

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 and andropause
- ❖ 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

- ***Textbook of Ayurveda, Vol. 2** A Complete Guide to Clinical Assessment, by Vasant Lad.*
- 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
- ✓ 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: Chikitsa & Deeper Self-Care

- ✓ Yoni Ritucharya
- ✓ At-home Panchakarma protocols
- ✓ Tantric Moon Rituals
- ✓ The Outer Body: The Skin
- ✓ Treatments for Common Conditions
- ✓ Breast Care
- ✓ Disordered Eating

Module 3: Advanced Understanding of Doshas, Dhatus & Srotas

- ✓ Srotamsi
- ✓ Clinical Examination
- ✓ The Role of Healer, Medicine Woman, Yogini & Midwife
- ✓ The Deep Spirituality of Agni and Ama
- ✓ Deepening Your Feminine-Form Ayurveda

Module 4: Coaching and Therapeutic Relationships

- ✓ Intro to Attachment Theory
- ✓ Mindful Parenting
- ✓ Coaching Theory
- ✓ Practical Coaching Methods
- ✓ Therapeutic Relationships
- ✓ Client Case Management
- ✓ Launching Your Ayurveda Business and Marketing

Module 5: 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
- ✓ Cooking with Spices as Medicine and Herbal Preparations

Module 6: The Western/Eastern Connection

Trans-generational Ancestral Trauma Inheritance

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 7: 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
- ✓ 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 8: 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
- ✓ Astrology 101

Module 9: Children, Men, Aging & Elders

- ✓ Graceful Aging
- ✓ Ayurvedic Needs of Elders
- ✓ Ayurvedic Needs of Children
- ✓ Ayurvedic Needs of Men
- ✓ Challenges that Men Face

Module 10: Shakti Empowerments

- ✓ Rewilding Your Ayurveda
- ✓ Tantra of Money
- ✓ Business Attunement
- ✓ The Importance of Ojas
- ✓ Nidra Shakti
- ✓ Sankalpa

Bonus Classes:

- ✓ Ayurveda for Pets with Amanda Ree
- ✓ Ayurvedic Oral and Eye Care with Trudy Collings
- ✓ Ayurvedic Support for Pregnancy Loss with Meredith Klein
- ✓ Agni Hotra with Myra Lewin
- ✓ Launching Your Ayurveda Business Workshop with Carly Banks

- ✓ Vagus Nerve 101 with Wendi Wagner
- ✓ Ayurvedic Athlete with Dr. Douillard
- ✓ Legal Considerations for Ayurveda Practice

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