

THE SANCTUARY

WELLNESS CENTER & YOGA STUDIO



AYURVEDA ^{2013/2014}

APPRENTICESHIP PROGRAM

SATURDAY(S) 9:00-1:00PM

Level 1 - 9/21 9/28 10/12 10/26 11/9 11/16 12/7 12/14 1/11
1/25 2/8 2/22 3/8 3/22 4/12 4/26 5/10 5/24

Ayurveda: the oldest and completely holistic system of medicine is the sister science to yoga. In sanskrit "ayur" is life and "veda" refers to knowledge, or science. This knowledge of life provides specific, practical and simple guidelines regarding food & lifestyle. Using natural effective means such as herbs, meditation, and various therapies; Ayurveda provides us the tools to live life to the fullest: happy, healthy & in harmony.

APPRENTICESHIP TRAINING COURSE

Ayurveda consultants trained in this program will be competent in health promotion and disease prevention. Having studied and integrated the principles of Āyurvedic medicine, the student will be able to create diet & lifestyle recommendations according to their assessment of the patient's Āyurvedic constitution, imbalances in the body and mind. The curriculum combines an academic study, hands on learning in herb usage, over-all knowledge and pancha karma practice/procedures, research and discussion of case studies as well as being fully involved in all aspects of healing methods and modalities.

LEVEL 1: \$300 PER MONTH
- 2 CLASSES PER MONTH -
9 MONTH COURSE

CURRICULUM:

- * Philosophy * Ayurvedic anatomy and physiology
- * Pathology * Pulse, tongue and body diagnosis
- * Ayurvedic Psychology
- * Introduction to aromatherapy, color therapy & yoga therapy
- * Assessment of physical and mental constitution (prakrti)
- * Determination of the state of prāna, tejas and Ojas
- * Observing Ayurvedic consultations
- * Integrating healthy daily routines
- * Study of food as medicine; specific focus on herbs & spices
- * Recommending appropriate food choices, assessing digestive strength & proper eating behaviors
- * Herbology 101
- * Creating custom herbal formulas, herbal medicines, minerals, other natural substances for internal/external use
- * Ayurvedic body therapies and pancha karma theory



714.617.4593 WWW.AWAKENSANCTUARY.COM
505 WEST 1ST STREET · TUSTIN, CA. 92780



AYURVEDA

- APPRENTICESHIP CONTINUUM -

LEVEL 1

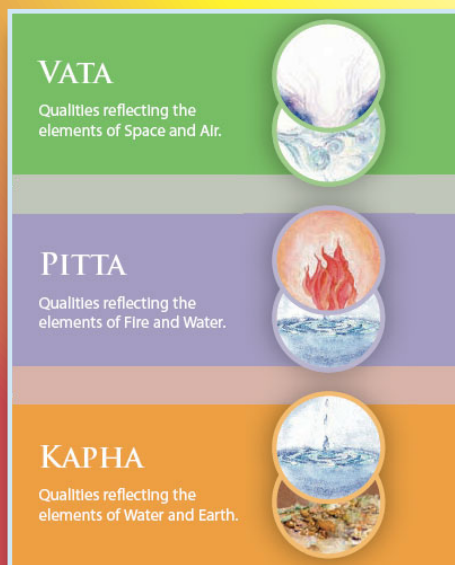
OPTIONAL ONE-ON-ONE PRACTICUMS

- CAN BE TAKEN ANY TIME \$200 EACH -

- * 2 person Abhyanga
- * Shirodhara massage
- * Svedan
- * Nasya
- * Bastis (includes eyes, heart, solar & back)

Schedule appointments for learning these in pairs to observe, assist, receive and give treatments.

Once these therapies have been mastered, you will be given paid opportunities for assisting with PK for Sanctuary clients.



LEVEL 2: CLINICAL PRACTICE \$500

- JUNE, JULY & AUGUST 2014 -
3 MONTH COURSE

Supervised Āyurvedic clinical experience including at least 10 patient visits

CURRICULUM:

- * Managing common Digestive issues and weight challenges
- * Managing emotional challenges: stress, anxiety, depression, & insomnia
- * Intakes of current/past personal and family health histories
- * Understanding Western diagnostic/medical reports; able to refer patients for medical evaluation
- * Initial consultation: Asking, observing, assessing & documenting. Designing treatment plans to address mind and digestion. Creating herbal formulas and designing dietary guidelines specific to the needs of the patient. Focus will be on designing, implementing and managing a plan to pacify the dosas within the digestive system and the mind.
- * Follow up visits: Assess patients' strengths and willingness to follow recommendations; educate, motivate and counsel patients in order to support them to be successful in implementing the principles of Āyurveda into their lives. Recommend appropriate daily, seasonal and life cycle routines according to prakrti, vikrti, & gunas.
- * Presenting workshops in the community, while building a successful private practice

TO REGISTER TODAY

CALL THE SANCTUARY AT 714-617-4593

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