

# Ayurvedic Health Educator Certification

## Year 1

Brought to you by Yoga Gyan Jyoti



### Eligibility

The criterion for successful enrollment into the Ayurvedic Health Educator Program is:

- A sincere interest, commitment and desire to grow
- Interview and consultation with Academic Director, Dr. Raut
- Completed Application with registration fee

If you meet the above requirements or have any questions concerning the program, please contact Program Director, Poonam Gupta, at [yogateacher.gupta@gmail.com](mailto:yogateacher.gupta@gmail.com) to begin the enrollment process.

### Tuition:

- \$100 Registration, \$4650 Tuition
- Consultation: \$125
- Sanskrit workshop \$50
- AAPNA Student membership
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Payment plans available.

Monthly \$ 500 for 10 months

Books needed for the program are the responsibility of the student.

### Curriculum

Ayurvedic Health Educator Certification Program constitutes a total of 700 hours of study.

Hour Distribution:

160 Hours Classroom Study

20 hours Conference Calls

20 hours Sanskrit workshop and exam

90 hours practicum

150 hours: Anatomy and Physiology Training

260 Hours Homework, Book Reports and case studies

Questions, comments or concerns? Let us know!

P: (331) 684-8406

E: [yogateacher.gupta@gmail.com](mailto:yogateacher.gupta@gmail.com)

WWW: [Yogajyoti.net](http://Yogajyoti.net)

**Subjects of study**

1. Philosophy & Foundations
2. Ayurvedic Anatomy and Physiology :part 1
3. Ayurvedic Anatomy and Physiology :part 2
4. Psychology: Manas Roga
5. Ayurvedic Nutrition: Rasayana
6. Ayurvedic Herbology: Dravyaguna
7. Preventive Medicine: Swasthavritta
8. Yoga principles
9. Panchakarma and subtle therapies
10. Examination and evaluation, Wellness solution and integration of practice

**Training Dates**

This training is held one weekend a month. On Saturday from 12 to 8pm and on Sunday from 9 to 5pm. Class times may change due to weather or other circumstances. All efforts will be made to inform students beforehand.

- Sep 12 & 13
- Oct 10 & 11
- Nov 14 & 15
- Dec 12 & 13
- Jan 30 & 31 TRIP to India ( Not required for Year 1)
- Feb 13 & 14
- Mar 12 & 13
- Apr 9 & 10
- May 1 & 15
- Jun 11 & 12
- Jun 25 Graduation

**Required Workshops**

Students are required to take a workshop on the Vedic language of Sanskrit to familiarize themselves with Devanagri script, pronunciation of ayurvedic terminology and chanting.

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