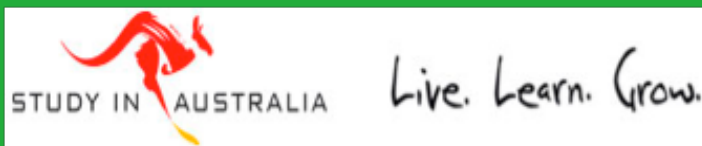


Health Institute

A U S T R A L I A



Ayurvedic Course Overview

International Students



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



HEALTH INSTITUTE AUSTRALIA
47 High Street, Southport, Gold Coast, QLD. Australia
Ph: (07) 5531 0511 Fax: (07) 5531 0522
www.healthinstituteaustralia.com



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 backpackers, apartments, motel. Ayurveda Courses starts March 2012 for a minimum of 1 year and upto 3 years for Advanced Diploma of Ayurveda.

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.

AYURVEDA, The Science of Life

Natural Secrets to Healing, Prevention and Longevity

The Ayurvedic 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 or practitioner. 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 first 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 Timetable 2012:

Course Commencement March 2012

MONDAY (7hrs)

9.15-10.15am	Breathwork
10.15-11.15am	Gentle Yoga
11.15-12.15pm	Deep Relaxation & Meditation
12.15-1pm	Lunch Break
1.00-2.00pm	Discussion
2.00-5.00pm	Lectures

TUESDAY (4hrs)

2.00-5.00pm	Lecture
5.30-6.25pm	Yoga Stretch and Tone

WEDNESDAY (3.5hrs)

9.15-10.10am	Yoga Stretch and Tone
10.30-1.00pm	Lecture

FRIDAY (6hrs)

10.30am-5.00pm	Practicum at Nirvana Wellness Retreat – (Lunch Break 30 mins)
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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.	CLINICCLNC-LC (practicum)	Clinic and practicum Detox Retreats
EXAM		



Course Fees for Overseas Students

Application for Enrolment Fee:

\$250 non refundable.

Certificate IV Ayurvedic Lifestyle Consultant HLT41207:

\$8550. Duration 1 year

Advanced Diploma of Ayurveda HLT60702:

\$23550. Duration 3 years

Payable annually in advance:

1st Year \$8550 2nd Year \$7500 3rd Year \$7500

Refund Policy

Where an application is received for a course refund The Health Institute will:

- Provide a total refund of tuition fees paid in advance where a course place is no longer available or a Visa has been denied or in the unlikely event of a course not proceeding.

Refunds will only be considered where a valid receipt is provided, that has been issued by The Health Institute or an authorised education agent.

- Provide a 85% refund of tuition fees paid in advance, where enrolling students provide more than 10 weeks written notice of their intention to withdraw from the course prior to the course commencement. The partial refund will be less 10% administration fee and less any Agents Fee max \$1000.00.

- Provide a 75% refund of tuition fees paid in advance, where enrolling students provide more than 4 weeks and up to 10 weeks written notice of their intention to withdraw from the course prior to the course commencement. The partial refund will be less 25% of tuition fees. The partial refund will be less 10% administration fee and less any Agents Fee max \$1000.00.

- Provide no refund of tuition fees paid in advance, where enrolling students provide less than 4 weeks written notice of their intention to withdraw from the course prior to the course commencement.

No refund will be paid after the agreed start date. Refunds will only be paid to the person who has entered into the contract with The Health Institute, unless the person states in a signed statement, to pay the refund to someone else. Refunds will be paid within four weeks of receipt of written notification.

- Bank charges/IMT fees will be deducted from any refund made by electronic transfer.

- If a visa application is denied by Immigration, the enrolment fee and any material or text book fees will not be refunded

Students who dispute the refund procedures will be provided with access to The Health Institute's internal/external appeals procedure and be advised of their further rights under civil, consumer protect laws.

If you cancel your Accommodation 2 weeks before your arrival:- 100% of any accommodation or placement fee will be refunded, however you will be charged \$100 to cover administration costs. If you cancel your accommodation booking less than 48 hours before arrival, you will be charged one weeks accommodation fee and \$100 to cover administration fees and the placement fee will not be refunded.

100% of the airport pick-up fee will be refunded if notice of the cancellation is received more than 48 hours prior to the students arrival. If notice of the cancellation is received less than 48 hours prior to the students arrival the airport pickup fee will be charged and no refund will be provided.

Students who dispute the refund procedures are provided with the access to The Health Institute's internal/external appeals procedure. Where practical monies refunded will be paid in the same currency as originally remitted.

What is included in my course?



The Ayurvedic course Includes student manuals (Modules 1-10), practical Ayurvedic massage course , Ayurvedic vegetarian cooking course, specialised units, common health units, senior first aid and student i.d. card.

+

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 Wellnes 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.

Extras (not included in course fees):

DETOX RETREATS

Detox retreats are optional and extra. They are subsidised for Ayurvedic course students who are studying with THI @\$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. Detox retreats are conducted at Nirvana Wellness Retreat.

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

TEXT BOOKS (optional extra)

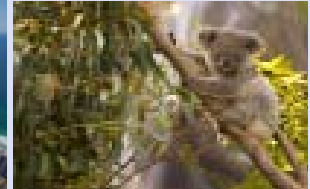
Ayurvedic Health and Wellbeing by Shanti Gowans	\$33.00
Ayurvedic Vegetarian Cooking by Shanti Gowans	\$33.00
Ayurvedic and Yoga Dictionary by Shanti Gowans	\$49.95
Food for Life, Ayurvedic Recipes by Shanti Gowans	\$39.95

The Health Institute's International Students Terms and Conditions



Entry requirements

Entry into The Health Institute's Ayurveda courses requires that students possess a satisfactory level of English. Students are required to have a minimum year 10 English or alternatively an IELTS score of minimum 5.5. Course credits may be available.



Course enrolment, deferment, suspension or cancellation

The Health Institute's management and staff are committed to assessing and recording all deferments, suspensions or cancellations of study, ensuring that students within the process are informed of their rights and provided with due care and where relevant opportunities of appeal.

Students who apply for deferment may do so on the basis of compassionate or compelling grounds.

Students who are contravening the rules of attendance at the The Health Institute may have their enrolment suspended or cancelled.

Transfer of enrolment may only be applied for when a student has completed 6 months of their primary course of study.

Student Support Services

Prior to course commencement the Health Institute's staff will provide an Orientation Program that is designed to provide information concerning the course you are enrolling in. Staff remain available for any concerns that you may have with regard to study or education information.

Additional support services are available by contacting student reception where you may discuss help or require assistance in areas of your welfare including your accommodation needs, health cover etc. Students with visa enquiries will be directed to the Dept. Education Science and Training and Dept. of Immigration and Citizenship.

Gold Coast Living

Single person costs of living.

Rental accommodation (unit/villa):

1 Bedroom rent AUD \$175-\$220 pw, plus utilities phone, food, bus.

Approximately AUD \$180.00

Budget per week for a single person:

AUD\$350 – AUD\$400



Course Content

The Health Institute provides the Ayurvedic courses over a period of 20 hrs per week, with a hands on training approach with assessments that include written tests, observed simulated tasks and workplace experience.



Dependant Children

School is compulsory for all children aged between five and fifteen years.

Note: Students holding temporary visas may be required to pay full school fees.

For a copy of The Health Institute's Local and International Student handbook please contact us.



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APPLICATION FOR ENROLMENT FOR OVERSEAS STUDENTS

Please forward your completed form to the Registrar at The Health Institut'e address

Today's Date: _____ (dd/mm/yyyy)
Given Name: _____ Family Name: _____
Date of Birth: _____ (dd/mm/yyyy) Age: _____ Gender: _____
Country of Birth: _____ Nationality: _____
Address (in home country): _____
Telephone: _____ Fax: _____
Address in Australia: _____ Postcode: _____
Telephone: (____) _____ Email Address: _____
Preferred starting date for course: _____

*Original documents must be shown to THI's enrolment representative.

VISA STATUS

DIMIA office where you will apply for student visa: Country: _____ City: _____
IELTS (International English Language Testing System) Result: _____
Check the box for the Visa you currently have or will have upon traveling to Australia:
Student Visitors Working Bridging Date current Visa expires: _____

PASSPORT STATUS

Passport Issued by: _____ Passport Number: _____ Expires: _____
* Documents verified by _____ Date: _____

EDUCATION

Name of highest Qualification : _____
Name of Institution: _____ Year Completed: _____

CONTINUING EDUCATION

What do you plan to do when you have finished this course?

Further studies Travel Return Home Other

If you are going onto further study:

Name of Institute/University: _____

Course Applied for: _____

MEDICAL COVERAGE

Do you have medical coverage for your stay in Australia? If so, please detail below:

Name: _____ Membership No: _____ OR

Do you require Overseas Health Cover? If so, please indicate the level of cover required:

Single Student 1 year Couple/Family 1 year

Single Student 2 year Couple/Family 2 year

AGENTS/LAWYERS Please tick appropriate box

Are you using an Agent or Lawyer YES NO

If yes, please provide contact details :

Name: _____ Address: _____

Postcode: _____ Phone: () _____

COURSE SELECTION

Certificate IV Ayurvedic Lifestyle Consultant: National Course Code HLT 41207

Advanced Diploma in Ayurveda: National Course Code HLT 60707

GENERAL ENGLISH LANGUAGE

I wish to apply for the General English course: YES NO

Enroll me for _____ weeks

English Language Proficiency Level: (evidence of English language level required)

IELTS score: _____ TOEFL score _____ TOEIC score: _____ Other scores:

English Language Level: (indicate what level you feel you are at)

Elementary: _____ Intermediate: _____ Upper Intermediate: _____

A non-refundable enrolment fee of AUD \$250.00 to be paid on submission of this form

Please find attached a cheque / money order for the sum of AU \$ _____ or card Type:

BANKCARD MASTERCARD VISA Amount to be debited: _____

Card Number: Expiry Date: ____/____

Card Holder Name: _____ Signature: _____

On-line Internet Banking: Health Institute Australia PTY LTD: BSB: 064 430 Account Number: 601 714 406

Please type your name with the on-line payment as a reference for THI receipt purposes.

This application is not valid unless signed and dated. Students under 18 require a signature of one parent. I certify that the information provided on this form is true and correct, and I agree to abide by the terms and conditions of The Health Institute Australia PTY LTD as outlined in the Local and International Student Manual, including the refund policy, of which I have read and understood.

Signature of Applicant: _____

Signature of Parent/Guardian: _____

(if applicant is under 18 years of age)

Date: _____

OFFICE USE ONLY

Course enrolled in: _____

Date Received: _____ Payment Amount Received: _____

Balance owing: _____ Due by _____

Course dates confirmed: _____

Receipt Number: _____ Signed: _____

Comments:

TERMS AND CONDITIONS

PRIVACY STATEMENT: The Health Institute Australia Pty Ltd respects the right to privacy and fully complies with our obligations under the privacy act 2000 for all of our applicants.

1. STUDENT VISA CONDITIONS

- Under Australian Government regulations all overseas students must be enrolled for, and engaged in, full-time study, unless on a spouse visa.
- Any school-aged dependants accompanying an overseas student to Australia will be required to pay full fees if they are enrolled in either a government or non-government school.
- Overseas Student Health Cover (OSHC) is compulsory for all overseas students while studying in Australia. OSHC does not cover optometry, dental services or pre-existing conditions (i.e prior to entry into Australia). It covers 85% of the Government scheduled fee.

2. FEES

- The Institute reserves the right to accept or reject any application for enrolment at its discretion. Payment of fees, in part or in total, indicates acceptance of an offer from THI, and acknowledges the existence of a binding contract between the Applicant and the Institute.
- All fees are to be paid in advance, either annually or by semester or as specified in Overseas Student Payment Plan (or for duration, in the case of ELICOS), at time of enrolment.
- Fees and charges, while correct at time of going to press, are subject to change without prior notice.

Fees payable, by bank cheque, draft or telegraphic transfer to:

Health Institute Australia PTY LTD: BSB: 064 430 Account Number: 601 714 406

3. PERSONAL INFORMATION

The information provided by the student may be made available to Commonwealth and State Agencies and the Fund Manager of the ESOS Assurance Fund, pursuant to obligations under the ESOS Act 2000 and the National Code.

The school is required to advise the department of Immigration about certain changes to the student's enrolment, and any breach by the student of a visa condition relating to attendance or unsatisfactory academic performance.

4. REFUND POLICY FOR THI PROGRAMS

The application fee of \$250.00 is non-refundable.

The Institute reserves the right to cancel or postpone any courses prior to their scheduled commencement date. In such circumstances, if a course is cancelled, or postponed by more than four weeks, and if the student is unable or unwilling to enrol in a similar course at THI, all fees will be refunded within two weeks after the default day. Upon receipt of a visa or entry permit, tuition fees, under normal circumstances, will not be refundable.

There is no reduction in tuition fees for students who commence late. A refund of tuition fees will only be granted in accordance with the Refund Policy set out below.

All tuition fees, less the \$250.00 application fee, will be refunded if the application for visa is rejected.

Proof of refusal must be provided. Tuition fees will not be refunded if a student visa is cancelled or refused by the relevant authority due to non-compliance on the part of the student with the rules and regulations set by the Australian Government.

Under the ESOS Act the above Contract does not remove the right to take further action under Australia's consumer protection laws. The ESOS Act ensures student rights to pursue other legal options.

Under the provisions of the Education Services for Overseas Students (ESOS) Act 2000 and the Education Services for Overseas Students Regulations 2001, refunds, if the registered provider defaults, cannot be covered by a written agreement between the provider and the student.