

WEEK 1

Ayurveda 1.0 Introduction to Ayurveda Course and History of Ayurveda and Samkhya Philosophy/ Cosmology
Ayurveda 1.5 and Anatomy 2.0 & Physiology (Digestive System)

WEEK 2

Ayurveda 2.0 The Elements and Doshas

WEEK 3

Ayurveda 3.0 Prakruti and the Dosha

WEEK 4

Ayurveda 4.0 Factors of living and the Gunas

Ayurveda 4.5 The Digestive Spices

WEEK 5

Review of material

Ayurveda 5.0 Factors of Living

Anatomy 2.0 Introduction to Anatomy and Physiology

WEEK 6

Herbology 1.0 Introduction to Herbology and 10 Important Herbs

WEEK 7

Ayurveda 5.0 Dharma and Understanding the Ayurvedic Questionnaire

WEEK 8

Anatomy 3.0 The Endocrine System

Ayurveda 5.5 Basic Pulses

WEEK 9

Ayurveda 6.0 Examination and Assessment

Ayurveda 6.5 Assessment (continued)

WEEK 10

Herbology 2.0 Herbs With the Letter “B”

Anatomy 4.0 The Respiratory System

WEEK 11

Ayurveda 6.75 The 3 Fold, 6 Fold and 10 Fold Observation

Herbology 3.0 Herbs of the Respiratory System

WEEK 11

Herbology 4.0 Herbal Constituents

Herbology 4.5 Herbal properties (continued)

WEEK 12

Herbology 4.75 Additional “B” Herbs

Ayurveda 7.0 The Subdoshas

WEEK 13

Anatomy 5.0 The Circulatory System

Ayurveda 8.0 The 40 Agnis plus Increased Agni

WEEK 14

Ayurveda 8.5 Vikriti and Ama

Herbology 5.0 Circulation Herbs and “C” Herbs

WEEK 15

Ayurveda 8.75 Karmic Imbalances

Ayurveda 9.0 Geographical Factors and Diet

WEEK 16

Anatomy 6.0 The Skeletal System

Herbology 6.0 Longevity Herbs

WEEK 17

Ayurveda 10.0 Psychological and Physiological factors in Ageing

Ayurveda 10.25 The Six Tastes

Ayurveda 10.5 The 6 Stages of Disease

WEEK 18

Ayurveda 11.0 The 6 Tastes (review)

Anatomy The Muscular System

WEEK 19

Anatomy & Physiology (Nervous System)

Food Introduction & combining and restaurant eating

WEEK 20

Diet for Reducing Vata Imbalance and Diet for reducing Vata Kapha Imbalance

Diet for Reducing Pitta Imbalance

WEEK 21

Diet for Reducing Pitta Kapha

Diet for reducing Kapha Imbalance & Introduction to Fruits and their Uses (fruits A-E)

WEEK 22

Fruits E-W

Introduction to Vegetables and their uses (A- F)

WEEK 23

Vegetables J-Y

Seaweeds and cooking with seaweeds

WEEK 24

Beans & Cooking with Beans

Nuts and Seeds: How to use them

WEEK 25

Cooking with Nuts and Seeds and

Grains

WEEK 26

Oils

Sprouts

WEEK 27

Different Kinds of Meats

Vitamins: Understanding Vitamins for body types

WEEK 28

Minerals & 5 Herbs

Introduction to Dhatus

WEEK 29

Chart & Function of the Dhatus

Rasa, Rakta, and Mamsa Dhatus Imbalances

WEEK 30

Meda, Ashti, and Majja Dhatus Artava and Shukra Dhatus

Dosha and the Dhatus

WEEK 31

Dhatus and Nutrition: How to feed the Dhatus

Anatomy and Physiology (Intergumentary System)

WEEK 32

Anatomy and Physiology: Reproductive System

Introduction to Srotas: Anna, Prana, and Ambu Srotas

WEEK 33

Anatomy and Physiology: Lymphatic System and Comparative Dhatus

Rasa, Rakta, and Mamsa Srotas

WEEK 34

Meda, Asthi, and Majja Srotas

Shukra, Artava

WEEK 35

Rajah/Menses Srotas & Stanta/lactation Srotas

Purisha, Mutra, and Sveda Srotas

WEEK 36

Review

Case Studies

WEEK 37

Case Studies

Student Presentations

WEEK 38

Case Studies

Student Presentations

WEEK 39

Case Studies

Presentations

WEEK 40

Review

Exam

Our New Online Ayurveda College Program begins Jan 20, 2017
Our second 2nd hands on program begins April 28 th 2017 to May 12 2017

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