

# Ananda Sanga Educational Institute (ASEI)

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## Ayurveda Lifestyle Consultant

<b>Pre-Requirements:</b>	None
<b>Training Hours:</b>	120-hours: Theory & Practical
<b>Duration:</b>	5 - Days & Online Study
<b>Cost:</b>	<b>R7000</b> (Deposit R2500)

Learn the ancient knowledge of **Ayurveda** – “*the science of life*”. This program teaches the fundamentals of *Ayurveda* for health *and* well-being and is based on international guidelines and benchmarks from around the world

This in-depth training qualifies you as an **Ayurveda Lifestyle Consultant**. This training is for anyone with an interest in *Ayurveda*. *Ayurveda* and *Yoga* are sister sciences and a knowledge of *Ayurveda* can help the *Yoga Teacher* to understand their students. It will benefit **Yoga Teachers** to understand the science of **Ayurveda** and how to implement its principles in *yoga* classes.

### **Ayurveda**

*Ayurveda* is much more than a system of healing – it is an integral part of a larger body of knowledge that evolved from the teachings of sages (*rishis*). *Ayurveda* regards disease as an imbalance and offers ways to restore and preserve physical, emotional, and spiritual health by re-establishing the body's natural balance.

*Ayurveda* holds that there are five elements in nature and in the body: *ether*, *air*, *fire*, *water*, and *earth*. These elements are the foundation of all nature - including human beings. And every part of the human body is the manifestation of one or more of these elements.

The five elements combine in living organisms to form three basic forces, known as *doshas*, which exist in everything in the universe.

### **Some Ayurveda Principles:**

- *All things in the universe (both living and nonliving) are joined.*
- *Every human being is made up of these 5 elements in the universe.*
- *Most people are born in a state of balance within themselves.*
- *This state of balance is disrupted by the processes of life.*
- *Imbalances weaken the body and make the person susceptible to disease.*
- *Disease arises when a person is out of harmony with the universe.*

***‘When Diet is wrong Medicine is of no use. When Diet is correct Medicine is of no Need.’***

**~ Ayurvedic Proverb**





### Who can attend this course?

- Anyone with an interest in Ayurveda.
- Those who are interested in making Ayurveda a career choice.
- Yoga Teachers who want to gain knowledge of Ayurveda.
- Existing therapists or natural consultants/healers.
- Those whom want to integrate Ayurveda with their existing Yoga knowledge.
- Those who want to help build a culture of health and well-being.

### Learning Outcomes

This training is based on international guidelines and benchmarks from around the world. Graduates of the program will be able to consult with clients, family, and friends, helping them achieve higher levels of health and wellness through Ayurveda.

### What you will learn:

1. **Body Type:** how to assess an individual's constitutional type, the basis of their personalized Ayurveda wellness program.
2. **Prevention:** how to identify and eliminate the root imbalances that may contribute to health disorders
3. **Observation Skills:** traditional Ayurvedic skills for assessing body type and imbalances.
4. **Diet and Nutrition:** an individualized approach that addresses nutritional imbalances at the root of health disorders.
5. **Rejuvenative Approaches:** natural modalities to enliven the body's innate self-repair and healing mechanisms. You will learn the principles of Ayurveda as a healing science.
6. **Detoxification:** traditional Ayurvedic procedures for clearing toxins from the body that may contribute to chronic health issues.
7. **Stress Reduction:** how to apply scientifically validated approaches to stress-reduction and mind-body balance.
8. **Lifestyle Guidelines:** personalized daily routine and lifestyle recommendations to prevent behavioural mistakes that cause health problems.
9. **Additional Natural Modalities:** - yoga postures, herbal food supplements, aromatherapy, Vedic music therapy etc.

### Program Outline

#### **Module 1: Introduction & Basic Concepts**

- History.
- Philosophy.
- Ayurvedic Concept of Creation.
- 5 Building Blocks of Nature (Elements).
- The Biological Humors & Qualities.
- Theory of Tri-Dosha.
- Functions of the Doshas.

#### **Module 2: Fundamental Principles**

- Determining Constitution – Body/Mind type.
- Gunas and its Function.
- Twenty Attributes.
- Dhatus – Role and Function.
- Ayurvedic Concept of Waste Products (Malas).
- Agni & Ama.

#### **Module 3: Tools for Self-Observation**

- Prakrithi & Vikrithi.
- Prana, Tejas & Ojas.
- Eye & Tongue Assessment.
- Basic Observation techniques.
- Understanding the Pulse.
- Practical Applications.

**Module 4: Disease Process according to Ayurveda**

- Health According to Ayurveda.
- Ten Factors in Health and Illness.
- Disease and the Movement of Time, Climate and Environmental Factors.
- Disease Proneness and the Six Stages of Disease in Ayurveda.
- Treatment of Disease.

**Module 5: Food as Medicine**

- Understanding the 6 Tastes of Food.
- Classification of Food.
- Diet for Doshas.
- Home Remedies/Use of Spices.
- Practical Applications.

**Module 6: Ayurveda and Yoga**

- Relationship between Ayurveda & Yoga.
- Introduction to Patanjali's Yoga Sutras.
- Postures according to your Constitution.
- Subtle Body, Chakras, and Nadis.
- Practical Applications.

**Module 7: Healing Techniques and Revitalisation**

- Meditation and Relaxation.
- Subtle Healing Modalities of Ayurveda.
- Daily Lifestyle and Routine for Good Health.
- Simple Home Remedies and Spices.
- Ayurveda – the “Medicine of the Future”.

**Module 8: Communication & Counselling**

- Communication Skills.
- Counselling Skills.

**Module 9: Business Ethics & Practise**

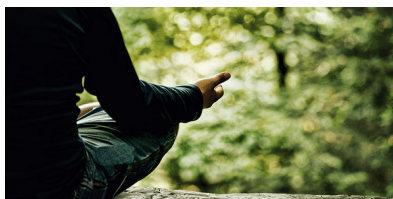
- Basic Business Ethics in accordance with a Satvic Lifestyle.
- Sustainable Business Practices.

**Program Assessments**

1. **Final Assessment:** Designed to assess student understanding of the core principles of Ayurveda.

2. **Clinical Case Portfolio:** 10 cases studies. Students must demonstrate competence in evaluating the level of balance, causative factors, and Ayurvedic pathology, recommending appropriate measures to restore balance through stress reduction, lifestyle, diet, spices, herbal supplements, meditation, yoga, and other modalities.

3. **Internship Evaluation Form:** Completed by on-site lecturers to evaluate competencies in compassion, personal responsibility, diligence, and teamwork.



## Course Benefits

The course enables you to educate your clients about the benefits of Ayurvedic lifestyle and healing therapies. You can also add value to your existent professional practice through counselling and providing appropriate Ayurvedic home remedies to common health problems.



In addition, this course will enable you to:

- *Apply Ayurvedic principles for a healthy lifestyle.*
- *Identify the different Ayurvedic Body Types.*
- *Learn simple Yoga postures for a healthy body and mind.*
- *Recognize the root cause of diseases.*
- *Select the right foods & lifestyle practices according to seasonal variations.*
- *Identify the components of a Sattvic diet.*
- *Prepare healthy, Ayurvedic home recipes.*
- *Starting a daily practice of Yoga, Pranayama and Meditation.*

Existing qualified Yoga Teachers receive 40 credits toward the **Level 2** Yoga Teacher certification.

***In the study of Ayurveda, you will embark on one of the great adventures of the human mind throughout the ages. You will follow the path of many seers and yogis in a system that takes us to the source of all healing and the origins of life within our own hearts.***

## The Teachers

**Dr. Anne Combrinck** has been teaching *Yoga, Meditation & Ayurveda* since 1987. She is also a qualified *Yoga Therapy Teacher* and trains Yoga Teachers. Many Journals and magazines have asked her to write *Yoga, Ayurveda* and related articles for them, which she does on a regular basis. She is the co-founder of *Ananda Sanga*.



**Dr. Martin Combrinck** is one of the founders of *Ananda Sanga* since 1991. He studied *Kriya Yoga, Yoga Therapy* and *Ayurveda* in South Africa, USA and India with respected and well-known teachers. He is one of the trainers of Yoga Teachers at *Ananda Sanga* since 2002. He lectures on *yoga, meditation, laughter yoga* and *ayurveda*, nationally and internationally. Martin is also a qualified *Laughter Yoga Professional and Trainer* and Founder of *Laughter for Africa*.



## Contact Details

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