

Online Ayurveda Health Advisor Certificate Program



Courses (full descriptions on following pages)

- Introduction to Ayurveda (online course) is the only prerequisite for each of the other 11 classes.*
- Ayurvedic Nutrition and Cooking
- Ayurvedic Herbalism, Culinary and Dietary Therapy
- Ayurvedic Psychology
- Client Interactions & Health Program Procedures
- Pathology of Body Energy and Disease
- Ayurvedic Body Systems in Health and Disease
- Complementary Modalities
- Pathology of Disease Stages
- Ayurvedic Body Systems Structure and Function
- Ayurvedic Lifestyle
- Assessment and Disease Development

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 12 classes meets the standards of NAMA (National Ayurvedic Medical Association).

Interested in incorporating Ayurveda into your practice or everyday life? 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!

Classes are offered quarterly or by entire program. 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. You must complete Introduction to Ayurveda before starting any quarter. **If you choose to purchase the entire program you will receive the Introduction to Ayurveda FREE!**

This course is comprised of 12 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 Ayurveda Health Advisor

Complete the classes and home study in 3 quarters to become a Certified Ayurveda Advisor. No prior related education is required – all the necessary skills and training will be covered in the program to become a proficient and confident Ayurveda Health Advisor. The program is organized for maximum flexibility for your schedule. Each hybrid course includes a classroom like experience through a webinar class forum from the comfort of your home or office.

Ayurveda Advisor Certificate Program & Pricing Options

Introduction to Ayurveda: self-paced online class* sold separately unless purchasing whole program.

Winter 2018 • Ayurvedic Lifestyle • Ayurvedic Nutrition & Cooking • Ayurvedic Herbalism, Culinary and Dietary Therapy • Ayurvedic Psychology	\$1,500.00
Spring 2018 • Client Interactions & Health Program Procedures • Pathology of Body Energy and Disease • Ayurvedic Body Systems in Health and Disease • Complementary Modalities	\$1,500.00
Fall 2018 • Pathology of Disease Stages • Ayurvedic Body Systems Structure and Function • Assessment and Disease Development	\$1,125.00
Entire Program Purchase (Includes Introduction to Ayurveda Course price, a \$375 value)	\$3,850.00

To earn a Certificate of Competency you must complete all 12 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-see textbook list.

Program Courses (20 CEUs/CMEs/PDAs per course)

Each 52-hour course must be completed within a 4-week period. Each course includes 20 hours of live webinar, 12 hours of recorded supplemental instruction available online, 10 hours of self-study, and 10 hours of client sessions.

Each live webinar session is held on a single weekend: Friday 6:30 - 9:30 p.m., and Saturday and Sunday 8:00 a.m. - 6:00 p.m. (20 CEUs/CMEs/PDAs per course). Each 52-hour course must be completed within a 4-week period. Each course includes 20 hours of live webinar instruction, 12 hours of recorded supplemental online instruction, 10 hours of self-study, and 10 hours of client sessions.

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

CLASS	DESCRIPTION
Introduction to Ayurveda (Prerecorded Online, Prerequisite to all other classes)	Experience an 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.
Ayurvedic Body Systems Structure and Function Concepts	Explore the 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	Focus on 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	Discover 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.
Ayurvedic Nutrition and Cooking	Learn 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. Focus on Ayurvedic nutrition, including food combining, eating habits and food energetics, as well as the Ayurvedic view of nutritional constituents. Learn diets for doshas and individual health and using foods therapeutically.
Ayurvedic Herbalism, Culinary, Dietary Therapy	Discover the 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 treating major energy imbalances.
Ayurvedic Psychology	Learn 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	Focus on Ayurvedic assessment skills of by delving into multi-faceted examination, including interview and communication techniques, physical exam, lifestyle assessment and developing a protocol, including client adherence issues.
Pathology of body energy and disease	Fine tune your understanding of disease states and pathology in Ayurveda. Learn about dosha imbalance as well as causes of disease (such as genetic, constitutional and seasonal) for selected body systems, including 3 major assessment agendas.
Ayurvedic Body Systems in Health and Disease	Focus on additional concepts of Ayurvedic body structure, including a deeper understanding of doshas, organs, systems and energy channels. Explore the depth of the three attributes (Satva, Rajas and Tamas) in addition to how each governs the mind and emotions. Refine your understanding of metabolic energy, types, function and importance in health and disease. Study ojas (natural vitality, vigor, and immunity) and its importance and function.
Complementary Modalities	Immerse yourself in yoga philosophy and Patanjali's eight limbs of yoga. Understand 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 and interior design, exterior environments and introductory conventional medical approaches.
Pathology of disease stages	Learn disease pathology in the Ayurvedic context, including the stages of disease (such as 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.

Bastyr Ayurveda Certificate Course Textbooks and Reading Assignments

CLASS	REQUIRED TEXTBOOK	OPTIONAL TEXTBOOKS
Introduction to Ayurveda Self-paced online class	"A Beginner's Introduction to Ayurvedic Medicine" by Vivek Shanbhag	"Perfect Health" by Deepak Chopra
Ayurvedic Nutrition	"Ayurvedic Cooking for Self-Healing" by Vasant Lad	"Ayurvedic Healing" by David Frawley
Ayurvedic Herbalism, Culinary and Dietary Therapy	"The Way of Ayurvedic Herbs" by K P Khalsa and Michael Tierra	"The Yoga of Herbs" by Lad and Frawley
Ayurvedic Psychology	"Ayurveda & the Mind" by David Frawley	"Ayurvedic Healing" by David Frawley
Client Interactions & Health Program Procedures	"Ayurvedic Healing" by David Frawley	"The Ayurveda Bible: The Definitive Guide to Ayurvedic Healing" by Anne McIntyre
Pathology of Body Energy and Disease	"Ayurvedic Medicine" by Sebastian Pole	Kayachikitsa I by Subhash Ranade
Ayurvedic Body Systems in Health and Disease	"Ayurveda: The Divine Science of Life" by Todd Caldecott	Kayachikitsa I by Subhash Ranade
Complementary Modalities	"Yoga and Ayurveda" by David Frawley	"Mantra Yoga and Primal Sound" by David Frawley
Pathology of Disease Stages	"Ayurvedic Perspectives on Selected Pathologies" by Vasant Lad	"Ayurvedic Healing" by David Frawley
Ayurvedic Body Systems Structure and Function	"The Ayurveda Bible: The Definitive Guide to Ayurvedic Healing" by Anne McIntyre	Kayachikitsa I by Subhash Ranade
Assessment and Disease Development	"Ayurveda" by Vasant Lad	Kayachikitsa II by Subhash Ranade
Ayurvedic Lifestyle	"Prakruti" by David Frawley	"The Way of Ayurvedic Herbs" by K P Khalsa and Michael Tierra



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