



AYURVEDA NON-FORMAL SHORT TERM COURSES

#	NAME		COST	WHEN	TIME
1	Introductory Ayurveda: Level 1(60% practicals)	25hrs	\$500	31 July, 7,21,28 Aug, 4 Sept	See schedule***
2	Advanced Ayurveda: Level 2 - Panchakarma or Ayurveda detoxification & Ayurveda Pharmacology (theory only) - Therapies (Practicals: Shirovasti, Tarpana, Nasya, Navarakizhi, Pizhichal)	25hrs	\$600	3rd week September (exact dates TBA)	Schedule TBA
3	Ayurvedic Beauty Care (includes hair care)	10hrs	\$100	21 & 22 August	10am - 4pm
4	Abhyanga + ShiroDhara/full body massage + pouring of oil over forehead	3.5hrs	\$50	7 Aug; 4 Sep; 2 Oct; 6 Nov; 4 Dec	9.30am – 1.00pm
5	Shiroabhyanga + padabhyanga (head & foot massage)	3hrs	\$20	14 Aug; 11 Sep; 9 Oct; 13 Nov; 11 Dec	9.30am– 12.30nn
6	Pichu (3 types: kati vasti, jaanu vasti, greeva vasti)	4hrs	\$40	21 Aug; 18 Sep; 16 Oct; 20 Nov; 18 Dec	9.30am – 1.30pm
7	Dinacharya (Daily Ayurvedic Routine) for a healthy life	4hrs	\$40	28 Aug; 25 Sep; 23 Oct; 27 Nov	9.30am – 1.30pm

If you register for 2 or more courses you will receive a discount of up to 15%.

Title	INTRODUCTORY AYURVEDA: LEVEL 1: An Introduction to Ayurvedic Oil Therapy, Procedure and its Benefits
For whom:	For therapists and others who want to learn and practice Ayurvedic Oil Therapy/Massages at spas or at home.
Date(s)	31 July, 7,21,28 Aug, 4 Sept 2010 (5 saturdays, 25 hours)
Course Brief	The course aims to introduce the student to the various facets of Ayurveda, providing a clear perspective in Ayurvedic principles and their applications. It will enable one with the basic skills and knowledge to provide basic ayurvedic oil massages and practice it as a part of one's daily lifestyle at home.
Teacher & Biography	Dr Dharna , a qualified Consultant and Ayurvedic physician (Vaidya) from India and well versed in ayurvedic therapies and massages (from Kerala) will be the course instructor.
Duration	5 days, 5 Consecutive Saturdays, 25 hours
Time	10 AM – 4 PM
Age	18 years and above
Pre-requisite	NIL
Medium of instruction	English
Course structure	Day 1: Introduction to Ayurveda & Fundamental Principles 1 Day 2: Fundamental Principles 2 & Introduction to Ayurvedic Oils (Practicals: Herbal Oil Preparation) Day 3: Practical (Abhyanga ; Shwedhana; Kati Vasti) Day 4: Practical (Padabhyanga ; Shiroabhyanga; Dhara) Day 5: Practical (Dinacharya); Experiential learning; Assessment
Course Fee*	\$ 500 per person (* members pay at respective discounted rates)
Call 62972670 / 93859520 or email omvedicheritage@gmail.com to register	