Shakti Ayurveda School
Ayurvedic Wellness Coach (Level 1) Syllabus

Overview:

❖ The Ayurveda World View and You
❖ The 5 Elements Theory
❖ 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
❖ 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 Coaching - how to ask for what you are worth and increase your income
❖ Leadership skills - How to become a force of Ayurveda in your community
A Summary of Each Module:

Module 1: Intro to Feminine Form Medicine & Ayurvedic Theory
✓ His-story and Her-story of Ayurveda
✓ Ayurveda defined
✓ Health defined
✓ Ayurveda basic philosophical background
✓ The five elements
✓ Tri-doshic theory
✓ Prakruti and Vikruti

Module 2: Ayurvedic Theory: The Sub-Doshas, Gunas, Agni & Dinacharya
✓ Agni - the power of digestion
✓ The Subdoshas and their functions
✓ The Gunas
✓ Dinacharya

Module 3: Ayurvedic Theory: Dhatu & Srotamsi
✓ The seven Dhatu and their disorders
✓ The Srotamsi and their flows/disturbances
✓ The relation between the Dhatu and Dosha

Module 4: Foundations of Women’s Health
✓ The hallmarks of women’s health
✓ Challenges to maintaining women’s health
✓ Stress on women’s health
✓ The endocrine system and its role in women’s health
✓ Regulating Agni, removing Ama and building Ojas

Module 5: The Western/Eastern Connection
✓ Basic introduction to allopathic medicine in relation to hormones and health
✓ Stress and its crucial role in our health
✓ Inflammation and the gut
✓ The nervous system
✓ Sleep science
✓ Your structure and function
✓ Trauma’s role in health

Module 6: Nutrition and Cleansing Routines
✓ Key tastes in Ayurveda
✓ Setting up an Ayurvedic inspired kitchen
✓ Ayurvedic cooking
✓ Food psychology
✓ Wise food choices
✓ Spring cleansing inside and out
✓ Creating cleanse offerings

**Module 7: Subtle Ayurveda**
✓ 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
✓ The Nervous System
✓ Body Yantra: helping others with subtle body practice

**Module 8: Sex, Ojas and Motherhood**
✓ Deeper understanding of Ojas & Soma
✓ Ayurvedic understanding of sexual health
✓ Drafting your own healthy sexual ecology
✓ Fertility & conception
✓ Pregnancy
✓ Postpartum

**Module 9: Fall Nutrition, Routines & Shakti Pharmacopeia**
✓ Use of common Ayurvedic herbs and their properties
✓ Rasayanas (rejuvenative tonics and aphrodisiac medicine)
✓ Practical preparation methods of Ayurvedic Kvathas (decoctions) and Phantas (infusions)
✓ Preparing herbal teas and powders
✓ Digestive herbs
✓ Mind herbs and tonics
✓ Dipanas (carriers for herbs)
✓ General rule for working with herbs: Take one herb and get to know it for at least a month. Meditate with it. Use it. Feel it. Know it intimately before moving on.
✓ Vata-reducing Fall Ayurveda—why is this so important?

**Module 10: The SHE**
✓ The psycho-spiritual basis of disease
✓ Feelings ARE Functional (as a concept)
✓ Setting Moon-Based intentions and menstruation
✓ The Wise Woman archetype
✓ Deeper protocols and strategies for wellness
✓ Boundaries
✓ You as Goddess + Working with God/Goddess as a healer
✓ Milestones and rituals in a woman’s inner and outer ecology
✓ Enhancing sexual life force with herbs and Body Yantra
✓ Working with emotional heartache - Body Yantra Basics
Module 11: Shakti Empowerments
✓ Shakti sadhana
✓ Business and power - the role Shiva and Shakti in our practice and business
✓ Business and marketing principles
✓ Self-love and the concept of “worthy”
✓ Energy, magic and manifestation
✓ Tarpana: Ayurveda and traditional ancestral healing methods

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