

Diploma training
Ayurveda Wellness Practitioner
University Certificate of Tilak Maharashtra Vidyapeeth



Passing on the Knowledge of the Science of Life authentically and clearly

Programme 2008

Purpose & goal:

The diploma training includes study of Ayurveda according to classical texts, practical exercises and treatment concepts. The principal topic is the Basics of Ayurveda – knowledge of the interaction of body, mind, soul, behaviour and environment.

You will learn to understand the concepts of Ayurveda and to put them into practice.

The modules – prevention by right nutrition, oil and sweating treatments and yoga – enable you to learn how to live in harmony with the laws of nature and pass this knowledge on to others.

Instruction includes: basics of medical science; knowledge of how to equip a proper work place; how to interact competently with clients. Information about commercial requirements provides a good basis for your career, either in a practice of your own or in the wellness domain.

Participants:

- People working in the fields of wellness (health), beauty, fitness, spa, etc., who want further education or plan to become self-employed;
- Masseurs, physiotherapists, doctors, pharmacists, therapists, health-consultants, coaches and nutritionists. Experiences of the last years have shown that the Ayurveda Diploma Training is a valuable complement for numerous professions in the sphere of health-care.
- All persons who want to understand the holistic concept of the “science of the wisdom of life“ and to put it into practice in daily life.

Organisation of the Diploma training:

The whole Ayurveda training is built up systematically and consists of 6 modules (A, B, C, D, E, F) lasting 3 years.

The training is structured in 2 training sessions (I, II).

Training session I:

The first year (modules A & B): the Basics.

Training session II:

In the second and third year of the training (modules C, D, E & F) special knowledge is acquired for the university diploma **Yoga & Ayurveda Basic** – certified by the Tilak Maharashtra University (Vidyapeeth).

Between the modules, the practical treatments are applied and documented in peer groups.

Valid for Austria:

The whole Ayurveda training lasting 3 years meets the directives for commercial Ayurveda Wellness Practitioner (regulated business / massage / www.bmwa.gv.at):

- Ayurveda theory and nutritional science (320 training units)
- Treatments (150 Ayurveda treatments in addition to the regular training and in peer groups)
- Yoga in Daily Life (108 units, Asanas, breathing techniques, introduction in meditation)
- General information (25units)
- Scientific medical basics (130 units; anatomy, physiology, pathology, first aid, hygiene, contraindications according to scientific medicine, contraindications for herbs).

Having successfully graduated from this training our students will be accepted for further education in **Ayurved College "Vishwashantidham"**, A/P-Wagholi, Tal.-Haveli, Pune, India.



Examination:

Each module is finalised with a written and an oral examination.

The final examination (lasting 2 days) includes written (multiple choice), oral and practical tests in the themes Ayurveda and Yoga and the documentation of a case study.

General information:

The theoretical training is presented with Power Point.

The language of the training is English – simultaneous translation into German.

The written documents are available in English and German.

Place of training:

Yoga in Daily Life - Centre
1030 Vienna, Trubelgasse 19
Austria

The peer groups for implementing and exercising the treatments will be organised individually. Dates and venue will be announced separately.

Course:

The modules A, B, E, F last 9 days each.

The modules C and D last 11 days each.

We start at 7.00 a.m. with Yoga and end 8.40 p.m. (see schedule); each week half an afternoon is free.



Details and costs

2008

Module A:	7.6.2008 – 15. 6.2008 (9 days)	1400,- EUR
Module B:	8.11.2008 – 16.11.2008 (9 days)	1400,- EUR

Bonus for early booking:

<i>Module A - before 31.3.2008 - 5%</i>	<i>EUR 1330,-</i>
<i>Module B - before 30.9.2008 - 5%</i>	<i>EUR 1330,-</i>
<i>Modules A & B together - before 31.3.2008 -7%</i>	<i>EUR 2600,-</i>

2009

Module C:	May 2009 (11 days)	1600,- EUR
Module D:	November 2009 (11days)	1600,- EUR

Bonus for early booking: 5 weeks before the modules start!

2010

Module E:	May 2010 (9 days)	1400,- EUR
Module F:	November 2010 (9 days)	1400,- EUR

Bonus for early booking: 5 weeks before the modules start!

2011

Final examination for the Diploma-training 2008: (Payable November 2010 - module F)	200,- EUR
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The modules can be paid for separately.

Please contact your Country Representative! [www.AyurvedaAcademy.org/about us/team](http://www.AyurvedaAcademy.org/about%20us/team)

The amounts include all administration fees during the sessions and the examination fees after each module – exceptions are: the fee for the Diploma examination (held by the Tilak Maharashtra University), all teaching materials such as manuals, oil for the treatments, food and cooking supplies. Maximum service charge: EUR 100,- for training DVDs etc.

Lodging and meals have to be organised and paid for by the participant.

We have information about cheap and simple hotels and apartments in the neighbourhood of the training venue.

Meals for net cost can be consumed in the Yoga in Daily Life Centre.

Registration form, terms of payment, training agreements and details: www.AyurvedaAcademy.org