

# Shakti Ayurveda School

## Ayurvedic Wellness Coach (Level 1) Syllabus

### General Overview:

- ❖ The Ayurveda World View and You
- ❖ The 5 Elements Theory
- ❖ The Three Pillars of Ayurvedic Living
- ❖ Svastha - What it means to be established in health
- ❖ Tri-dosha Theory - Understand your and others innate and body/mind type tendencies
- ❖ Tri-guna Theory - Understand your and others innate psychology and tendencies
- ❖ Subdosha - deeper into the doshas
- ❖ The Three Subtle Essences - Prana, Tejas and Ojas
- ❖ Dinacharya - The Daily Routine - How rhythm can change your life
- ❖ Ayurvedic Nutrition for the Seasons, the Doshas and Imbalances
- ❖ The Six Tastes - Deeper nutrition
- ❖ Traditional Ayurvedic recipes
- ❖ Cooking Classes and modern Ayurveda-Inspired recipes
- ❖ Aphrodisiac and adaptogenic desserts
- ❖ Ayurvedic oral and eye care
- ❖ Spices, herbs and whether to cleanse or build?
- ❖ Medicinal spices and teas - instruction and recipes that heal
- ❖ The Business of Ayurvedic Coaching - how to ask for what you are worth and increase your income
- ❖ Leadership skills - How to become a force of Ayurveda in your community

### Key Concepts in Sri Vidya Tantra:

- ❖ Tantra as philosophy and practice
- ❖ Key cosmological aspects
- ❖ Shiva and Shakti - Divine Feminine and Masculine Principles
- ❖ Practice - mantra, yantra, bindu
- ❖ Ishta Deva - bhakti and personal connections to divinity
- ❖ Chakras
- ❖ Koshas
- ❖ Kundalini
- ❖ Desire, Worldly and Spiritual as One

## **Required Reading**

- ***Healthy, Happy, Sexy - Ayurveda Wisdom for Modern Women*** by Katie Silcox.  
*Please start reading this book as soon as possible. We recommend having read it at least once before classes begin so that you feel comfortable diving into the textbook at the start of the course.*
- ***Textbook of Ayurveda, Vol. 1 Fundamental Principles of Ayurveda 1st Edition*** by Vasant Lad.

## A Summary of Each Module:

### **Module 1: Intro to Feminine Form Medicine & Ayurvedic Theory**

- ✓ His-story and Her-story of Ayurveda
- ✓ Ayurveda defined
- ✓ Health defined
- ✓ Ayurveda basic philosophical background
- ✓ The five elements
- ✓ Tri-doshic theory
- ✓ Prakruti and Vikruti

### **Module 2: Ayurvedic Theory: The Sub-Doshas, Gunas, Agni, Dhatus & Dinacharya**

- ✓ Agni-the power of digestion
- ✓ The Subdoshas and their functions
- ✓ The Gunas
- ✓ Dinacharya
- ✓ The seven Dhatus and their disorders

### **Module 3: Foundations of Women's Health**

- ✓ The hallmarks of women's health
- ✓ Challenges to maintaining women's health
- ✓ Stress on women's health
- ✓ The endocrine system and its role in women's health
- ✓ Regulating Agni, removing Ama and building Ojas

### **Module 4: The Western/Eastern Connection**

- ✓ Basic introduction to allopathic medicine in relation to hormones and health
- ✓ Stress and its crucial role in our health
- ✓ Inflammation and the gut
- ✓ The nervous system
- ✓ Sleep science
- ✓ Your structure and function
- ✓ Trauma's role in health

### **Module 5: Nutrition and Cleansing Routines**

- ✓ Key tastes in Ayurveda
- ✓ Setting up an Ayurvedic inspired kitchen
- ✓ Ayurvedic cooking
- ✓ Food psychology
- ✓ Wise food choices
- ✓ Spring cleansing inside and out
- ✓ Creating cleanse offerings
- ✓ Aphrodisiac and adaptogenic desserts

### **Module 6: Subtle Ayurveda**

- ✓ Prana Vidya-Prana as guiding intelligence
- ✓ The Five Prana Vayus
- ✓ The Pancha Koshas: The 5 sheaths of your being
- ✓ Tantra, Laya, Kundalini and the Chakras
- ✓ The Science and Mystery of Mantra
- ✓ Mudra Sadhana
- ✓ The Nervous System

### **Module 7: Sex, Ojas and Motherhood**

- ✓ Deeper understanding of Ojas & Soma
- ✓ Ayurvedic understanding of sexual health
- ✓ Drafting your own healthy sexual ecology
- ✓ Fertility & conception
- ✓ Pregnancy
- ✓ Postpartum

### **Module 8: Fall Nutrition, Routines & Shakti Pharmacopeia**

- ✓ Use of common Ayurvedic herbs and their properties
- ✓ Rasayanas (rejuvenative tonics and aphrodisiac medicine)
- ✓ Digestive herbs
- ✓ Mind herbs and tonics
- ✓ Vata-reducing Fall Ayurveda—why is this so important?

### **Module 9: The SHE**

- ✓ The psycho-spiritual basis of disease
- ✓ Feelings ARE Functional (as a concept)
- ✓ Setting Moon-Based intentions and menstruation
- ✓ The Wise Woman archetype
- ✓ Deeper protocols and strategies for wellness
- ✓ Boundaries
- ✓ You as Goddess + Working with God/Goddess as a healer
- ✓ Milestones and rituals in a woman's inner and outer ecology
- ✓ Enhancing sexual life force with herbs
- ✓ Working with emotional heartache

## **Module 10: Shakti Empowerments**

- ✓ Shakti sadhana
- ✓ Business and power- the role Shiva and Shakti in our practice and business
- ✓ Business and marketing principles
- ✓ Self-love and the concept of “worthy”
- ✓ Energy, magic and manifestation
- ✓ Tarpana: Ayurveda and traditional ancestral healing methods

Please note that course content is subject to change. A manual with a finalized outline will be circulated prior to the course starting.