Shakti Ayurveda School
Ayurvedic Health Counselor (Level 2) Syllabus

Overview:

❖ The pathways of dis-ease, how disease develops
❖ Introduction to diagnostic tools including pulse, tongue and eyes
❖ More therapies for pacifying the doshas, cultivating sattva, and balancing the gunas
❖ Ayurvedic counseling methodologies & case management
❖ Men's health
❖ Additional ways to identify and treat *Ama* in the body
❖ Graceful aging and the needs of Elders
❖ Ayurvedic needs of children and babies
❖ Protocols for common conditions
❖ Women's Health - Psychology, Sexuality and Somatic/Trauma Unraveling
❖ Ayurvedic Herbology - commonly used formulas and healing oils, tinctures, teas, salves and other health-boosting preparations
❖ Yoga for Dosha and Marmavidya (Ayurvedic Energy Point Healing)

Required Reading

o *Textbook of Ayurveda, Vol. 2* *A Complete Guide to Clinical Assessment, by Vasant Lad.*
o After finishing the textbook please select 6 more Ayurveda or health books to read from our additional resources sections for each module, or from our library.

A Summary of Each Module:

Module 1: The Nervous System and Samprapti
✓ Feminine Form Health Care Revolution
✓ Body Yantra
✓ Nervous System Basics
✓ Seeing the State of the Body
✓ Samprapti: The Disease Process
✓ Vyadhi Marga: The Disease Pathway

✓ Dosha Gati: Common Issues Arising from the movement of Dosha

Module 2: Advanced Understanding of Doshas, Dhatus & Srotas
✓ Vyaddhi & Pariksha: Definitions of Disease/Classifications
✓ Dosha Vijnanam (Disorders)
✓ Dhatu & Srota Vijnanam
✓ Clinical Examination
✓ The Role of Healer, Medicine Woman, Yogini & Midwife
✓ The Deep Spirituality of Agni and Ama

Module 3: Chikitsa & Deeper Self-Care
✓ Yoni Ritucharya
✓ Tantric Moon Rituals
✓ At Home PanchaKarma Protocols
✓ The Outer Body: The Skin
✓ Treatments for Common Conditions
✓ Breast Care
✓ Disordered Eating

Module 4: Herbalism
✓ Plant Allies and Their Benefits
✓ Building a Home Apothecary
✓ Western Pharmacopoeia
✓ Medicine Making: Tinctures, Salves, Syrups and more!
✓ Recipes
✓ Tantric Alchemy of Plants
✓ How to Study Plants

Module 5: The Western/Eastern Connection
✓ Trans-generational Ancestral Trauma Inheritance
✓ Practical Use of Genogram in Trauma Release
✓ Applications of this Work with Clients/Self
✓ Healing the Sacred Wounds of Father/Mother
✓ Western Medicine Integrations with Ayurveda
✓ Psychospiritual perspective and management of Cancer
✓ Psychospiritual perspective and management of Cardiovascular disease

Module 6: Sexuality: The Arousal of Spirit & The Requirement of Relationship
✓ Physical Anatomy of Arousal & How Pleasure is your Birthright
✓ How Context Affects Desire and Arousal
✓ Why Slowing Down is Sexy and Necessary
✓ Tips for Integrating and Overcoming Feelings of Shame, Guilt and Trauma
✓ Beyond the Madonna/Whore Paradigm
✓ Introduction to Taoist Vital Force Energy Concepts and Practices
✓ Self Pleasure Practices to Expand your Orgasmic Energy
✓ Aphrodite, Mother Mary & The Sacred Prostitute
✓ Sacred Sexuality

Module 7: The Body Electric
- ✓ Yoga for Dosha
- ✓ History of Marma
- ✓ Marma and its Connection to Yoga and Ayurveda
- ✓ 10 Main Marma Points in the Body
- ✓ How to Trigger Main Marma Points through Yoga and Dinacharya
- ✓ The Power of Bhakti & Manifestation

Module 8: Children, Men, Aging & Elders
- ✓ Graceful Aging
- ✓ Ayurvedic Needs of Elders
- ✓ Ayurvedic Needs of Children
- ✓ Ayurvedic Needs of Men
- ✓ Challenges that Men Face

Module 9: Coaching and Therapeutic Relationships
- ✓ Intro to Attachment Theory
- ✓ Mindful Parenting
- ✓ Coaching Theory
- ✓ Practical Coaching Methods
- ✓ Therapeutic Relationships
- ✓ Client Case Management

Module 10: Shakti Empowerments
- ✓ Agni Hotra
- ✓ Tantra of Money
- ✓ Business Attunement
- ✓ The Importance of Ojas
- ✓ Nidra Shakti
- ✓ Sankalpa

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