Ayurveda.

**Introduction to Kitchen Spices. Ayurvedic Nutrition for Vata, Pitta and Kapha (Open to Public)**
Application form:
http://sandiegocollegeofayurveda.net/application-form

https://learn-ayurveda.com/

2324 E Cesar Chevez St
Austin, TX 78748
512-692-9162

grooverm@ayurvedayogatraining.com