

Course Catalog

www.sandiegocollegeofayurveda.com

www.ayurvedadayogatraining.com

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ABOUT US

Ayurveda Yoga LLC was founded to promote Vegetarianism, Vedic Culture, Sanskrit and provide Ayurveda Workshops, Seminars, Consultation and Ayurvedic Treatment at an affordable price. However, with popular demand, in 2010, we have opted for blended, online, and distant learning courses in Ayurveda as well. We aim to eventually build an Ayurvedic Ashram in Southern California as a newer non-profit venture as well. We also plan to invite Ayurvedic Physicians from India for regular lectures.

The teachers and partners include Ayurvedic Physician, Dr. Ashutosh Guleri, Renowed Vedic Astrologer Dr. Raj Baldev who have provided most of the online and distant course material. Dr. Parmela Sawhney, M.D. has also consented to do lectures for classroom. Vedic Philosophy and Sanskrit is taken care by Henry Groover. Most Ayurvedic Massage Therapy Workshops, and Online Courses are converted to Online Modules by Curriculum Designers. Online facilitation is done by most of these accomplished and learning professionals as well as Massage Therapist and Ayurvedic Practitioner, Becca Neu. The courses are suited for new comers with an interest in Vedic Sciences, or will complement the practices of Herbalists, Holistic Health Practitioners, Nutritionists as well as Physical Therapists or Massage Therapists. Day workshops are also suited for learning about how to achieve a balanced health for yourself and your family.

Training Delivery and Methodology

Our goal is to 'spread VEDIC WELLNESS'. Hence, we are offering courses in a blended format. By using **Open source Learning Management** Formats like Moodle, we save costs and pass the savings to the student. The student picks and chooses their blend. A course is offered in a distant learning, online as well as classroom format. A Student can choose which one they want to do most, hence, keeping the costs low and quality high. Course Content is based on Ancient Ayurvedic Texts by Charaka, as well as Astanga. However, we are sticking to the traditional format of learning and actually giving our own commentary by directly translating the Sanskrit verses. We are also offering a comparison of Traditional Ayurveda versus Modern Modalities as well as how it can be integrated. Some textbooks are suggested for reading by Maya Tiwari, Dr. Vasant Lad and Dr. David Frawley. Srimad Bhagavad Gita and Teachings of Kapila and Sankhya Philosophy is also part of the course. Courses can be done on their own online, distant or classroom or a combination can be done for a 250 Hr, 350 Hr a 500 Hr Course Module.

Courses	Hours	Modules	
Introduction to Ayurvedic Health 101 (code- IAH 101)	25 Hrs	Introduction to Ayurveda - Tridoshas, Ayurvede concept of disease, basic philosophy. Core Concepts.	Online and Distant Learning via Real Time Webcast, Whiteboard and Web Conferences
Ayurvedic Body Constitution	25 Hours	Tridoshas, Property, Herbs, Diets and Seasonal Therapies Specifically for the Doshas. Core Concepts.	ONLINE
Introduction to Vedic Astrology	25 Hrs	Introduction to Vedic Astrology, Medical Astrology, Astrology and Ayurveda. Peripheral Course.	Online and Distant Learning via Real Time Webcast, Whiteboard and Web Conferences
Bhagavat Gita & Sankhya Philosophy	25 Hrs	Triguna, Chapter 17. Core Concepts.	Online and Distant Learning via Real Time Webcast, Whiteboard and Web Conferences
Introduction to Chakras	25 Hours	Introduction to Chakras. Pranic Healing and its connexion to Ayurveda. Peripheral Course.	Online and Distant Learning via Real Time Webcast, Whiteboard and Web Conferences
Meditation	25 Hours	History of Meditation and Mantras, Different Types of Meditation, Benefits of Meditation, Pranayama. Peripheral Course	Online and Distant Learning via Real Time Webcast, Whiteboard and Web Conferences
Ayurveda Yoga 101	50 Hours	Ayurveda and its connexion to Yoga, Bhakti Yoga, Ashtanga Yoga, Patanjali Sutras, Yoga for Kapha, Yoga for Pitta and Yoga for Vata. Peripheral Course	BLENDDED 20 Hrs Online and Distant Learning via Real Time Webcast, Whiteboard and Web Conferences as well as 30 Hrs Classroom
Ayurvedic Bodywork & Therapies 101	50 Hrs	20 Hrs Introduction AH 101, Bodywork and Therapies (30 Hrs) - Abhyangam (Shiroabhyangam, Padabhyangam, Sarvangabhyangam, Mukhabhyagam, Abhyanga for Vata, Pitta, and Kapha).	BLENDDED – 20 Hrs Online, 30 Hrs Classroom
Clinical Ayurvedic Nutrition 101	50 Hours	TBD	

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			BLENDED
			Online 35 Hrs And Classroom 15 Hrs
Ayurvedic Herbology 101	50 Hrs	What is Ayurveda, Ayurvedic Herbology versus Western Herbology. Sapta Dhatus, Rasa, Virya, Vipaka &Prabhav, 25 Different Ayurvedic Herbs and their uses, preparation in health, beauty and prevention of disease. Herbal actions and Indications, Herbs preparation and Usage, Medicated oils and Ghee, Preparation of basic Massage Oils and Herbal Formulas. Core Curriculum.	
			Online and Distant Learning via Real Time Webcast, Whiteboard and Web Conferences
Ayurvedic Anatomy 101	50 Hours	What is Ayurveda, Ayurvedic Anatomy versus Western Anatomy, Tridoshas Kapha, Pitta and Vata, Sapta Dhātu, 24 Elements, Trigunas (Satva, Rajas, Tamas), Koshas, Chakras, Nadis, Introduction to Ayurvedic Concepts of Health and Disease, Introduction to Sankhya, Ayurveda as a Holistic Health System. Core Curriculum.	
			Online and Distant Learning via Real Time Webcast, Whiteboard and Web Conferences
Introduction to Ayurvedic Health 101	50 Hours	Introduction to Ayurveda - comparison to chinese medicine and traditional medicine, Ayurvedic History, Mythology, Basics of Sankhya, Concepts of Health and Disease, Summary of Ayurvedic Anatomy 101 and Physiology, Summary of Ayurvedic Psychology. Core Curriculum.	
			Online and Distant Learning via Real Time Webcast, Whiteboard and Web Conferences
Ayurvedic Bodywork & Therapies 102	100	Aantmy 101, Bodywork and Therapies (50 Hrs) - Abhyangam (Shiroabhyangam, Padabhyangam, Sarvangabhyangam, Mukhabhyagam, Introduction to Marma, Shirodhara), Preparation of Oils, Understanding of Tridoshas	
			Blended
			Online and Distant Learning via Real Time Webcast, Whiteboard and Web Conferences. Classroom Hrs available for Ahrb101
Ayurvedic Herbology 102	100	Ahrb101, AH 101	

			Blended
Ayurvedic Bodywork & Therapies 201	200	Aantmy 101, AH 101, Bodywork and Therapies (50 Hrs) - Abhyangam (Shiroabhyangam, Padabhyangam, Sarvangabhyangam, Mukhabhyagam, Introduction to Marma, Shirodhara), Preparation of Oils, Understanding of Tridoshas	Online and Distant Learning via Real Time Webcast, Whiteboard and Web Conferences – Aantmy 101, AH 101 Classroom – 50 Hrs
			Blended
Ayurvedic Nutrition 201	200	Introduction to Ayurvedic Health 102, Ayurvedic Herbology 101 (50 Hrs), Clinical Nutrition 101 (50 Hrs),	Online and Distant Learning via Real Time Webcast, Whiteboard and Web Conferences and 10% Classroom Hrs
Ayurvedic & Clinical Nutrition 203	250	Antrition 201, CAN 101	50 Hr Classroom Hrs, 200 Hr, Online and Distant Learning via Real Time Webcast, Whiteboard and Web Conferences
Ayurvedic Wellness Educator 303	350	AN 203, AH 102, Aantmy 101 OR AyurYoga 101, AH 102, ABT 201 OR AyurYoga 101, AH 102, ABT 102 and choice of 2 25 hr Peripheral subjects (Chakra, Bhagavat Gita, Vedic Astrology or Meditation)	250 Hrs Online, Rest Blended
Ayurvedic Wellness Practitioner 501	500	AWN 303 (Any combination), ABT 101 or ABT 102 AND/OR CAN 201 OR 203. (300 HRS must be core Ayurveda subjects with Ayurvedic Therapies or Ayurvedic Nutrition, and Ayurvedic Herbology, Dietitics being essential. Yoga and other subjects are peripheral)	200 Hrs Online. 300 Hr – Classroom and Blended
			Classroom Only

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PAYMENT: Payment for each online/Distant Learning hour is - \$6 per hour.

Payment for each classroom hour is - \$ 12 per hour.

So, for a 100 hour Online and Classroom Blend program is = 80 Hrs online = \$480 +
20 Classroom Hrs = \$240

Total: \$730 (Comparison to other schools is \$1200 to \$1400 to other schools for a 100
Hr Program)

The payment can be done in Advance for a 10% Discount or in 3 equal payments via
Cheque, Cash, or Paypal.

90% of the Payment is returnable if the Student has not logged in to the Online Course
at all or attended any of the workshops for 3 months after the course. Online Courses
can be started at anytime. Workshops have flexible schedules and usually happen once
a month.

Application Form:

Name:.....

DOB:.....

Driving Licence #.....

Course Interest -Please choose the course code(s)

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Payment Option – 3 Flexible Payments.....

Full Payment with 10% Discount

Cheque #.....

Payment can also be done via Paypal or Credit Card. Please call 760-707-3184.

Once, the payment is received, the enrollment number and handouts shall be mailed
or posted to you.