

Shakti Ayurveda School

Ayurvedic Wellness Coach (Level 1) Syllabus

Overview:

- ❖ The Ayurveda World View and You
- ❖ The 5 Elements Theory
- ❖ The Four Desires of Life and How to Achieve Them
- ❖ The Three Pillars of Ayurvedic Living
- ❖ Svastha - What it means to be established in health
- ❖ Tri-dosha Theory - Understand your and others innate and body/mind type tendencies
- ❖ Tri-guna Theory - Understand your and others innate psychology and tendencies
- ❖ Subdosha - deeper into the doshas
- ❖ Srotas - Ayurvedic channels
- ❖ The Three Subtle Essences - Prana, Tejas and Ojas
- ❖ Dinacharya - The Daily Routine - How rhythm can change your life
- ❖ Ayurvedic Nutrition for the Seasons, the Doshas and Imbalances
- ❖ Yoga and Ayurveda - How we can use the energetics and sequencing asana to heal or harm
- ❖ The Six Tastes - Deeper nutrition
- ❖ Traditional Ayurvedic recipes
- ❖ Cooking Classes and modern Ayurveda-Inspired recipes
- ❖ Spices, herbs and whether to cleanse or build?
- ❖ Medicinal spices and teas - instruction and recipes that heal
- ❖ The Business of Ayurvedic Lifestyle Coaching - how to ask for what you are worth and increase your income



- ❖ Group dynamics and workshop teaching/building
- ❖ Leadership skills - How to become a force of Ayurveda in your community

A Summary of Each Module:

Modules 1 & 2 Ayurveda Basics

- ^ History and Her-Story of Ayurveda
- ^ Ayurveda defined
- ^ Health defined
- ^ Ayurveda basic philosophical background
- ^ The five elements
- ^ The three doshas
- ^ Agni – the power of digestion
- ^ The Seven Dhatus and their disorders
- ^ The Srotamsi and their flows/disturbances
- ^ The relation between the Dhatus and the Doshas
- ^ The Gunas and Ayurvedic Psychology
- ^ Working with others – the psychology of boundaries, deep listening and ethic

Module 3 Ayurveda and Women's Health

- ^ Identifying the hallmarks of women's health
- ^ Identifying the challenge to maintaining women's health
- ^ Identifying the impact of stress on women's health and tools to reduce stress
- ^ Identifying the function and impact of the endocrine system, its role in women's health, and how to stabilize its function
- ^ Applying Ayurvedic principles to generate optimal health including practices to regulate agni, remove ama, and build ojas

Module 4 The Western/Eastern Connection

- ^ Basic introduction to Allopathic medicine in relation to hormones and health
- ^ Stress and it's crucial role in our health
- ^ Inflammation and the gut
- ^ The nervous system
- ^ Sleep science
- ^ Your structure and function
- ^ Trauma and its role in your health

Module 5 Nutrition and Winter/Spring Routines'

- ^ The key tastes in Ayurveda



- ^ Setting up an Ayurveda-inspired kitchen
- ^ The elements, doshas, seasons and wise food practices
- ^ Digestive imbalances and how to help them
- ^ The food and our emotions
- ^ The moon cycles for women and food practices
- ^ Daily & season routines
- ^ Spring cleaning! Inside and out

Module 6 Spirit, The Prana Body and Subtle Practices

- ^ Prana Vidya - Prana as guiding intelligence
- ^ The Five Prana Vayus
- ^ The Pancha Koshas: The 5 Sheaths of Your Being
- ^ Tantra, Laya, Kundalini and the Chakras
- ^ The Science and Mystery of Mantra
- ^ Mudra Sadhana
- ^ Helping others through subtle body practice

Module 7 Sex, Ojas, Motherhood and Healing

- ^ Deeper Ayurvedic understandings of ojas.
- ^ More ojas - bigger dharma
- ^ The nervous system: parasympathetic and sympathetic responses in our structure
- ^ Practical applications of structural/nervous system integration
- ^ How yoga asana can help and harm
- ^ Addressing the unknown: emotion processing, heartbreak, and learning to love and transmute our shadows and inner tyrants
- ^ Self-love and the concept of "WORTHY" in practice
- ^ Dealing with trauma and abuse
- ^ Ayurvedic approaches to sexuality
- ^ Sex and the doshas
- ^ Drafting your own healthy sexual ecology

Module 8 The SHE

- ^ The role xenoestrogens play in the desecration of female health
- ^ The Psycho-spiritual basis of disease
- ^ Parenting from a Spiritual Approach
- ^ Feelings ARE Functional (as a concept)
- ^ Feeling the Primal Energetics of our relationships
- ^ Setting Moon-Based Intentions and Menstruation
- ^ The stifling of the VOICE of the Wise Woman Archetype
- ^ What does it mean to be a wise woman?
- ^ Xenoestrogen and GMO poisoning



- ^ Emotional heartaches
- ^ Deeper protocols and strategies for wellness
- ^ Herbs for supporting transformation
- ^ Boundaries, friends and “hearing ‘no’ well”

Module 9 Summer/Fall Nutrition and Routine and Herbal Basics

- ^ Use of common Ayurvedic herbs and their properties
- ^ Vajikaranas and Rasayanas (rejuvenative tonics and aphrodisiac medicine)
- ^ Practical preparation methods of Ayurvedic kvathas (decoctions) and phantas (infusions)
- ^ Hands-on experience in preparing herbal teas, powders and medicinal butters
- ^ Katie’s favorite sexy herbal treats (i.e. The Kama Sutra kitchen)
- ^ Digestive herbs
- ^ Mind herbs and tonics
- ^ Dipanas (carriers for herbs)
- ^ General rule of working with herbs.
- ^ A plant meditation experience. Listening to plant spirits
- ^ Cleansing through the lens of Ayurveda for fall
- ^ Creating cleanse offerings
- ^ Vata-reducing Fall Ayurveda – why is the Vata season so important?

Module 10 Shakti Empowerments

- ^ Shakti sadhanas
 - ^ Yogini defined
 - ^ Clear boundaries generally
 - ^ Creating boundary guidelines with clients and students
 - ^ Sexual and sensual empowerments
 - ^ Business and power – the role of Shiva and Shakti in our practice and business
 - ^ Polarity – the masculine and feminine paradigm within – healing and emboldening the best of your inner female and your inner male
 - ^ Energy, magic and manifestation
 - ^ Feminine archetypes and G.O.D.D.E.S.S.
 - ^ Entering the realm of the vibrational
 - ^ Shakti pharmacology (additional high-Shakti herbs for women and men)
 - ^ Feminine forms practices – Connecting with G.O.D.D.E.S.S.
 - ^ The yoga of relationship
 - ^ Healing the heart
 - ^ The Goddess and the emotions
 - ^ Ritual, lineage karma and becoming a magnetizing and purifying force of HER,
- The Dance of Shakti
- ^ Money as Prana and how a Goddess gets her business on
 - ^ Yoga Nidra: How to relax more as your dreams come true



Module 11 The Goddess goes mystical, rites, rituals and stardust

- ^ Insights on importance of ceremony –what it is, how it works, and why it is critical for the mind and heart in today’s electronic reality
- ^ How to create your own potent ceremony through intention, presence and authentic heart-based feeling
- ^ The magic of the spiritual witness
- ^ Blessings –how to give and receive from guides, spirit, and nature
- ^ Create ceremonies for transformation, healing, and manifesting in your community
- ^ Ayurvedic approaches to astrology – Jyotish
- ^ Tarpana – Ayurveda and traditional ancestral healing methods

Module 12 Sacred Service and Closing Ceremonies

Please note that course content is subject to change. A manual with a finalized outline will be circulated prior to the course starting.

