



AYURVEDA WELLNESS

COUNSELOR PROGRAM

2019-2020

CATALOGUE

Personal and Professional Ayurveda Trainings



The Yoga Loft

Andover, MA



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AYURVEDA WELLNESS
COUNSELOR PROGRAM

Program Objective

The objective of the Ayurveda Wellness Counselor Program, or AWCP, is to provide the highest quality education available for those seeking to integrate a living Ayurveda into their lives, and for those seeking the required professional training to practice as an Ayurveda Wellness Counselor.

Level 1 Ayurveda Foundation Programs are ideal for self-healing, family care, and helping those closest to us in our communities. Level 2 Advanced Ayurveda Programs and Level 3 Clinical Supervision Programs are professional trainings, offering the required skills to become a professional Ayurveda Wellness Counselor. Graduates will qualify to conduct traditional Ayurvedic assessments and prescribe the customized lifestyle and nutritional remedies needed to balance and heal the unique lives of their clients.

The Skills You Will Learn

Students will learn to conduct traditional Ayurvedic assessments, initial intakes, followup counseling methods, constitutional (prakriti) and conditional (vikriti) dosha assessment, Ayurvedic nutritional therapy, lifestyle counseling, pulse and tongue analysis, tissue analysis, Ayurvedic herbology, home cleansing, oil therapies, subtle therapies, client rapport, Ayurveda psychology, business management, and more.

Learn in Yoga Studio Classrooms

The AWCP Level 1 programs are offered in collaboration with our RYS Yoga School partners. Trainings are presented in yoga room environments which creates an ideal, warm, and familiar learning space for the study of Ayurveda. Each program day begins with a yoga class taught by our yoga teacher TA staff. A happy body is a happy mind for learning.

Learn from Home

If studying Ayurveda from the comfort of home is your cup of tea, join our online programs! Trainings are streamed live via video conferencing straight to your desktop, laptop, iPad, or smartphone. Online education offers the freedom to stay home, eat home cooking for lunch, sip a cup of your favorite home-brewed tea, and learn while perched on your favorite couch! If you miss a day or two, you can watch the recording to fill in the missing gaps.



This is your journey





LEVEL 1:
Ayurveda Foundation
Program





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LEVEL 1: *Ayurveda Foundation Program*

OVERVIEW

The Level 1 Ayurveda Foundation Program is a 12-day immersion into the Ayurveda wellness arts and the practical workings of an Ayurveda Wellness Counselor. Level 1 programs are ideal for self-healing, family care, and helping those closest to us in our communities. The program is open to everyone and may be taken as a stepping stone to the Level 2 & 3 advanced programs or alone.

Students will begin the process of becoming an Ayurvedic counselor by focusing on healing themselves and the people closest to them. This is based on the premise that we must know how to heal ourselves before we can heal others.

Level 1 also serves as an overview, allowing students to see how Ayurveda works in both theory and practice before committing to the Level 2 Advanced Ayurveda Program.

WHAT WILL YOU LEARN?

Students will learn the foundation skills of conducting traditional Ayurveda assessments, assessing both doshic constitution (prakriti) as well as conditional or symptomatic doshic imbalances (vikriti) of fellow students and volunteer guest clients.

Students will acquire invaluable insights and practical skills needed for an enlightened, effective, and very personalized self-care and for the care of those around us.

4 CORE MODULES

4 Core Modules: AWC 1-4 (120 hrs) are live programs taught by AWCP faculty; taught over 12 days in the classroom environment hosted by RYS Yoga Schools or online; required for admissions to Level 2 Advanced Ayurveda Program

2 ELECTIVE MODULES

Elective Modules: AWC 5 & 6 (80 hrs) are optional programs; AWC 5 is a supervised home case report required for early practice; AWC 6 is an annual tour to lush and jungled Kerala in south India to experience one of the deepest Ayurveda traditions in all of India



LEVEL 1: CORE MODULES

The Level 1 Core Modules are essential principles of Ayurveda wellness that may be applied to oneself for self-care (swasthavritta), or to guide family or community. These topics are the keys to a balanced life and an initial stepping stone to a professional career as an Ayurveda Wellness Counselor.

AWC 1: PRINCIPLES OF AYURVEDA WELLNESS | 30 HRS

AWC 1 lays the foundation for the entire AWCP program. We will introduce the primary working theories of Ayurveda, particularly the inner teachings of an Ayurvedic lifestyle as a grounding for those living a yogic life.

AWC 2: AYURVEDA WELLNESS METHODS | 30 HRS

AWC 2 will focus on the healing modalities of the ayurveda wellness counselor: lifestyle counseling, Ayurvedic nutrition, Ayurvedic herbology, the use of culinary spices, topical oil therapies, rejuvenation techniques, subtle therapies, and customized ayurveda cleanses for each client.

AWC 3: AYURVEDA WELLNESS ASSESSMENT | 30 HRS

AWC 3 empowers the student to see and understand the nature of imbalance and the imbalances of others. Students will learn the signs and symptoms of doshic imbalance, pulse and tongue analysis, tissue analysis, and Ayurvedic pathology (samprapti).

AWC 4: AYURVEDA WELLNESS COUNSELING PRACTICUM | 30 HRS

AWC 4 will introduce the initial client intake process and the interpersonal skills used in conducting an Ayurveda wellness assessment. Under the guidance of AWCP practitioner faculty, the group will collectively conduct three traditional Ayurvedic counseling assessments on volunteer clients who will share their lives and health stories.

LEVEL 1: ELECTIVE MODULES

Level 1 Elective Modules are optional experiential programming that offer profound opportunities to deepen the material covered in our Level 1 Core Modules.

AWC 5: EARLY PRACTICE: CASE REPORT AND SUPERVISION | 30 HRS

AWC 5 is an optional elective module that is required to attain Early Practice Certification (EPC) as a Student Counselor. With supervision from a faculty member, the student will conduct an Ayurveda wellness counseling session on a friend or family member, write an 8-10 page case report of the session following AWC 5 guidelines, and receive 90 minutes of supervision feedback on the report.

AWC 6: JOURNEY TO INDIA: AYURVEDA IN KERALA, SOUTH INDIA | 50 HRS

Join Sevanti Adventures on an exotic journey to lush and jungled Kerala, south India, for a week of Ayurveda studies and self-healing through treatments and classes with Ayurveda doctors at the world famous Somatheeram Ayurveda Village. Go to the source and receive treatments by practitioners of a 5000-year-old lineage of healers.



This is your journey

LEVEL 2:
Advanced Ayurveda
Program





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LEVEL 2: *Advanced Ayurveda Program*

OVERVIEW

Level 2 Advanced Ayurveda Programs are more advanced professional trainings, offering the skills needed to become a clinical Ayurveda Wellness Counselor. Level 2 will take the foundation trainings deeper into the world of advanced Ayurveda pathology, diagnostics, clinical studies, and counseling methodologies. Advanced weekend modules are offered exclusively via live webinar events with options to watch recorded replays. Level 2 provides the advanced clinical skills, client assessment, and wellness management skills needed to practice effectively and professionally. Graduates will qualify to conduct traditional Ayurvedic assessments and prescribe the customized lifestyle and nutritional remedies needed to balance and heal the unique lives of their clients.

WHAT WILL YOU LEARN?

Students will immerse deeper into Ayurveda specialty practices such as Ayurvedic pathology, women's health, psychology, clinical strategies, advanced nutrition, pulse diagnosis, etc. Students will learn these methods from over a dozen faculty members that specialize in these Ayurvedic areas. Students will develop more advanced skills of conducting professional-level Ayurveda consultations, with the clinical intelligence to distinguish complex conditions utilizing differential diagnostics, drawing from a more advanced knowledge base of Ayurvedic pathology and counseling methods.

12 CORE MODULES

Level 2 Core Modules advance the information offered in Level 1 and include the essential principles, techniques, and practices clinically needed to practice as an effective Ayurveda Wellness Counselor.

The AWCP Level 2 core program derives its curriculum from current professional standards and scope of practice for the Ayurveda Health Counselor level of practice.

5 ELECTIVE MODULES

Level 2 Elective Modules are optional programming that offer profound opportunities to complement the material covered in Level 2 Core Modules. Much of what Ayurveda teaches has always been understood within the context of these related disciplines.

They are valuable enrichment opportunities that will expand upon the core required material to create a more mature and effective Ayurveda Wellness Counselor. They may also awaken new interests in the student to pursue deeper knowledge in other disciplines such as Vedic astrology, etc.



LEVEL 2: CORE MODULES

Level 2 Core Modules cover all topics likely to be encountered on professional certification exams; these courses are strongly recommended prior to applying for the exam. These are required for Level 2 completion and are prerequisite for admission to the Level 3 Clinical Supervision Program.

AWC 7: Foundations of Ayurveda | 30 hrs

AWC 8: Living Ayurveda | 30 hrs

AWC 9: Ayurvedic Pathophysiology | 30 hrs

AWC 10: Ayurvedic Herbology | 30 hrs

AWC 11: Ayurvedic Nutrition | 30 hrs

AWC 12: Ayurvedic Pulse Diagnosis | 30 hrs

AWC 13: Ayurveda for Women's Health | 30 hrs

AWC 14: Prenatal & Postpartum Ayurveda | 30 hrs

AWC 15: Ayurvedic Psychology | 30 hrs

AWC 16: Ayurveda Counseling Methodology | 30 hrs

AWC 17: Practice Management | 30 hrs

AWC 18: Ayurveda Subtle Therapies | 30 hrs

TOTAL: 360 hrs

LEVEL 2: ELECTIVE MODULES

The Level 2 Elective Modules will exceed the minimums needed to practice professionally by exposing students to vital information that can empower the practitioner to new heights. These are not required for Level 2 completion and are not prerequisite to admission to the Level 3 Clinical Supervision Program. That said, they are valuable opportunities to learn and grow from as an Ayurveda Wellness Counselor.

AWC 19: Ayurvedic Aromatherapy | 30 hrs

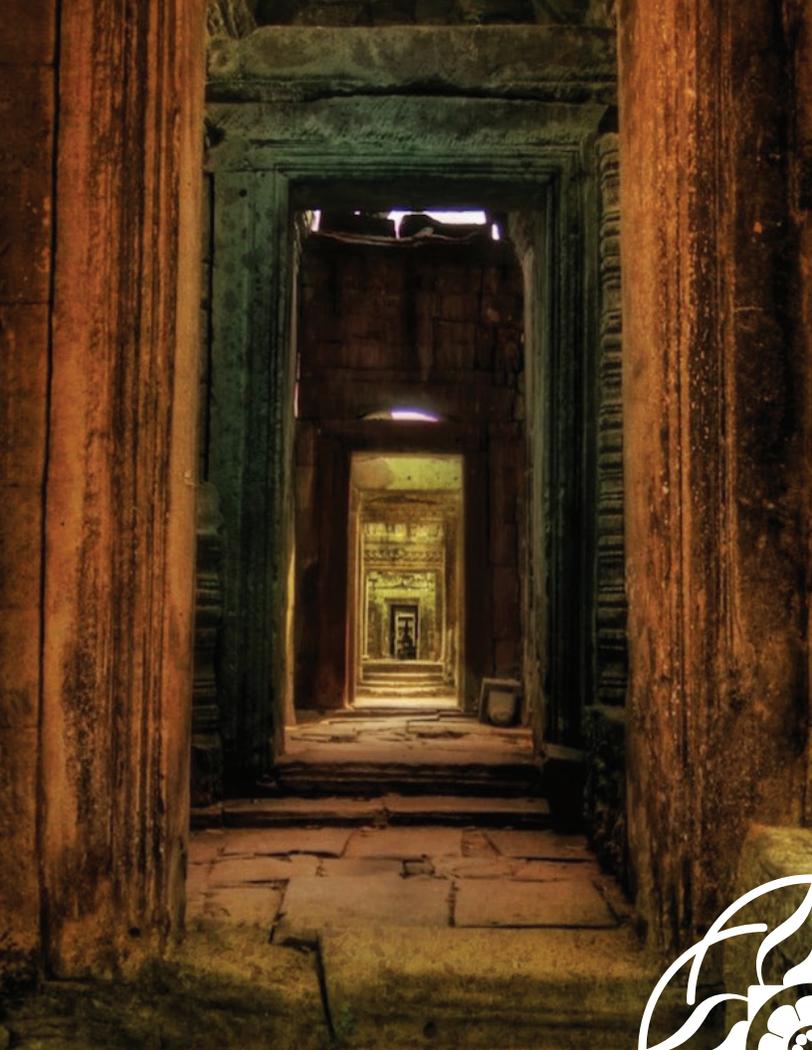
AWC 20: Jyotish in Ayurveda Counseling | 30 hrs

AWC 21: Vastu Shastra in Ayurveda Counseling | 30 hrs

AWC 22: Ayurvedic Cooking | 30 hrs

AWC 23: Yoga and Ayurveda Philosophy Series | 30 hrs

TOTAL: 150 hrs | LEVEL 2 TOTAL HOURS: 510 hrs



This is your journey



LEVEL 3:
Clinical Supervision
Program





OVERVIEW

The Level 3 Clinical Supervision Program is an essential step to refining the practice of Ayurveda wellness counseling. Learn from those with years of experience, as well as from your peers. Clinical supervision offers valuable insights into your work as a counselor, helping you to improve your capacity to assess Ayurveda doshic patterns and to offer the most effective treatment strategies to support your patients. Level 3 training includes 50 hours of clinical supervision as part of the educational requirements for AWC practice competency.

LEVEL 3: CORE MODULES

Level 3 core modules are essential steps towards your practice as an Ayurveda Wellness Counselor. Clinical supervision is essential to refining your skills to heal others. Faculty feedback and student peer review is how we learn from our weaknesses and gather our strength and confidence as Ayurvedic healers.

AWC 24: GROUP AND INDIVIDUAL SUPERVISION | 50 HRS

AWC 24 offers faculty supervision and clinical feedback via group supervision, counseling practicums, case reports, teleconferences with other students and faculty, as well as one-on-one individual supervision.

AWC 25: FINAL EXAM: CASE REPORT AND SUPERVISION | 30 HRS

AWC 25 is a mandatory 20-30 page case report final exam that will demonstrate all that you have learned throughout your education in the AWCP.

LEVEL 3: ELECTIVE MODULES

Level 3 Elective Modules are optional trainings that offer profound opportunities to deepen the clinical growth process and prepare students for clinical practice and professional certification exams.

AWC 26: FACULTY PRACTICUM SERIES | 30 HRS

AWC 26 Faculty Practicum Series is an invaluable opportunity to watch, experience and participate with our team of faculty practitioners as they conduct live assessments on volunteer clients.

AWC 27: PROFESSIONAL CERTIFICATION EXAM PREP COURSE 30 HRS

AWC 27 Certification Exam Prep Course: is an essential opportunity to review and prepare for certification exams before taking them.





WORLD CLASS

AYURVEDA INSTRUCTORS

Sevanti Institute courses are taught by more than a dozen of the most talented and renowned Ayurveda educators worldwide. See our Faculty page to read through their biographies. We know you will love the depth of wisdom and life insights our community of teachers share.



JAMES BAILEY



DR. SUHAS KSHIRSAGAR



DR. MANISHA KSHIRSAGAR



KP KHALSA



INDU ARORA



NICOLAI BACHMAN



DR. MARGO BACHMAN



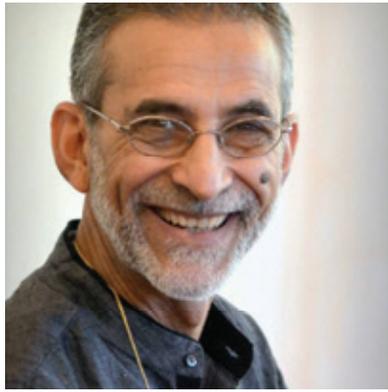
JAMIE DURNER



LAURA PLUMB



SHERRI SILVERMAN



ARUN DEVA



SIMON CHOKOISKY



DAVID CROW



DR. CLAUDIA WELCH





AWCP

Level 1 Locations

Sevanti Institute partners with some of the most amazing RYS Yoga Schools to host our live AWCP Level 1 trainings. See the training location website for AWCP Level 1 registration instructions. Feel free to contact the host location with questions regarding course registration, payments, discounts, the training facilities, places to stay in the area, food markets, cafes and restaurants, etc. Please forward any AWCP curriculum and certification questions to Sevanti Institute directly.



SANCTUARY FOR YOGA
Nashville, TN
Part 1: June 23-28, 2020
Part 2: July 21-26, 2020



DEVANADI SCHOOL OF YOGA & WELLNESS
Minneapolis, MN
Part 1: Oct 8 - 13, 2019
Part 2: Dec 10 - 15, 2019



ATMA CENTER
Cleveland, OH
Part 1: Sept 24 - 29, 2019
Part 2: Oct 29 - Nov 3, 2019



KAIA YOGA
Westport, CT
Part 1: March 10-15, 2020
Part 2: April 6-11, 2020



YOGA HOME & YOGA LOFT
Andover, MA
Part 1: Jan 24-26, 2020
Part 2: Feb 21-23, 2020
Part 3: Mar 20-22, 2020
Part 4: Apr 17-19, 2020



AWCP

Education Online

Not everyone lives near one of our in-person training locations. Beginning in Spring 2019, students have the option to take our Level 1 Ayurveda Foundation Program online in either our Spring or Fall training. All online programs are taught in live webinar events with our faculty instructors. Learn from the comfort of home and save on travel expenses! Our Level 2 and Level 3 programs are exclusively online! Learn from anywhere. Our Level 2 and Level 3 programs are exclusively online. Learn from anywhere!

BE INSPIRED FROM HOME

Sevanti Institute has assembled the most recognized and inspiring teachers of Ayurveda possible – to enjoy from the comfort of home! Few schools of Ayurveda can offer this much depth of knowledge and clinical experience. Don't miss out!

LIVE WEBINARS

Live webinar events are now available on our video conferencing platform. Dates and registration details can be found on our Live Online Courses and Calendar pages.

RECORDED COURSES

Recorded courses are available on our Recorded Online Courses page.

RECORDED REPLAYS

Recordings Allow You to Never Fall Behind. In the event that you miss a live webinar or part of a webinar, you may watch the recorded replay at any time following the posting of the video. Access the recorded replays are included with course registration.

TESTING CENTER

Each course includes an exam found in the online Testing Center. A grade of 70% or higher is required for credit.

COMING IN 2019 & 2020

Fall 2019 Online Level 1	AWC 1-2	September 3-8, 2019
	AWC 3-4	September 17-22, 2019
Spring 2020 Online Level 1	AWC 1-2	March 24-29, 2020
	AWC 3-4	April 21-26, 2020
Fall 2020 Online Level 1	AWC 1-2	September 1-6, 2020
	AWC 3-4	September 22-27, 2020





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TUITION + DISCOUNTS

LEVEL 1 TUITION + DISCOUNT

\$2600 for 4 core courses (AWC 1-4, 120-hrs). Most locations offer a \$200 early bird discount. Online programs are \$2400.

LEVEL 1 UNLIMITED 20% REFERRAL DISCOUNTS

To lighten the cost of the AWCP Level 1 tuition, students receive a 20% discount for each student you recruit into the training. Discounts are reimbursed to you upon full payment of your referrals. A yoga teacher who joined a California training referred 4 of her students and received 80% off her tuition. That was in addition to the early bird discount as well. If you're a teacher, let your students know! Your referrals are important to us and we look forward to rewarding you for spreading the word. Let others know!

LEVEL 2 PAY-IN-ADVANCE OPTION

\$4200 for 12 core courses AWC 7-18. \$350 per monthly course. Save \$600. The 5 elective courses (AWC 19-23, 150- hrs) are an additional \$400 per course.

LEVEL 2 AUTOPAY OPTION

\$400 per monthly course. This is a 12-month recurring subscription payment plan. Pay-in-Advance or Autopay payment plans are mandatory to remain in the program.

LEVEL 3 TUITION

\$2500 for 50 supervision hours. \$400 for AWC 25 Case Report Final Exam. \$400 for AWC 26 Faculty Practicum Series. Electives extra.



SEVANTI
ADVENTURES

JOURNEY TO INDIA RETREAT

FEBRUARY 7-18, 2020

SevantiAdventures.com



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