

Ayurvedic Health Advisor



Fees* (per 4-week class):

There are a total of 13 courses, and you “pay as you go” by registering for each course separately. The early discount deadline is approximately 14 days prior to class start. Refer to the early discount deadline for each class on our Course Calendar at www.Bastyr.edu/Continuing-Education

	Early Discount	Regular
Professionals & General Public:	\$375	\$415
Bastyr/NIAOM Alumni:	\$350	\$375
Full-time Students:		\$315
Retake:		\$115

To earn a Certificate of Competency you must complete all 13 courses (which include at least 50 client sessions) and pass the open-book exam at the end of each course.

**does not include supplemental materials.*

Train in the World’s Oldest Traditional Medical System

Whether you want to immediately pursue a certificate, or just explore the world of Ayurveda, yoga’s “health sister” science, this affordable one-year program is for you! Begin with Introduction to Ayurveda, which offers a broad overview as well as a solid groundwork to jump start your journey into the ancient practice of Ayurveda. No prior related education is required – all the necessary skills and training will be covered in the program to become a proficient and confident Ayurvedic Health Advisor. The program is organized for maximum flexibility for your schedule.

This is a comprehensive program of 13 in-depth courses designed for a diverse group of participants:

- Health care professionals who wish to incorporate Ayurveda into their current practice: herbalists, nutritionists, yoga teachers, nurses, doctors, acupuncturists and other wellness professionals
- Individuals who wish to use Ayurveda to care for family and friends, as well as self-care
- Individuals who wish to start a new career as an Ayurvedic Health Advisor

Bastyr is the preeminent natural healing university in the U.S. and this course reflects years of development to create this curriculum. The program of 13 classes meets the standards of NAMA (National Ayurvedic Medical Association). Additionally, the core instructors have national reputations and each has decades of clinical practice and teaching experience.

Contact the instructor, K.P. Khalsa at kpkhalsa@internationalintegrative.com if you have any questions about the curriculum, or want to learn more about how this program will support your goals.

Course Details:

- 20 CEUs/CMEs/PDAs per course
- Each 52-hour course must be completed within a 4-week period
- Each course includes 20 hours of in-class instruction, 12 hours of online instruction, 10 hours of self-study, and 10 hours of client sessions
- Each in-class session is held on a single weekend: Friday 6:30pm-9:30pm, and Sat & Sunday 8:00am-6:00pm

Upcoming Course Dates:

- **September 16-18, 2016: Complementary Modalities**
- **October 14-16, 2016: Pathology of Disease Stages**
- **November 11-13, 2016: Ayurvedic Body Systems Structure and Function**
- **December 9-11, 2016: Assessment and Disease Development**
- **January 13-15, 2017: Ayurvedic Lifestyle**

Ayurvedic Health Advisor Course Descriptions:

Complete all of the courses to earn a Certificate of Competency, or merely take the individual courses that interest you – the choice is yours. Introduction to Ayurveda is the only prerequisite for each of the other 12 classes. Once the Introduction to Ayurveda course is completed you can take any of the other courses in any sequence.

Introduction to Ayurveda (Online Course)

Introduction to the history, philosophy and basic principles of Ayurveda. Learn basic energies of the body and mind, plus vocabulary and concepts to start your journey. Explore ideas you can use immediately to help yourself and others. This online class is the prerequisite before taking any of the other 12 classes in the program. (Required class waived for those who have completed Ayurvedic Philosophy and Fundamentals credit-elective course at Bastyr.)

Ayurvedic Nutrition

Ayurvedic nutrition, including food combining, eating habits and food energetics, as well as the Ayurvedic view of nutritional constituents. Learn diets for doshas, individual health and using foods therapeutically.

Ayurvedic Cooking

The basics of Ayurvedic cooking for constitutional balance and prevention, and treatment of imbalances. Fine tune your skills with Ayurvedic household preparations, and use of spices and oils for therapeutic cooking.

Ayurvedic Herbalism, Culinary and Dietary Therapy

Principles, qualities, actions and therapeutic profiles of herbs, foods and other natural therapeutic substances. Focus on herbal properties, preparations, Ayurvedic energetics, phytochemistry and clinical indications for herbs in treating major energy imbalances. (Required class waived for those who have completed Medicinal and Culinary Herbs of Ayurveda or Herbs and Ayurvedic Medicine credit-elective courses at Bastyr.)

Ayurvedic Psychology

The Ayurvedic concept of structure and function of the mind. Immerse yourself in a range of observation and interviewing skills, including observation of behavior, listening, objective questioning, setting appropriate boundaries and motivational interviewing - all in the context of Ayurvedic psychological assessment.

Client Interactions and Health Program Procedures

Ayurvedic assessment skills for delving into multi-faceted examination, including interview and communication techniques, physical exam, lifestyle assessment, developing a protocol and client adherence issues.

Pathology of Body Energy and Disease

Fine tune knowledge of disease states and pathology in Ayurveda. Learn about dosha imbalance as well as causes of disease - genetic, constitutional and seasonal - for selected body systems and three major assessment agendas.

Ayurvedic Body Systems in Health and Disease

Additional concepts of Ayurvedic body structure, including a deeper understanding of doshas, organs, systems and energy channels. Explore the three attributes - satva, rajas and tamas - and how each governs the mind and emotions. Refine the understanding of metabolic energy, types, function and their importance in health and disease. Study ojas - natural vitality, vigor, and immunity - and its function.

Complementary Modalities

Yoga philosophy and Patanjali's eight limbs of yoga. Explore the effect yoga has on the doshas, energetic principles and bodily functions. Focus on the Ayurvedic application of yoga for health and constitutional balance. Explore Vedic astrology, introductory Sanskrit, bodywork, color therapy, interior design, exterior environments, and introductory conventional medical approaches.

Pathology of Disease Stages

Disease pathology in the Ayurvedic context, including the stages of disease - accumulation, aggravation and augmentation - for selected body systems. Deepen your knowledge of how disease is approached in Ayurveda. Learn therapy approaches and remedies for pathologies.

Ayurvedic Body Systems Structure and Function

Basic concepts of Ayurvedic body structure, systems and anatomy. Discover the basic concepts of Ayurvedic body functions, including the particulars of the five elements, the doshas (energetic principles), tissues, waste products, seasonal cycles and tastes.

Assessment and Disease Development

Ayurvedic constitutional assessment and the disease assessment of the individual, including constitution and current state of energy balance. Learn about the ideal personal lifestyle and therapeutic regimen. Explore Ayurvedic pulse and tongue assessment skills, along with palpation, voice and Ayurvedic energy points (marmas).

Ayurvedic Lifestyle

Ayurvedic lifestyle: daily and seasonal routines, relaxation, meditation, sleep, stress management, personal habits and behaviors, exercise, relationships and goals for maintaining your health. Explore ways in which to counsel clients to maintain balance of mind, body and consciousness through proper diet and lifestyle choices. (Required class waived for those who have completed Wellness Routines of Ayurveda and Yoga credit-elective course at Bastyr.)

Instructor Bios:



Karta Purkh Singh Khalsa, Yogaraj, DN-C, RH, CC

Karta Purkh Singh Khalsa (K.P. Khalsa) is one of the today's foremost natural healing experts. As one of a very few clinicians with over 40 years in the natural health field, he has a wealth of experience in the use of healing herbs, vitamins, minerals, and medicinal foods in real life situations. Khalsa, the national president emeritus of the American Herbalists Guild, is the author of over 3,000 published health articles and has written or edited 30 books on cooking, herbalism and health.

He has presented over 200 times at national and state conferences on such diverse topics as herbal medicine and therapeutic nutrition, and is featured in several distance learning courses. Khalsa trained in herbalism and food therapy with Ayurvedic master, Yogi Bhajan, for 35 years. He is a state certified dietician/nutritionist and registered herbalist, and nationally credentialed to teach herbalism. Khalsa is on the Bastyr faculty in the Botanical Medicine Department, and is a professor at Massachusetts College of Pharmacy and Health Sciences. He was the senior research scientist and principal herbal formulator for Yogi Tea, the nation's largest herbal tea company. He serves on the NAMA board, and is also the founder of The Professional Herbalist Certificate Course, a two-year post-secondary curriculum that trains professional herbalists.



Dr. Vivek Shanbhag, ND, MD-Ayurveda, BAMS, CYEd

Dr. Shanbhag is a naturopathic doctor, ayurvedic expert, professor and best-selling author. He is the founder and director of the Natural Medicine Clinic, Academy & Wellness Spa which has two clinics in the San Francisco Bay Area. Dr. Shanbhag specializes in integrating Ayurveda, naturopathic medicine and yoga to treat acute and chronic diseases.

For more than 30 years, he has successfully run various Ayurveda institutions in India and the U.S. He was founder and director for 17 years of AYU Academy & Clinic, Seattle. In 2006 he sold this successful institution to Kerala Ayurveda. During 1991-96, he was chairman of the Ayurveda Department of Bastyr University. During 1985-88 he was head of the Ayurvedic Research Institute, Pune.

Dr. Shanbhag is currently on the faculty of Bastyr University, MMI Ayurveda College, Kerala Ayurveda Academy and Vedika Global. He is the best-seller author of Beginner's Intro to Ayurveda by Keats Publishing. In 1988 he was awarded the prestigious I.I.M. Gold Medal for his MD-Ayurveda research thesis. In 2010 and again in 2013, he won International Awards for Excellence in Ayurvedic Teaching and Practice. He has also been a sought-after keynote speaker at national and international conferences in the fields of Ayurveda, naturopathic medicine, yoga, wellness and nutrition.



CANCELLATION, TRANSFER & REFUND POLICY: Please submit your request in writing (email, mail or fax). Unless otherwise specified in the individual course descriptions, cancellations or transfers made up to 14 calendar days before the first day of the course will result in a full refund, less a processing fee (\$35 or 20 percent of fee, whichever is less). No refunds will be granted for cancellations made with less than the 14-day notice, nor for home study courses once the registration and payment have been processed. Returned checks will be assessed a \$28 fee. Participants registered for full courses will not be refunded for any missed sessions and may not receive certificates of completion for partial completion of a seminar. Bastyr University reserves the right to cancel courses with insufficient enrollment, in which case a full refund will be granted to those registered.