

## Shakti Ayurveda School

### Ayurvedic Wellness Coach (Level 1) Certification

#### 2027 Schedule

##### Overview:

- Lectures on most Wednesdays 2-5 PM (3 hrs)
- Most classes will be live-streamed. In rare cases, a class may be pre-recorded but will be released at the same scheduled time as the live session
- All times listed in **Eastern US Time**
- Please note, it can take up to 3 hours before the recorded class is posted to the classroom due to the processing time of the video file.
- [Time zone calculator](#)

##### **Lectures**

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

Wednesday - January 20 (Orientation & Initiation )

Wednesday - January 27 (Sankalpa, Intro to Feminine Form Medicine)

Wednesday - February 3 (Feminine Medicine Cont'd, Prakruti & Vikruti)

Wednesday - February 10 (5 Elements & Tri-Doshic Theory)

#### **Module 2: Ayurvedic Theory: The SubDoshas, Gunas, Agni, Dhatus, Dinacharya**

Wednesday - February 17 (Agni)

Wednesday - February 24 (Sub-Doshas)

Wednesday - March 3 (Gunas & Dinacharya)

Wednesday - March 10 (Dhatus)

***Seasonal Break: NO CLASS March 17***

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

Wednesday - March 24 (Women's Health 1 - Stress & Hormones)

Wednesday - March 31 (Women's Health 2 - Agni)

Wednesday - April 7 (Women's Health 1 - Liver Health & Ama)

Wednesday - April 14 (Women's Health 4 - Menstruation and Menopause)

Wednesday - April 21 (Yoni Steaming)

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

Wednesday - April 28 (Detox & Importance of Gut Healing)

Wednesday - May 5 (Understanding the Thyroid Holistically)

***Seasonal Break: NO CLASS May 12***

Wednesday - May 19 (Autonomic Nervous System and Sleep)

Wednesday - May 26 (Energy & The Nervous System)

***May 28, 2027 - Mid-Term Quiz will be released. Please finish within six weeks.***

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

Wednesday - June 2 (Six Tastes, Craving, Rasa, Virya, Vipaka, Prabhava)

Wednesday - June 9 (Digestion)

Wednesday - June 16 (Kitchen Basics, Making Kitchari)

Wednesday - June 23 (Cleansing Guide)

Wednesday - June 30 (Psychology of Eating)

Wednesday - July 7 (Embodied Nourishment)

## **Module 6: Shakti Pharmacopeia**

Wednesday - July 14 (Ayurveda Pharmacology 101, Making Formulas)

Wednesday - July 21 (Creating an Ayurveda First Aid Kit)

## **Module 7: Subtle Ayurveda**

Wednesday - July 28 (Subtle Essence, Prana, Tejas, Ojas)

### ***Seasonal Break: NO CLASS August 4***

Wednesday - August 11 (The Chakras, Kundalini)

Wednesday - August 18 (Ayurvedic Coaching Basics)

Wednesday - August 25 (The Vayus)

Wednesday - September 1 (The Koshas)

## **Module 8: Sex, Ojas & Motherhood**

Wednesday - September 8 (Soma, Tantra, 5 Senses, Pranayama & Nervous System)

Wednesday - September 15 (Relationships, Sexual Health, Smarana)

Wednesday - September 22 (Fertility & Conception)

Wednesday - September 29 (Conscious Pregnancy)

### ***Seasonal Break: NO CLASS October 6***

Wednesday - October 13 (Ayurvedic Postpartum Care)

## **Module 9: Intuitive YOU**

Wednesday - October 20 (Emotion Processing, The Wise Woman Archetype, Goddess & Boundaries)

Wednesday - October 27 (Emotional Basis of Tummy Trouble)

Wednesday - November 3 (Ayurveda & Psychospiritual Wellness)

Wednesday - November 10 (Moon Rituals & Women's Cycles)

## **Module 10: Shakti Empowerments**

Wednesday - November 17 (Business & Marketing for the Goddess)

***Seasonal Break: NO CLASS November 24***

Wednesday - December 1 (I am Worthy, Tantric Manifestation, Shakti Sadhana)

Wednesday - December 8 (Spiritual Business)

Wednesday - December 15 (Tarpana & Closing Ceremony)

***December 17, 2027 - Final Quiz will be released. Please finish by March 31, 2028.***

**March 31, 2028 - Deadline for Certification**

### **Office Hours**

Every other Thursday, times alternate so we can get students in various time zones live. Dates and times subject to change. A final schedule will be circulated prior to class starting.