

Health Institute

A U S T R A L I A



Live. Learn. Grow.



Ayurvedic Course Overview



Collaborative Education and Training Programs
Registered Provider No. 30834 CRICOS Provider No. 03098E



HEALTH INSTITUTE AUSTRALIA
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ABOUT THE HEALTH INSTITUTE AUSTRALIA PTY LTD CRICOS No: 03098E

The Health Institute is located at 47 High Street, Southport, on the Gold Coast. The Gold Coast is Australia's major tourist holiday destination. Southport is the main business district for the Gold Coast only minutes away from Beaches, Shops, Cafes and entertainment.. The Health Institute has its own 70 acre Nirvana Wellness Retreat providing accommodation, 40 minutes from Southport in the beautiful hinterland mountains at Beechmont, where some of the subjects and courses are run. In-House Facilities include:- modern air-conditioned lecture rooms with latest technology and internet facilities Student lounge with café, specialist library, close to public transport and, on site parking. Within 5 mins. walk to Church, restaurants, hospital, chemist, Gold Coast City library, supermarket & shops, accommodation houses including back packers, apartments, motel. Ayurveda Courses starts March 2012.

ABOUT AYURVEDA

More and more people are turning towards natural methods of stress release, ways to treat anxiety, depression and even to stay on top of things by maintaining optimum health. The Ayurvedic approach is a gem and once people become aware of how effective it can be, they won't look back. We hope that you will be able to offer this unique and much needed health care to the people, families and children in your community.

Ayurveda is a complete system of healing and medicine practised in India over the past 5000 years. It's the world's most ancient system of healthcare and provides age-old wisdom and practices on how to be healthy. Its credibility is supported by scientific foundations – not mysticism or voodoo, but a systematic study of the human body, mind and soul. It has truly stood the test of time, having a recorded history of some 4000 years and anyone lucky enough to stumble across it, has a very powerful healing tool available to them.

Ayurveda will make a lot of sense to people already interested in healthy living. Right from the start you will know that you are finally hearing the truth about health. Ayurveda will clarify and cut through the confusion stemming from the many products, services, trends and fads on offer in the marketplace and you will find a new zest and inspiration for life – not just your own, but all life. Ayurveda teaches you about the nature of life, your own nature and the nature of the biological energies responsible for life, as well as the nature of various types of foods, herbs and health supplements.

Natural Secrets to Healing, Prevention and Longevity

The Ayurvedic Lifestyle Consultant's course will provide you with the practical skills and related scientific and historical knowledge required to become a competent and effective health care adviser in the field of Ayurveda. You will have a high level of competency in all aspects of the fundamentals of Ayurveda, underpinned by an experiential understanding of its meaning and processes. You will also have the requisite skills and professional standards to be a well credentialed professional in the fields of wellbeing and personal development.

What you will learn

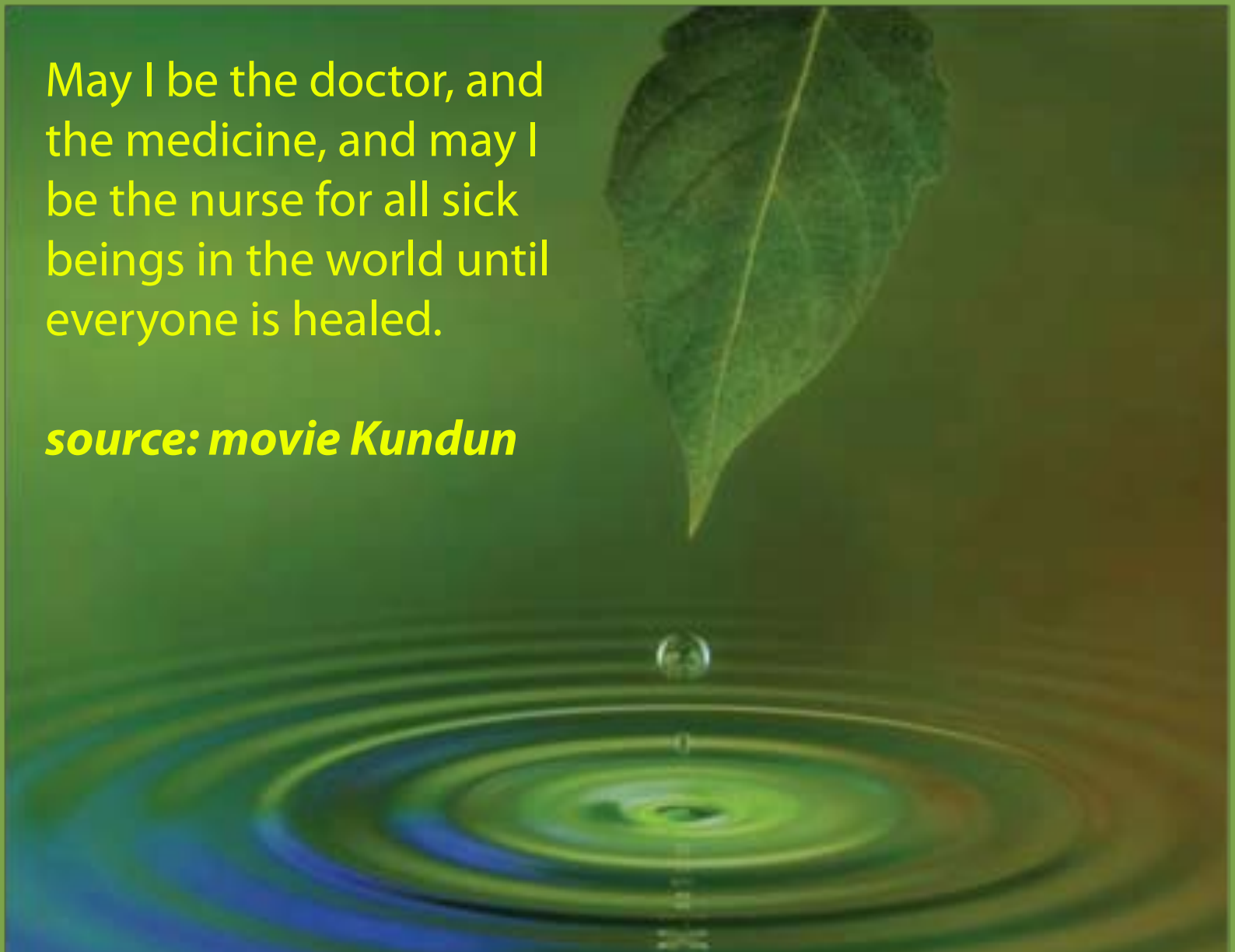
The curriculum content of this course has many subjects, all leading to becoming a professional and proficient Ayurvedic lifestyle consultant. The subjects outlined, are an overview of the intended content that is included in the curriculum and is not a complete subject listing.

In this training, you will explore the foundations of Ayurveda as a life science and focus on Ayurvedic nutrition and lifestyle. You will learn how you can assist your clients and yourself experience greater health and vitality. Inclusive in this course are practicum components consisting of Ayurvedic cooking, cultivation, massage, health retreat, clinic and stress management skills. You will also, through the practice of yoga postures, meditation and breathwork, release muscular tension, relax your mind and enhance body/mind awareness for yourself. During your course, in addition to the theoretical knowledge and understanding, you will:

- learn about the history, philosophy, principles and theoretical knowledge of Ayurveda and its applications
 - be introduced to the human body and its various systems as studied in Western science and Ayurveda
 - practice the wisdom of the ages by attending practicums in yoga, pranayama (yoga breathing), nidra (yoga deep relaxation), meditation
 - develop the knowledge of clinical and treatment protocols, practice management, ethics, first aid & OH&S while working effectively in a clinic and health retreat
 - have hands on basic land and eco care experience and create, cultivate and tend to an organic Ayurvedic herbal and plant nursery
 - learn about foundations of nutrition, Ayurvedic nutrition and how to prepare and cook delicious, healthy Ayurvedic meals
 - be introduced to Ayurvedic tactile therapies and learn how to give and receive an Ayurvedic relaxation massage
 - learn basic pharmacology and how to prepare your own medicines and cosmetics
 - learn the fundamentals about human behaviour and their application to providing basic counselling, health consultations and dietary advice
- and so much more. By the end of the academic year (9 months later) you would have finished your ALC training and will be ready to start practice, if that's what you intend to do and will be further eligible to take on studies in the Advanced Diploma in Ayurveda if this is your vocational choice.

Remember always this Ayurvedic mantra:

THE FIRST PRIORITY OF LIFE IS LIFE ITSELF



May I be the doctor, and
the medicine, and may I
be the nurse for all sick
beings in the world until
everyone is healed.

source: movie Kundun

Ayurvedic Terms 2012: Course Commencement 5 March 2012

MONDAY (6hrs)

1.15-2.00pm	Discussion or spiritual/health video learning
2.00-5.00pm	Lectures and Tutorials (correspondance live streaming)
5.30-6.25pm	Yoga Stretch and tone
6.30-7.30pm	Hatha Yoga

TUESDAY (5hrs)

2.00-5.00pm	Lectures and Tutorials (correspondance live streaming)
5.30-6.25pm	Yoga Stretch and Tone
6.30-7.30pm	Healthy back, abs and hips

WEDNESDAY (4hrs)

9.15-10.10am	Yoga Stretch and Tone
10.30-1.30pm	Lectures and Tutorials (correspondance live streaming)

FRIDAY (6hrs)

10.30am-5.00pm	Tutorials/Practicum/Immersion program at Nirvana Wellness Retreat and Southport Campus – (Lunch Break 30 mins)
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About the course

The course learning environment reflects best practice in Ayurvedic education, with a blend of theory and practice appropriate to the teaching of Ayurveda. Learning outcomes are integrated across subjects, with practical skills being developed in simulated and actual teaching situations. THI provides free access to library resources on their premises, and career counselling and mentoring is provided by course teaching staff. The Health Institute is easily accessible by public transport.

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Health & Wellbeing

Ayurveda will make a lot of sense to people already interested in healthy living. Right from the start you will know that you are finally hearing the truth about health. Ayurveda will clarify and cut through the confusion stemming from the many products, services, trends and fads on offer in the marketplace and you will find a new zest and inspiration for life – not just your own, but all life. Ayurveda teaches you about the nature of life, your own nature and the nature of the biological energies responsible for life, as well as the nature of various types of foods, herbs and health supplements.

The principles are easy to understand even if you don't have a scientific background or university degree. These principles have helped countless people overcome a lot of ignorance, pre-conceived ideas and conditioning about what it is to be healthy. Ayurveda and yoga go hand-in-hand and are totally brilliant when used together as healing tools. Ayurveda and Yoga work. Their teachings are timeless. I am especially grateful for the guidelines set down by our ancestors on how to live a healthy and happy life. Ayurveda and yoga have certainly enriched my life and I am so enamoured to want to share this a unique opportunity to learn about health via a classical training in Ayurveda. I've written four textbooks on Ayurveda, and in our courses, like most courses, you learn what you can't learn from textbooks.

If you are healthy and committed to your yogic and ayurvedic health practices then you will be of much greater help to you clients and students. In view of the longer term outlook towards your contribution and life purpose, this could be the opportunity to renew and reenergise your entrepreneurial fires. This government recognised, CRICOS registered course in becoming a qualified Ayurvedic Lifestyle consultant or Practitioner will fulfil your personal, family as well as vocational needs. I encourage you to optimistically and excitedly take on this aspect of personal and professional development because that's when you will meet the greatest successes. For human beings, the question is not one of limits but of possibilities. Each day, our lives offer us a lot of meaning and opportunities. We're all richer if we decide to find this meaning and take advantage of the opportunities. This outlook can be contagious. I encourage you to accept the opportunity open to you to enrich your life, and those of others through the study and practice of Ayurveda.

Ayurvedic Subjects for Lifestyle Consultant Course

Module	Content
I. UNDERSTANDING THE TRUE NATURE OF YOUR MIND AND BODY Foundations of Ayurvedic medicine Fundamentals & History (AVAT, AYPHIL)	a. Knowledge of life (veda) b. History of Ayurveda (ithias) c. Evolution of Ayurveda (avataran) d. Philosophy of Ayurveda e. Sanskrit and illustrate its calligraphy (practicum)
II. PROCEEDINGS OF THE COSMOS, WISDOM OF THE AGES Basic Principles AYUPRIN	a. Central principles - Creation theory - Panchamahabhootas - Gunas - Doshas b. Classical principles and practices
III. DISCOVERING YOUR AYURVEDIC BODY TYPE Analysis (AYUPRKTII)	a. Prakruti b. Ayurvedic Body types c. 3- & 8-fold examination
IV. DEFINING THE AYURVEDIC BODY Sharira: Ayur. Anat & Phys (SHAR)	a. Elements (mahabhoota) b. Biological principles (doshas) c. Sub-doshas d. Seven tissues (dhatu) e. Essence (ojas) f. Three wastes (trimalas) g. Channels (srotas) h. Digestive Fire (agni) i. Toxicity (aama) f. Embryology
V. CREATING HEALTH THROUGH BALANCE (SVRIT)	Balance and Self Health Care (swastha vritta) Habits and moderation. Adjustment to natural forces Health in relation to colour, form, sensation and smell Daily & seasonal routines (dinacharya, ritucharya, etc.) Understanding the nature of Disease
VI. EATING RIGHT WITHOUT DIETING Mastering the key to weight loss/gain Using the power of your digestion to lose/gain weight Aahar: Ayur Nutrition (AHR)	Aahar 1: Fundamentals (Ayur & Western) AHR-1 Aahar 2: Eating for Health AHR-2 Aahar 3: Diet & Constitution AHR-3 Aahar 4: Kitchen Pharmacy. Properties of Ayur/West food items AHR-4 Aahar 5: Ayur Cooking AHR-5 (practicum)
VII. VIRILIFICATION, REJUVENATION, LONGEVITY (RASVAJ)	a. Rejuvenation (Rasayana) RASVAJ-1 b. Virilification and Aphrodisiacs (Vajikaran) RASVAJ-2
VIII. IMPROVING YOUR LIFE USING THE WISDOM OF THE AGES (practicum)	Exercise without strain YOG-1 (practicum) Raising energy, raising consciousness PRAN-1 (practicum) Stress management and deep relaxation NIDRA-1 (practicum) The senses, mind, higher self, wellbeing and Meditation DHYANA-1 Secrets & principles for inner peace & success, MNTRA-1 (practicum)
IX. REVITALISATION THROUGH AYURVEDIC MASSAGE	Massage principles ABH1 Intro to marma points MARM-1 Relaxation Massage AYMAS1 (practicum)
X. TREATMENT AYLIFCO	Chikitsa Provide ALC (practicum)
XI. COMMON UNITS	Professional Development 1- People skills 🍏 Communication skills HLTCOM4A 🍏 Work effectively with others BSBCMN204A 🍏 Work effectively in the health industry HLTHIR1A Professional Development 2 - Best practice 🍏 Introduction to Law & ethics 🍏 Developing professionalism 🍏 Ethical Practice Management HLTCOM5A Professional Development 3 - Safe Practices 🍏 Medical terminology 🍏 Making referrals HLTCOM6A 🍏 Follow OHS policies HLTHSE1A 🍏 Infection control policies and procedures HLTIN1A
XII. CLINIC/LC (practicum)	Clinic and practicum Detox Retreats
EXAM	



Course Fees

A \$250 non-refundable enrolment fee is payable once only upon your first registration into a course. The total course fee for Cert IV Ayurvedic Lifestyle Consultant is \$8550. Includes student manual (Modules 1-10), practical Ayurvedic massage course, Ayurvedic vegetarian cooking course, specialised units, common health units and student i.d. card. Ayurvedic Practitioner (Adv. Dip Ayur.) is a total of \$25,650 and includes the Ayurvedic Lifestyle Consultant course as part of the first academic year.



CLINIC

Clinic fees for clinical training are not set separately and are included within the training hours and course fees. All ALC students are eligible to commence clinic and practicum at their level of entry.

Ayurvedic student clinic at The Health Institute is supervised by relevant staff and practitioners from THI. Clinical practice mainly consists of working in the Nirvana Wellness Retreat grounds and gardens, preparation of farm and kitchen produce and herbal remedies. It also can include orientation, reception, observation, assisting, massage, cleaning, washing, discussions, kitchen help, cooking, typing, marketing, filing, practicals, preparing/dispensing medicines, client examinations, tongue and pulse diagnosis, client records and care, research, excursions, lifestyle consultations etc.

SENIOR FIRST AID

Senior First Aid is included in the Ayurveda course and is compulsory for graduates who wish to join a professional association such as AAPA for insurance purposes.

Extras:

DETOX RETREATS

Detox retreats are optional and extra. They are subsidised for Ayurvedic course students @\$100/night for accommodation. Meals are: \$20 B/fast \$25 lunch \$15 supper. Experience the seven pillars of wellbeing on retreat: nature, nourishment, vitality, beauty, calm abiding, unadulterated, pure, fresh, spring water, harmony and life balance. Please note these retreats are conditional upon space availability.

AYURVEDIC STUDY TOUR TO INDIA WITH SHANTIJI

Students have an annual opportunity to enjoy a cultural experience in India, visit Ayurvedic centres and pharmacies, tour spice and herb farm and visit Ayurvedic hospitals, yoga retreats, places of pilgrimage and interest. For tour prices and dates, please enquire at THI office.

PROFESSIONAL ASSOCIATIONS

Graduates from The Health Institute are eligible for membership and encouraged to join professional associations relevant to their modality and location. Annual membership to the AAPA is encouraged and necessary for insurance purposes. Australasian Ayurvedic Practitioners Association has various levels of membership:

1. Ayurvedic Practitioner \$85
2. Ayurvedic Lifestyle Consultant \$55
3. Ayurvedic Trainee \$25
4. Associate/Friend \$25

<http://www.ayurvedapractitionersaustralia.com/index.html>

TEXT BOOKS (optional extra)

Ayurvedic Health and Wellbeing by Shanti Gowans \$33

Ayurvedic Vegetarian Cooking by Shanti Gowans \$33

Ayurvedic and Yoga Dictionary by Shanti Gowans \$49.95

Food for Life, Ayurvedic Recipes by Shanti Gowans \$39.95

<http://www.shantiyoga.com.au/siteFiles/8.CATALOG/2.%20books.html>

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ACN 141 696 264



APPLICATION FOR ENROLMENT FOR LOCAL STUDENTS

Please forward your completed form to the Registrar at the Institute address

COURSE APPLIED FOR _____

COURSE COMMENCEMENT DATE _____

Gold Coast Sydney Melbourne Correspondence (Please tick appropriate box)

WHAT IS YOUR PREFERRED LEARNING SYTLE _____

PERSONAL PARTICULARS

First name & Family Name Mr /Mrs / Ms _____

Address _____ Postcode _____

Telephone number (Home) _____ (Business) _____

Date of Birth _____ Nationality _____ Occupation _____

Email address _____

Are you currently enrolled at the Institute ? YES / NO _____

ACADEMIC HISTORY (Please tick appropriate box)

Have you studied Yoga Anat & Phys Ayurveda Natural Therapies before?

Do you have any Teaching or Assessing background?

If yes, please elaborate, giving name of Teacher/s and/or Appropriate Schools, their Address(es), number of years studied and standard of proficiency obtained. _____

Secondary School Attainment _____

Year of Completion _____ School _____

TERTIARY EDUCATION & Other Certificates & Diplomas held:

Institutions attended

Courses undertaken

Qualifications

Are you under medical attention at the present time. If yes, does this entail any form of drug medication, psychiatric treatment, nervous disorder?

EXEMPTIONS

Are you claiming any exemptions ? Yes / No _____

Subjects _____

If you are claiming any exemptions, please complete this section and forward it to The Institute, together with copies of various Diplomas, Certificates, etc. and details of subjects completed, with precise content and hours.

ANY ADDITIONAL INFORMATION TO SUPPORT YOUR APPLICATION:

STATEMENT & PAYMENT BY APPLICANT

I, _____ do hereby state that I have read the rules and regulations of The Health Institute contained in the The Student Manual available to download on THI's website and agree to abide by them. I further state that the information I have provided is true and correct. Enclosed is my cq/money order/credit card payment details:

Credit card number _____

Expiry date _____ Amount to be deducted \$ _____

SIGNED _____ DATE _____

OFFICE USE ONLY:

Courses enrolled in:

Exemptions granted in:

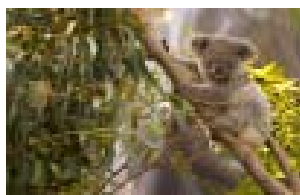
Date received _____

Amount paid _____

Balance owing _____ Due by _____

Course dates confirmed _____

Remarks _____



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