



MIND-BODY MEDICAL

College of Ayurveda and
Mind Body Medicine

Thank you for your interest in booking onto the Ayurvedic Consultant Training Course, commencing in October 2020.

Please see below the key information about the course:

Course Duration:

1-weekend a month for 8-months

Course Dates:

2020

October 17th/18th

November 21st/22nd

December 12th/13th

2021

January 16th/17th

February 20th/21st

March 20th/21st

April 17th/18th

May 8th – examination day

Location:

The Hamblin Trust, Main Rd, Bosham, near Chichester, West Sussex, PO188PJ

Course Cost:

Early Bird (If booked before 30th April 2020) :£1499 + Vat

Standard Rate (If booked after 30th April 2020) :£1599+ Vat

To complete your booking:

Please read through the information enclosed in this booking pack, and complete the information required on page 9 of this document.

Please return your completed form to:

Holly Watts
Mind Body Medical
Unit 12 Wittering Walk
Cakeham Rd
East Wittering
PO208RR



MIND-BODY MEDICAL

College of Ayurveda and
Mind Body Medicine

Payment:

Upon receipt of your booking form, you will be invoiced for 40% of the total course fee which will reserve your place on the course. Final instalment of 60% will be due no later than July 21st 2020, which is 90 days before the commencement of the course. Payments can be made using debit or credit card, BACS or cheque. Confirmation of your place on the course will be sent via email upon receipt of payment in full.

Ayurvedic Health Consultants Course

Overview and Syllabus

Pre-requisites:

- Necessary: Recognised qualification in Anatomy and Physiology minimum ITEC level 3 or equivalent.
- Advisable: Some knowledge of full body massage
- Be able to competently communicate in English

Case Studies:

- Completion of 8 case studies to include completed consultation forms, diagnosis forms and written treatment protocols utilising and limited to the approaches covered in the course.

Assessments:

- Assessment 1: Theory - 2-hour written exam
- Assessment 2: Practical - Performing one physical treatment (working in pairs)
- Assessment 3: Role Play - Performing a patient assessment and diagnosis using the Dosha, Dhatu, Disease and Agni approach

Duration and Dates:

- 1 weekend a month for 7 months plus one Saturday for the assessment and exams

Attendance

- 90% attendance is required in order to complete the course and sit the final assessments

Accreditation

- This professional diploma course is fully accredited by the Complimentary Medical Association (CMA)



Aims and Opportunities

- The aim of this course is to equip participants with the knowledge, skills and capabilities to develop their own clinics and private practice or to integrate it alongside other complementary approaches the participant is already practising.
- To allow the participant to offer traditional Ayurvedic consultations and treatments using the key approaches covered within the course.
- To obtain a Diploma in Ayurvedic Therapies

Course Syllabus

Weekend 1

Saturday – 10:30am – 5:00pm

- Introduction to the course
- Course aims and objectives
- Participant introductions and background
- Overview of Ayurveda as a medical system
- Overview of the increasing popularity of Ayurveda in the West
- Introduction and overview of the mind-body connection as a central tenet of Ayurveda
- Introduction of Dosha theory and contextual overview with relevance to modern science
- The five therapeutic treatment arms of Ayurvedic medicine

Sunday – 10:00 – 5:00pm

- Ayurvedic Physiology
- Vata Dosha: introduction, classification, properties, functions and locations
- Pitta Dosha: introduction, classification, properties, functions and locations
- Kapha Dosha: introduction, classification, properties, functions and locations
- Manifestations of the Doshas in the body
- Classical diseases inherent to each Dosha
- The vital importance of understanding the attributes of each Dosha in clinical practice

Weekend 2

Saturday – 10:30 -5:00pm

- The concept of Prakriti
- The seven types of Prakriti
- The concept of Vikriti and its key importance in clinical practice



- Physical, psychological and emotional characteristics of Vata Vikriti/imbalance relevant to Vata attributes
- Physical, psychological and emotional characteristics of Pitta Vikriti/imbalance relevant to Pitta attributes
- Physical, psychological and emotional characteristics of Kapha Vikriti/imbalance relevant to Kapha attributes
- The use of Dosha assessment questionnaires in clinical practice
- Practical: Vikriti assessments working in pairs

Sunday – 10 -5:00pm

- Abhyanga – the fundamental role of massage and physical treatment in Ayurveda
- The types of physical treatments taught in this course and why they have been selected
- The therapeutic mechanism of Abhyanga related to Western science
- The medicated oils of Ayurveda
- Evidence based overview of medicated oils
- Overview of the primary medicated oils – indications and contra-indications
- The importance of tailoring physical treatments relevant to Dosha theory
- Practical Session : Prista Abhyanga – Ayurvedic back massage working in pairs

Weekend 3

Saturday – 10:30-5:00pm

- Ayurvedic anatomy
- The Dhatu system
- Overview and functions of each of the Dhatus
- Imbalances in the Dhatus, their manifestation in body and clinical identification of these imbalances relevant to Vata, Pitta and Kapha
- Ayurvedic pathology
- The disease process in Ayurveda
- The six stages of disease development and progression

Sunday – 10 - 5:00pm

- Kati and Greeva Basti treatments – introduction and overview
- The key role of Basti treatments in Ayurveda
- The importance of these treatments in building a client base
- Clinical indications and contra-indications
- Practical: Kati Basti (lower back) and Greeva Basti (upper back) treatment working in pairs
- Practical: Basti treatments in other locations



Weekend 4

Saturday – 10:30am – 5:00pm

- Agni – introduction and overview
- Contextual overview of Agni relevant to Western science and micro-biome research
- The fundamental role of Agni in the maintenance of optimal health
- Functions of Agni in the body
- Agni related to the three Doshas (Vata, Pitta and Kapha)
- The four states of Agni
- Diagnosing the 4 states of Agni
- Management of Agni via diet, lifestyle and herbs

Sunday – 10 – 5:00pm

- Ama – introduction, description, sign and symptoms
- Diagnosis of Ama
- Treatment of Ama through diet, massage, lifestyle and herbs
- Overview of Ama detoxification processes and the Khichari cleanse
- Practical: Khichari making and tasting
- Akshi Tarpana therapy – introduction, indications and contra-indications
- Practical: Akshi Tarpana therapy working in pairs

Weekend 5

Saturday – 10:30am-5:00pm

- Diagnostics in Ayurveda
- Diagnostic methods – 1) questioning, 2) observation and 3) touch
- Practical Session: Tongue diagnosis – practical training in pairs
- Practical Session: Pulse diagnosis – practical training in pairs
- Questioning – key components
- Observation – key components
- Diagnosis and treatment plans using the Dosha, Dhatu, Disease and Agni (DDDA) model
- Clinical assessment forms



Sunday – 10 -5:00pm

- Marma therapy
- Theory and overview of Marma points and Marma therapy
- Methods of treatment – pastes, oils and binding
- Practical Session: Face and head Marma therapy working in pairs
- Practical Session: Upper back Marma therapy working in pairs
- Overview of using Marma points to manage specific health issues

Weekend 6

Saturday – 10:30am-5:30pm

- Introduction to diet and nutrition in Ayurveda
- Importance of food in Ayurveda
- The six tastes and their relationship to the Doshas
- Sattvic, Rajastic and Tamasic foods and their role, uses and impacts
- Vata specific diets
- Pitta specific diets
- Kapha specific diets
- The therapeutic use of culinary herbs in Dosha management
- Dietary protocols and recipes for managing Vata, Pitta and Kapha aggravations

Sunday – 10-5:00pm

- Pinda Sveda – overview, indications and contra-indications
- Practical Session: Pinda Sveda treatments working in pairs
- Nasya therapy – overview, indications and contra-indications
- Practical Session: Nasya treatments with full face massage working in pairs

Weekend 7

Saturday – 10:30am – 5:00pm

- Dinachara – full overview and key components (e.g. meditation, self-massage, steam therapy etc)
- Links between the components of Dinachara and modern scientific evidence
- Dinachara protocols for Vata, Pitta and Kapha
- Overview of key Ayurvedic herbs and their uses
- Practical: making medicated herbal poultices and pastes for topical treatments

Sunday – 10am -5:00pm



MIND-BODY MEDICAL

College of Ayurveda and
Mind Body Medicine

- Ethics
- Important “do’s and don’ts ” of running an Ayurvedic practice
- The importance of insurance when practising
- Running a clinic
- Patient management
- Overview of treatment protocols
- Patient medical history forms
- Clinical assessment forms
- PRACTICAL: Mock patient assessment and generation of treatment plans
- Overview of exams and assessments

Weekend 8: Assessment Day (Saturday only)

Times to be advised

- Assessment 1: Theory - 2-hour written exam (70% or above grade point required)
- Assessment 2: Practical - Performing one physical treatment (working in pairs)
- Assessment 3: Role Play - Performing a patient assessment and diagnosis using the Dosha, Dhatu, Disease and Agni approach

Terms and Conditions



MIND-BODY MEDICAL
College of Ayurveda and
Mind Body Medicine

- All workshops require payment in full in order to reserve a place. Upon the booking of any course a deposit of 40% of the total course fee shall be payable. The outstanding balance of 60% is due on the date falling 90 days before the date of commencement of the course. Once a course is booked, the full amount shall be due and payable to The College of Ayurveda and Mind Body Medicine on the dates stated above. Refunds shall be made solely in accordance with these Terms and Conditions.
- Unless otherwise agreed by The College of Ayurveda and Mind Body Medicine, written notification is required a minimum of 180 days prior to commencement of the relevant course or workshop if the attendee wishes to cancel his/her place. If such written notification is received a minimum of 180 days prior to the commencement of the course/workshop a full refund of any amounts paid will be given, less an administration fee of £100.00. If such written notification is received after the date falling 180 days prior to, but at least 90 days prior to, the commencement date of the course or workshop, a refund of 50% of the course or workshop fee (to the extent paid) will be given, less an administration fee of £100.00. If such written notification is received after the date falling 90 days prior to the commencement date of the course or workshop no refund of the course or workshop fee will be given.
- In the event of an attendee failing to attend the confirmed course/workshop or complete the course for any reason (except serious illness evidenced by a medical certificate) no refunds of fees or deposits will be made and no entitlement to a later-date course will be gained, unless The College of Ayurveda and Mind Body Medicine, at its sole discretion decides otherwise.
- If The College of Ayurveda and Mind Body Medicine cancels a course/workshop for any reason, a choice of a full refund or alternative course/workshop dates will be offered. The College of Ayurveda and Mind Body Medicine reserves the right, in exceptional circumstances (eg serious illness of the appointed tutor), to provide a different tutor to that advertised and to alter the course/workshop dates, hours or venue. If this should become necessary we will notify you in advance and make every effort to transfer your booking, together with any payment made, to the next available equivalent course/workshop at your available chosen date and venue. However, it should be noted that The College of Ayurveda and Mind Body Medicine will not be held liable for any costs/losses incurred as a result of any such changes.
- The College of Ayurveda and Mind Body Medicine holds the right to cancel a course under circumstances where the number of students are below required number. Under such, circumstances, the students will be informed at least 1 week in advance of the course commencing to inform about the cancelled course.
- All attendees must be 16 years or over.
- In the case of courses accredited by 3rd Party accreditation bodies, students must meet the minimum attendance requirements required by these accreditation bodies for successful completion of the course. Typically this requires at least 95% attendance of the scheduled days of the course - if you are unable to attend a teaching day for any reason, please notify your tutor at the earliest available opportunity in order to arrange for the missed study notes and instruction to be covered by some alternative to be discussed with your tutor. Failure to do so may result in you being unable to complete the course and obtain the required accreditation.
- It is acknowledged that The College of Ayurveda and Mind Body Medicine is a division of Mind Body Medical and all contractual arrangements with, or payments, to The College of Ayurveda and Mind Body Medicine shall be deemed to Mind Body Medical, Unit 12, Wittering Walk, Cakeham Rd, East Wittering, PO208RR.
- These terms and conditions are governed by English Law and the courts of England shall have exclusive jurisdiction.

BOOKING FORM

| | | | |
|---------------------------------|--|---------------------|--|
| Name: | | | |
| Mobile Number: | | Alternative Number: | |
| Email Address: | | | |
| Address: | | | |
| Gender: | | DOB: | |
| <i>Office Use: Course Code:</i> | Ayurvedic Consultant Training Course 20/21 | | |

I confirm that I have or will obtain the required pre-requisite recognised qualification in Anatomy and Physiology minimum ITEC level 3 or equivalent.

I confirm that I have read and understand the terms and conditions

Upon receipt of this booking form, I understand that I will be invoiced for 40% of the total course fee, and the final instalment of 60% will be due no later than July 21st 2020, which is 90 days before the commencement of the course.

Payments can be made using debit or credit card or BACS.

Please return a signed copy to:

Holly Watts - Unit 12, Wittering Walk, Cakeham Rd, East Wittering, West Sussex, PO208RR

Name of Course Attendee _____

Attendee Signature _____ Date _____