



Ayurveda

Foundation Program

Ananda Sanga Educational Institute

Tel/Fax: +27 (21) 855-1470

info@asanga.org.za - <http://www.asanga.org.za/>

Dear Prospective Student,

You have shown interest to learn more about the 'Medicine of the Future' – **Ayurveda!** Ananda Sanga is offering this **Ayurveda Foundation Program** and it is available through *Distance Education (E-learning)*.

Program Description

This Ayurveda program introduces you to the basics, history and concepts in **Ayurveda** for **Self-Healing** and for family and friends. The duration consists of about **20 hours** of tuition material.



Program Outline

Module 1: Introduction & Basic Concepts

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

Module 2: Fundamental Principles

- *Dhatu – Role and Function*
- *Ayurvedic Concept of Waste Products (Malas)*
- *Importance of Digestions (Agni & Ama).*
- *Ama Reducing Diet*

Module 3: Discovering Your Constitution

- *Determining Your Constitution: Body/Mind type.*
- *Keeping Yourself in Balance.*
- *Understanding the Gunas and its Function.*
- *Twenty Attributes.*

Module 4: Ayurveda in Daily Life

- *Health According to Ayurveda*
- *Ten Factors in Health and Illness*
- *Daily Lifestyle & Regime*
- *Ancient Wisdom to assist Modern Lifestyle*



Program Duration

Distance Education (E-learning): This program is offered as **Distance Education** with added **Email Support**. The program can be done at your own pace, but it has to be completed within one year. At the end of the Program, there is a voluntary **Self-Assessment** to be completed to see if you have understood the training material.

Program Cost

Distance Education: R850.00 *

** This includes email interaction between the students and the lecturer for any questions.*

Note: This **Ayurveda Foundation Program** is intended to educate students about Ayurveda for **self-study and self-healing**. It does **not** qualify students to practise Ayurveda formally or to register as an Ayurveda Practitioners. For this, further studies are needed (see our website for more details: www.asanga.org.za).

“Health, according to Ayurveda, is a State of Complete Physical, Mental, Spiritual and Social Well-Being and Not Merely the Absence of Disease or Infirmary.”

If you are interested in perusing this knowledge of this ancient healing system, **Ayurveda**, complete the enrolment form and send it back to us.

Regards

Dr. Martin Combrinck (PhD)

B.Soc Sc & Dip.Yoga Therapy (Yoga & Ayurveda) & PhD (A.M.)

Ananda Sanga Educational Institute, South Africa

Tel/Fax: +27 (21) 855-1470

Email: info@asanga.org.za



Ayurveda Foundation Program

Student Enrolment Form

Name:.....

Address:.....

.....

Tel:..... Cell:.....

Fax:..... Email:.....

Marital Status: ID No:

Gender: Female.....Male..... Date of Birth.....

1. Are you a Health Professional? Yes.....No.....In training:.....

2. Please write some paragraphs about yourself, your interest in Ayurveda and why you want to do this *Ayurveda Self Healing Program*.

I declare that the above information is correct. I am willing to educate myself in Ayurveda and realise that this Program does not qualify me to practise Ayurveda formally. I also hereby agree to uphold the conditions of payment for the Course.

SIGNED.....DATE.....

Administrative Only

Student Surname & Name:			
Ayurveda Course	<i>Basic Course</i>		<i>Advanced Course</i>
Payment Details:	<i>Cash:</i>		<i>Bank Transfer:</i>
Amount Paid:	<i>Deposit:</i>		<i>Outstanding:</i>