



## **YogaFit® 100 hour Ayurveda Lifestyle Coaching Certification**

### **1. What is Ayurveda?**

The direct Sanskrit translation is “ayu” meaning “life” and “veda” meaning “written scientific knowledge resulting in wisdom.” Ayurveda is therefore commonly known as the Science of Life.

The practice of Ayurved is the Holistic Science of Mind, Body and Spirit Wellness. Contained within this knowledge is every aspect of lifestyle directive to keep the mind, body, and soul to function in balance with all aspects of the Universe for health, longevity, and bliss.

The ancient texts state that the Rishis (sages/wise men) “heard” the knowledge and scribed it in their practice for all to use. Museums have Ayurvedic texts scribed on palm leaves believed to be some 6,000 years old, archeological finds from the Himalayas date the use of Ayurved back to 10,000 years.

It has been used as a regular part of daily lifestyle as well as a complete medical system including surgery throughout the Indus Valley since these times, and continues on a national scale today in India in rural villages as well as big city modern hospitals. For this reason, it is sometimes referred to as **Indian Medicine**.

From this region, in its antiquity, Ayurved traveled to Greece and was used by Aristotle and Hippocrates to become what we now call Western Medicine, or Modern Medicine. It also spread to the East and became Eastern Medicine, or Traditional Chinese Medicine (TCM). Both Western and Eastern medical academic texts postulate that their roots lay in Ayurved and continue to study the Original Medical Science today.

I like to call it The Owner’s Manual for the Mind, Body, and Spirit.

It contains clear lifestyle directives relating to nutrition and activities to promote and maintain a healthy Psychosomatic (mind/body) state as well as therapies and medicines to rejuvenate and repair all aspects of Mind, Body, and Spiritual Wellness.

### **2. How does it relate to Yoga?**

Yoga and Ayurveda are **Sister Sciences**. Both sciences originate at the same time in history and are intertwined. In its antiquity, they are one and the same.

Patanjali (godfather of Yoga) states in the sutras “*Yoga does not exist without Ayurveda, and Ayurveda does not exist without Yoga.*” Charaka, Sushruta, and Vagbhata (the god-fathers of Ayurveda) are very specific in their texts and created the platform for our modern notion of Yogic Lifestyle.

Yoga, coming from the Sanskrit root “yog” meaning to “yoke” or create union, is performed in its divine expression as a complete union of Mind, Body, Soul.

Ayurvedic Science is a clear directional format of instructions to Yog, or join, the Mind, Body and Spirit. Ayurvedic and Yogic Science have their foundations in all 8 Limbs of the Ashtanga Yoga. Ayurved teaches specific directive points of the “do’s and don’ts” of the Yamas and Niyamas (The 10 Commandments) providing a clear guide to best develop asana (postures) and pranayama (breath work) to allow and the higher, esoteric limbs to grow and bloom.



### **3. What will I learn in the YogaFit 100 hour Ayurvedic Lifestyle Coaching Intensive?**

Ayurveda is a vast Science. YogaFit's Ayurvedic Lifestyle Coaching Certificate is an educational introduction to this vast science that enables the Certificate Holder to develop Individualized Ayurvedic Lifestyle Programs in their own lives and develop their Lifestyle Coaching Practice.

To practice Ayurved is to balance Dosh. The term dosha means "that which is subjected to imbalance". Completion of YogaFit's Ayurvedic Lifestyle Certificate is to become a Master of Dosha allowing the coach to quickly and easily determine the potential doshic effect of any given substance or activity on a given individual and offer corrections to balance Mind, Body and Spirit.

This is done by simple relation of all things in the Universe to a system of 5 Great Elements, 20 Qualities, and 3 Great Energies and this effect on Health, Harmony, and Happiness as human members in the Universe.

**For those that have not taken Ayurveda I & II, we will offer the Advanced Ayurvedic Review 2 day course, which will include:**

- To explore the application of Ayurveda for Yoga teachers, practitioners and students
- Learn hands-on techniques for adapting a group or individual Yoga class to most effectively meet the needs of the students based on health conditions, seasons, times of day, age of the students and other factors considered in the holistic philosophy of Ayurveda
- Gain hands-on understanding of how the theory of Ayurveda is relevant to and enhances Yoga
- A review of the digestive system and practices to strengthen and stimulate digestion.
- An exploration of the six tastes and our relationship with food.
- Practices to promote sound sleep (a form of subtle digestion) are reviewed along with rejuvenation techniques.
- Master classes offer focus on strengthening digestion, promoting sound sleep, and rejuvenating a fatigued nervous system.
- To strengthen your own teaching and knowledge of the therapeutic benefit of Yoga.

#### **Ayurveda III**

Ayurveda III is an in depth study of the TriDosha (Vata, Pitta, Kapha) and TriGuna (Sattva, Rajas, Tamas) in relation to Rasa (taste), Prakruti (constitution) and Vikruti (condition). Through the deep understanding of the 5 Great Elements and 20 Qualities, Trainees will be able to define the effects of substances and their ability to cause balance or imbalance. Advanced study of the 3 Energies and the role they play in every substance, thought and activity we expose ourselves to develops the Trainees ability to become a Master of Doshic balance. This develops the Trainees ability to apply the science in the scope of their practice for the betterment of their own lives as well as the lives of others.

A special segment has been added to this module to teach students to embody the words of Hippocrates when he said "let thy food be thy medicine, and thy medicine be thy food." This segment will take place using the TableTop as Classroom where Trainees will learn to evaluate any given food item offered and the potential benefit or harm resulting from the individual's consumption. This segment also includes the Kitchen Pharmacy with a take home guide to use for everyday wellness including over 20 common culinary herbs available in any American grocery store to restore balance and bring delicious flavor to your way of life.



## **Ayurveda IV**

This course introduces the Ayurvedic concept of Samprapti; the six stages of the disease process. It includes an in depth, yet easy to understand study of how a state of dis-ease comes to the body. The approach is through an advancing understanding of the Dhatus; 7 bodily tissues and the pathway of substances through the bodily system. In order to prevent, halt, reverse, or manage this process the concept of Chikitsa, or treatment will be introduced. Trainees will gain life changing knowledge in the areas of Panchakarma (cleansing/clearing actions), Dravyaguna (herbal remedies), and Rasayana (rejuvenation).

A special segment has been added to this module to give Trainees hands-on techniques for treatments they can easily perform on themselves and others for health, beauty, and well-being. Through practicum exercises, Trainees will learn simple Abyangha (massage) techniques to relieve tissues and stimulate Marma (vital points). In this segment we will also address the potentially harmful ingredients in many commercial health, home and beauty products and provide safe and effective substitutes.

Completion of this course for certification requires 20 hours of at home field study, submission of projects, and on line final exam.

### **Completion of this course introduces the following technique through practicum:**

- Elemental diagnosis through observation
- Development of routine and ritual plans per time of day, season, age, constitution and condition
- Food and herbs as medicine
  - 20 common culinary herbs
  - 5 Ayurvedic
  - 6 tastes
  - post digestive effects
- Asana and Pranayama as tools to hinder or heal
  - development of physical practice to balance dosh
- Administration of cleansing and rejuvenation techniques include:
  - Abhyanga ( oil massage)
  - Udvaartana (fat busting massage using powders)
  - Shiroabhyanga (head massage)
  - Nasya/Neti (nasal therapy and cleansing)
  - Marma (vital points)
  - Dravyaguna (herbal preparations)
- Journal to include
  - Kitchen Pharmacy Guide, Home and Garden Guide, and Health and Beauty Guide



**This 100 hour Lifestyle Coaching Certification is comprised of 80 hours in person curriculum and practicum, plus 20 hours of field study to complete at distance and one final examination to be taken online to qualify for Certification**

| Training                 |              | # of hours |
|--------------------------|--------------|------------|
| <b>Contact Hours</b>     |              |            |
| Ayurveda I*              |              | 20         |
| Ayurveda II*             |              | 20         |
| Ayurveda III             |              | 20         |
| Ayurveda IV              |              | 20         |
| <b>Non-Contact Hours</b> |              |            |
| Practicum Field Study    |              | 20         |
|                          | <b>Total</b> | <b>100</b> |

### Training Options

*Trainees that have taken Ayurveda I and II:*

- Can register for Ayurveda III and IV at any time.
- Upon completion of III and IV, trainees will have 20 hours of practicum/field study work and homework to complete, as well as a final exam.
- Upon completion of all of these parts, trainees will receive the 100 hour certificate.

*Trainees that have NOT had Ayurveda I and II:*

- Can take the Ayurveda Advanced Review (AAR) and then go into Ayurveda III and IV.
- Part of the AAR will include an in-depth Homestudy to be completed prior to the training. The Homestudy will be available for \$199.
- These trainees will need to attend either Ayurveda I or II at some point to complete the additional 20 contact hours. \$100 of the Homestudy price will count toward the Ayurveda I or II training.
- Upon completion of all 80 contact hours of study, trainees will have 20 hours of practicum/field study work and homework to complete, as well as a final exam.
- Upon completion of all of these parts, trainees will receive the 100 hour certificate.

*Trainees that have taken Ayurveda I but not Ayurveda II:*

- Can take AAR and then attend Ayurveda III and IV.
- Upon completion of all 80 contact hours of study, trainees will have 20 hours of practicum/field study work and homework to complete, as well as a final exam.
- Upon completion of all of these parts, trainees will receive the 100 hour certificate.
- If this particular trainee is working toward Yoga Therapy 1000 hour certification, he/she will have to take Ayurveda II at some point.

**All or part of the YogaFit 100 hour Ayurvedic Lifestyle Coaching trainings will be held during the following Mind Body Fitness Conferences in 2016:**

[Palm Springs, CA—January 5-10, 2016\\*](#)

[Scottsdale, AZ—July 5-10, 2016](#)

[Pacific Grove, CA—May 17-22, 2016\\*](#)

[Arlington, VA—October 6-9, 2016](#)

\*Palm Springs and Pacific Grove will hold 6 days of programming.