



# Nature Care College

## Ayurvedic Psychology and Yoga Therapy

<b>DESCRIPTION</b>	This course is designed to give you an understanding of Ayurvedic and Yogic approaches to working with the mind. You will be taught how to assess the mental temperament of clients coming for treatment and will then be guided through various practices used to promote emotional, mental and spiritual harmony in day-to-day living. Students will also be introduced to allied Vedic sciences such as Vedic Astrology, Vedanta and Tantra.	
<b>DURATION</b>	24 hours	
<b>LEARNING OUTCOMES</b>	<ol style="list-style-type: none"> <li>1. Demonstrate an understanding of how to assess the manas prakruti (mental temperament) of a client.</li> <li>2. Demonstrate a practical working knowledge of the four main paths of Yoga and how they can be used to promote mental and spiritual harmony in people of different temperaments.</li> <li>3. Describe the similarities and differences between Indian and western models of the concept of self.</li> <li>4. Demonstrate a familiarity with allied Vedic sciences such as Vedic Astrology, Vedanta and Tantra and their relevance in clinical practice.</li> <li>5. Demonstrate an understanding of how traditional Ayurvedic and Yogic approaches to healing the bodymind need to be modified and made appropriate for the cultural and geographic context in which they are being used.</li> </ol>	
<b>TEACHING METHOD</b>	Interactive lectures, guided meditation and yogic breathing practices, experiential learning exercises, self-assessment questionnaires, classroom discussion.	
<b>ASSESSMENT</b>	Classroom participation in discussions	40%
	Assignment	60%
	<b>Pass mark</b>	<b>60%</b>
	<b>Both components must be passed at 60% in order to pass this subject satisfactorily.</b>	
<b>ATTENDANCE</b>	80% minimum.	
<b>PRE-REQUISITES</b>	Introduction to Ayurvedic Medicine <i>NB: Students must have some prior knowledge of Ayurvedic Medicine or Psychology to enroll in this course.</i>	
<b>CO-REQUISITES</b>	Nil.	
<b>MATERIALS REQUIRED</b>	Notebook, pen.	

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## TEXTBOOKS

### Compulsory:

Ayurveda and the Mind, David Frawley, Lotus Press, Winsconsin,1996.

### Recommended Reading / References:

*Path to the Soul*, Ashok Bedi, Samuel Weiser, York Beach, ME, 2000.

*Journeys in Healing*, Shaun Matthews, Finch Publishing, Sydney, 2003.

*The Ayurvedic Cookbook*, Amadea Morningstar, Lotus Press, Winsconsin, 1990.

*Owning you own Shadow*, Robert A. Johnson, Harper Collins

*The Spirituality of the Body*, Alexander Lowen, Macmillan, New York,1990.

*Yoga Nidra*, Swami Satyananda Saraswati, Yoga Publications Trust, Bihar, 1998.

*I am that*, Sri Nisargadatta Maharaj, Chetana Press, Bombay, 1973.

*The Body in Recovery*, John P. Conger, Frog Ltd, Berkeley, 1994.

*Beyond Therapy*, Edited by Guy Claxton, Wisdom Publications, London, 1986.

*Ayurveda - Nature's Medicine*, D. Frawley & S. Ranade, Lotus Press, Winsconsin, 2001.

*The Teachings of Ramana Maharshi in his own words*, Edited by Arthur Osborne, Sri Ramanaramam, Tiruvannamalai,2002.

*Life, Health and Longevity*, Robert Svoboda, Penguin, London, 1992.

*Mindbody Medicine*, Daniel Goleman (editor), Choice, Sydney, 1995.

Asana, Pranayama, Mudra, Bandha, Swami Satyananda Saraswati, Bihar School of Yoga, Mongier, 1993.

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## COURSE OUTLINE

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### DAY 1

Introduction to the Triguna – Sattva, Rajas and Tamas  
Assesment of Manas Prakruti (mental constitution).  
Doshic imbalance at the mental and emotional level.  
The four quadrants of healing.  
The therapeutic encounter.  
Working with the shadow.

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### DAY 2

Introduction to Yoga therapy.  
Eastern and western concepts of the mind.  
Contemporary Ayurveda in a western setting.  
Intuition and the healing journey  
The Four Margas of Yoga  
Introduction to Yoga Nidra and the use of Sankalpa (healing resolve)

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### DAY 3

Raja and Bhakti Yoga and their therapeutic application- including Pranayama  
Jnana and Karma Yoga and their therapeutic application.  
Introduction to Vedic astrology and it's relevance in the clinical setting.  
Introduction to Tantra  
Clinical Case Scenarios and putting it all together in clinical practice.

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Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.

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