



AYURVEDIC THERAPIST TRAINING, Sep 26 – Apr 27

Date	Activity	Content	Location
30 Aug	Theory	Induction	Jivita
2 Sep	Theory	Introduction to nature and origin of Ayurveda	Jivita
7 Sep	Theory	Self-Regulation; Diet, food and nourishment	Jivita
8 Sep	Theory	Energy healing; Pranic Pathways	Jivita
14 Sep	Theory	Panchamahabutas	Jivita
15 Sep	Theory	Introduction to gunas and rasa	Jivita
21 Sep	Theory	Introduction to Doshas	Jivita
22 Sep	Theory	Seasonal Cycles	Jivita
28 Sep	Theory	Introduction to Agni and Ama	Jivita
29 Sep	Theory	Introduction to Ayurvedic Anatomy and Physiology	Jivita
12 Oct	Theory	Introduction to Ayurvedic Body Work	Jivita
13 Oct	Practice	Making Connection & Opening Sequence	Jivita
26 Oct	Practice	Back Massage	Jivita
27 Oct	Practice	Back Massage	Jivita
9 Nov	Practice	Legs and Feet	Jivita
10 Nov	Practice	Arms and Abdomen	Jivita
23 Nov	Practice	Chest and Face	Jivita
24 Nov	Practice	Chest and Face	Jivita
7 Dec	Practice	Abhyanga Pratiloma	Jivita
8 Dec	Practice	Abhyanga Pratiloma	Jivita
4 Jan	Theory & practice	Marma	Jivita
5 Jan	Practice	Marma massage	Jivita
18 Jan	Practice	Abhyanga Anuloma	Jivita
19 Jan	Practice	Abhyanga Anuloma	Jivita
1 Feb	Practice	Synchronised Abhyanga	Jivita
2 Feb	Practice	Synchronised Abhyanga	Jivita
15 Feb	Practice	Udvartana	Jivita
16 Feb	Practice	Udvartana	Jivita
1 Mar	Practice	Shirodhara	Jivita
2 Mar	Practice	Shirodhara	Jivita
15 Mar	Practice	Pinda Sweda	Jivita
16 Mar	Practice	Pinda Sweda	Jivita
12 Apr	Practice	Therapy written assessment	Jivita
13 Apr	Practice	Therapy written assessment	Jivita
26 Apr	Practice	Therapy practical assessment 1	Jivita

27 Apr	Practice	Therapy practical assessment 1	Jivita
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Time

All classes will take place Mondays and Tuesdays 6-9pm

Location for the manual practice:

Jivita Ayurveda, 89 Chamberlayne Road, London NW10 3ND, T: 0208 9644 993

Course reading:

Vanhouten, Donald: Ayurveda & Life impressions Bodywork, Lotus Press; 1997

Gordon, Richard: Quantum Touch: The Power to Heal, North Atlantic Books, U.S.; Jan 2006

Jivita Academy of Ayurveda: Manual for Ayurvedic Therapists (free)

Homework:

20 case studies

Self-study of online presentations related to the weekly topic (in our portal)

Assessments:

Students will take two practical assessments, one at the end of the program, and the other once case studies have been handed in. The written assessment is also done at the completion of classes.

Written assessment is a multiple-choice questionnaire of 80 questions. Students will need to bring their laptop / or use the academy laptop to complete the assessment online.

Practical assessment 1 is taken at the final attendance class in April. During this session the students are assessed if they are ready to go and carry out their case studies. If not, they need to take extra one-to-one training lessons.

Practical assessment 2 is taken when handing in 20 case studies. This assessment establishes whether the student needs more (one-to-one) tuition or is ready to be certified.