

## *Ayurveda Lifestyle Counselor* 1060 hrs.

This innovative Ayurveda Lifestyle Counselor continuing education certificate program is the first in Canada to offer 1,060 hrs. of training, with a balance of theoretical and practical learning. The program leads to a certificate as an Ayurveda Lifestyle Counselor. The program covers an in-depth study of the world's oldest holistic health science and is designed to meet the increasing demand for qualified Ayurveda health educators in B.C. and around the world. Emphasis is on clinical skills, yoga therapy, dravya gunya (knowledge of substances), pulse assessment, spa therapies and much more.

### **Schedule**

**APRIL 2, 2012 - DECEMBER 19, 2013 (5 Semesters)**

Mon.-Thurs. 6pm to 9pm

Alternate weekends, Fri. 6-9pm, Sat. 10am-6pm, Sun. 2pm-6pm.

Regular school holidays.

Graduation Ceremony/Open House: December 21, 2013, 10am-Noon

### **Tuition Investment**

Tuition	\$16,960.00
Registration Fee (non-refundable, due upon registration)	\$250.00
Application Fee (non-refundable, due upon registration)	\$250.00
Tuition Deposit (refundable, due upon registration)	\$500.00
Textbooks (approximately)	\$300.00
<b>Total of Program Costs (Pre-tax)</b>	<b>\$18,260.00</b>

### **Payment Options**

**Option A** - Advance payment in full of \$16,960 + HST for the complete certificate program.

*Registration Fee, Admission Assessment Fees and tuition deposit are included upon registration.*

**Option B** - 2 installments \$9,328 + HST (to be paid March 21st 2012 & March 21st, 2013 respectively).

*Registration Fee, Admission Assessment Fees and tuition deposit are in addition.*

\* Weekend seminars participants must be registered and paid in full 24 hours before class commencement.

\* Weekend seminar tuition (community) is included for ALC participants.

\* For more weekend seminars information, please visit [www.ayurveda-seminar.com](http://www.ayurveda-seminar.com)

## *Ayurveda Lifestyle Counselor* ALC *Continuing Education Certificate Program*

### **Program Objective**

- To provide a foundation of understanding for self-healing and service in Ayurvedic holistic principles with transfer credits and continuing education units.
- To prepare a foundation for highly knowledgeable, skilled, and competent lifestyle counselors in Ayurveda.
- To provide an in-depth integrated training, combining theoretical and clinical experience.
- To create a network or community supporting a classical learning environment of self-respect, self-healing, self-actualization and professionalism.

### **What students will learn:**

- Ayurveda Theory and Practice
- Ayur-Yoga
- Spa Therapies
- Marma (Turiya) Therapy
- Pulse Assessment
- Herbology and much more

For application, registration information and forms, please call Kim at the IHN **604 - 558 - 4000** or email: [vancouver@theinstituteofholisticnutrition.com](mailto:vancouver@theinstituteofholisticnutrition.com)

For more program information, please contact Jaisri Lambert at

**604 - 290 - 8201**

[www.ayurveda-seminar.com](http://www.ayurveda-seminar.com)



**The Institute of Holistic Nutrition**  
THE INDUSTRY LEADER IN TRAINING  
**NUTRITION PROFESSIONALS**

# *Ayurveda* *Lifestyle Counselor*

A Two-Year Continuing Education  
Certificate Program



Ayurveda Seminars & Consulting Ltd.

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## What is *Ayurveda*?

Ayurveda is the mother of all holistic approaches to health and longevity, the word literally translating from Sanskrit as the "Science of Life". Ayurveda originated over 10,000 years ago through ancient sages who saw that human beings are composed of the same elements as nature. The emphasis is on each individual's understanding of how to restore to one's own unique harmonious nature through awareness of lifestyle, nutrition, yoga, herbs and meditation. The human body, mind and consciousness are considered as a microcosm of Nature.

### About IHN

The Institute of Holistic Nutrition is located in Vancouver, British Columbia, and is a branch of the Toronto-based founding campus. The IHN knows that many are turning to knowledgeable alternative practitioners to help guide them towards well-researched, nutritionally sound ways of living. IHN is a private institute offering an intensive 1-year full-time or 2-year part-time diploma program in Applied Holistic Nutrition. The IHN Ayurveda Lifestyle Counselor program is a unique continuing education professional development offering, available only at the Vancouver campus.

## *Ayurveda Lifestyle Counselor ALC* *Continuing Education Certificate Program*

Commencing April 2, 2012 at the Vancouver Institute of Holistic Nutrition, this innovative Ayurveda Lifestyle Counselor Program will be offered as the first program of its kind in Canada and elsewhere. This intensive 1,060 hour part-time program is based in a blend of eastern and western learning styles designed to support the individual's path in Ayurvedic studies, including theoretical and experiential learning.

### Why become an Ayurveda Lifestyle Counselor?

Experience your passions coming to life, with this unique opportunity to become an Ayurveda Lifestyle counselor to support your interests in a sustainable professional lifestyle. Ayurveda Lifestyle Counselors place the power to heal back into the hands of the seeker through education.

### Unique Program Qualities

The ALC program has been developed for practical application to the needs of a growing holistic health industry in BC, Canada and elsewhere. This program offers integration with other related disciplines and a worldwide benchmark of teaching with Jaisri M. Lambert and others. The ALC program offers a broad curriculum, including practical clinical supervision of case studies, and blends a classical mentorship model with a modern college level style.

### This program offers:

- The knowledge and training to complement existing health professions such as Naturopathy, Chiropractor, Nurse Practitioner, Medical Doctor, Shiatsu Therapist, Massage Therapist, Nutrition Counselor and many others.
- Continuing Education Certificate as an Ayurveda Lifestyle Counselor, awarded on successful completion.
- On-going professional development support.



### Jaisri M. Lambert

Ayurvedic Practitioner & Consultant

Jaisri M. Lambert has been practicing and teaching holistic health since 1983. She became specialized in Ayurveda over a classical 12-year apprenticeship with Vaidya Vasant D. Lad, M.A.Sc., widely recognized as a living master teacher of ancient Ayurveda. She has authored many presentations, articles and books on various topics of Ayurveda, including women's health, marma (energy point) therapy, pulse assessment, panchakarma, specific disease management, etc. For more information, please contact Jaisri at **604-291-8201** or online at [www.ayurveda-seminars.com](http://www.ayurveda-seminars.com)

This course will be videotaped to become the foundation program for those applying to the senior programs with Jaisri and other presenters. Topics leading to the two-year continuing education certificate program of 1,060 hrs. include, but are not limited to:

- Philosophy and Foundations (Shad Darshan)
- The Prakruti / Vikruti Paradigm
- Assessment Science (Eightfold Evaluation Method)
- Dietetics and Cooking (Ahara Vignyan)
- Ayurvedic Prevention Science (Swastha Vritta)
- Ayurvedic Home Remedies
- Anatomy & Physiology I (Sharir Vignyan)
- Psychology (Manas Vignyan)
- Ayurvedic Herbology Levels I, II, III (Dravya Guna Vignyan)
- Pathology (Roga Nidan/Vikruti Vignyan)
- Anatomy & Physiology I (Sharir Vignyan)
- Psychology (Manas Vignyan)
- Pathology (Roga Nidan/Vikruti Vignyan)
- Pulse Evaluation (Nadi Vignyan)
- Detoxification Science (Panchakarma)
- Ayurvedic Herbal Formulations
- Gurukula (Clinical case studies covering specific disease management)
- Aromatherapy (Gandha Chikitsa)
- Basic Therapies (Abhyanga, Shirodhara, Pranayama, Swedan, Marma)
- Advanced Therapies (Pinda Sweda, Utvartana)
- Internal medicine (Kaya Chikitsa)
- Geriatric Care in Ayurveda (Rasayana, Vajikarana)
- Chromobiotherapeutics (Color and gem therapies)
- Meditation Techniques for Stress Management
- Specific Disease Management I (Skin diseases, Cancer, Parkinson's, Arthritis, Asthma)
- Specific Disease Management II (Infertility, Depression, Migraine Syndrome, Diabetes)
- Ear, Nose, Throat & Eye Protocols
- Psychology and Counseling Protocols
- Practical Application of Ayurveda in Practice and Business
- Ayurvedic Practice Management, Business Ethics and Practice Establishment

\* All mid-term exams, semester-and exams, final exam, research papers and oral exams must be completed in full and on time.  
\* Minimum pass rate is **70%**.