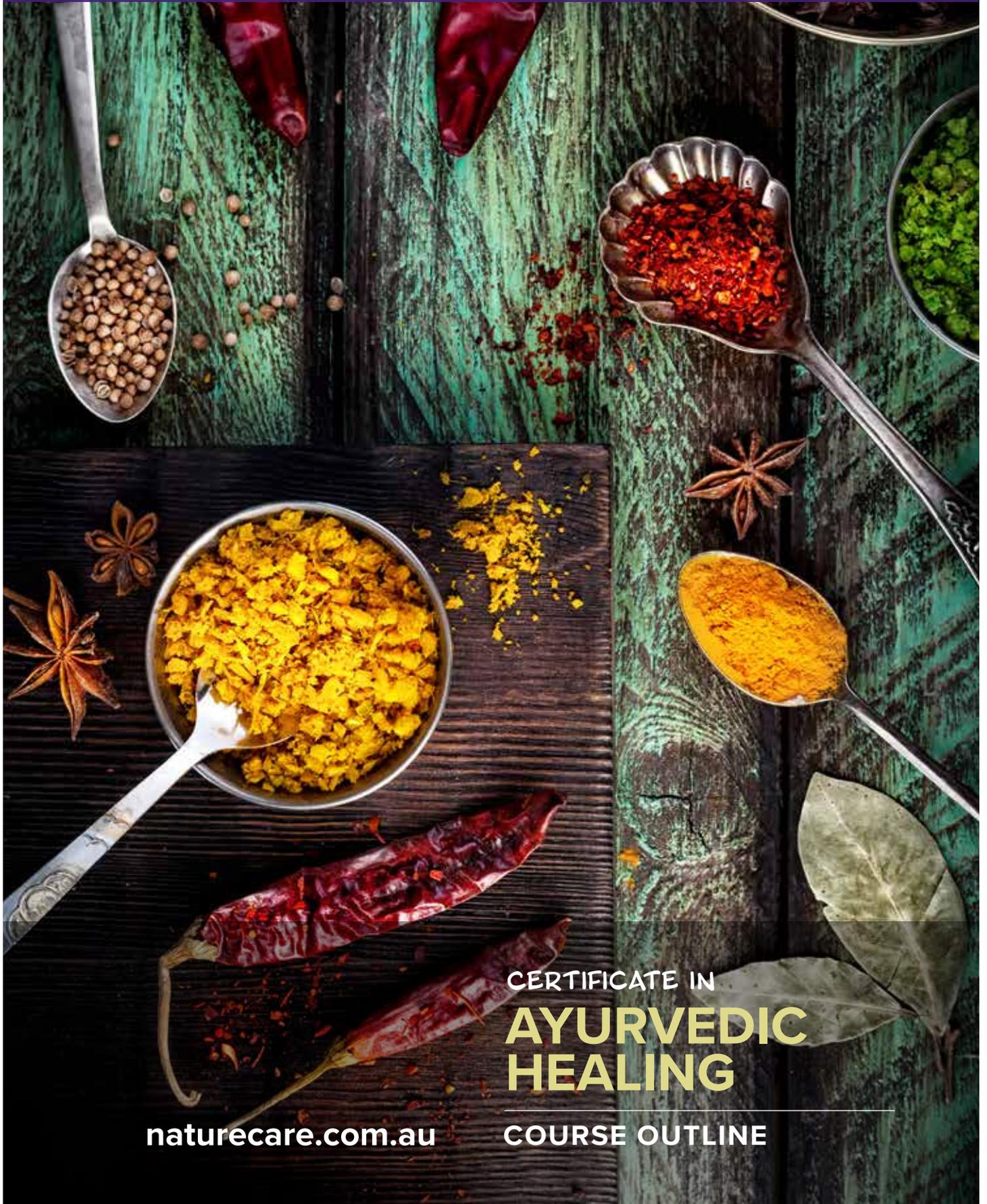




# Nature Care College

Learning for Life



CERTIFICATE IN  
**AYURVEDIC  
HEALING**

[naturecare.com.au](http://naturecare.com.au)

COURSE OUTLINE

# LEARN TO APPLY THE ANCIENT HEALING ART OF AYURVEDA IN YOUR DAY TO DAY LIVING!

## Certificate in Ayurvedic Healing

Ayurveda is a sister philosophy to yoga and is India's time-honoured system of healing, which originated over 5,000 years ago. The word "Ayurveda" is translated from Sanskrit to mean "the science of life" and continues to be one of the worlds most sophisticated and powerful mind-body health systems.

Ayurveda offers a body of wisdom designed to help people stay vibrant and healthy, and looks to support the mind, body and spirit as we journey through life. It emphasises re-establishing balance in the body through healthy diet, lifestyle, exercise and body cleansing.

This Certificate course explores in detail the philosophies that underpin Ayurveda, and how health imbalances and disease can develop in an individual. Participants will gain an understanding of Ayurvedic self-healing approaches using food, massage, kitchen herbs, holistic detoxing and rejuvenation practices for application in day-to-day living.

AN AYURVEDIC  
HEALING COURSE  
THAT DELIVERS  
STUDY/LIFE  
BALANCE

**Course Duration:** 1 year part-time with a well-balanced study load of six subjects

**Intake:** Annual intake commencing in February

**Study Options:** One class per term is delivered on-line requiring 80% live attendance. One 2 day intensive per term (on campus attendance encouraged, with option of online)

**Academic Year:** The academic year consists of 3 x 12 week terms



## What you will learn

In Ayurvedic tradition, there are three body types (Vata, Pitta and Kapha) that reflect and affect everything from the health of our skin to our relationships. Understanding your unique body type helps you to live a healthier, happier and more balanced life.

This personalised approach to the study of health and knowing your mind-body type allows students to make optimal choices about diet, exercise, and all other aspects of their lifestyle. This course will show you how simple changes to your diet and lifestyle can bring you back to a state of balance and vitality. You will learn how to assess mental temperament and will be guided through various practices used to promote emotional, mental and spiritual harmony in day-to-day living.

The teaching of the course involves both theoretical and experiential learning in order to help students delve into the essence of this ancient healing tradition.

## Who is this course for?

The Certificate in Ayurvedic Healing is geared towards those wanting to learn about a personalised approach to health so they can apply the knowledge and skills learnt to make optimal lifestyle choices to live their best lives.

It is also an inspiring & valuable course program for practitioners of other modalities to expand on their knowledge and client base.

### The Nature Care Benefit

- Training Practitioners since 1973 - learn from experienced, passionate educators
- Quality holistic education at an affordable price



## About Nature Care College

Since **1973** our roots and purpose has been in educating people to take a holistic approach to health and healing, with a focus on preventive natural healthcare.

Nature Care delivers a diverse range of natural healthcare courses from Workshops, Short Courses, Professional Training Programs and Continuing Professional Education courses. Whether you are after a rewarding career or studying for personal growth, Nature Care provides you with the opportunity to pursue your passions and find your purpose with like-minded people.



## Course Enrolment

You are welcome to enrol if you are 18 years and over.

## Course Study Plan

ONE YEAR STUDY PLAN		
Study Period 1	Study Period 2	Study Period 3
<ul style="list-style-type: none"><li>• Ayurvedic Medicine - An Introduction</li><li>• Ayurveda for Self-Healing</li></ul>	<ul style="list-style-type: none"><li>• Ayurvedic Psychology</li><li>• Advanced Ayurvedic Healing</li></ul>	<ul style="list-style-type: none"><li>• Ayurvedic Therapeutics</li><li>• Ayurvedic Nutrition and Holistic Wellbeing</li></ul>

**For subject dates and times, please view the Timetable.**

## Course Delivery

The Course Program is delivered over three terms, with a well-balanced study load of two subjects per term.

Each term has one weekly live online class requiring 80% attendance and one two day weekend intensive. For the intensive subject on-campus attendance is highly recommended and encouraged, however the option to complete online by watching the recording is available as an option.

The teaching of the course involves both theoretical and experiential learning, including a practical day of Ayurvedic cooking and preparation of Ayurvedic kitchen remedies, to help students delve into the essence of this ancient healing tradition, which is why on-campus learning is recommend for the three intensive subjects.

## Your Subjects

### Ayurvedic Medicine - An Introduction

This course introduces students to the philosophy and principles of this fascinating energetic system of healing that was first recognised by the rishi (seers) of ancient India. Students will learn about their unique Ayurvedic body-type and how to balance the body-mind using practical tools, such as food, kitchen herbs, daily routines and yogic practises.

### Ayurveda for Self-Healing

This course is particularly suited to students wishing to deepen their understanding of Ayurvedic principles and their practical use in a contemporary setting. Students will receive a more detailed grounding in Ayurvedic physiology and will develop skills in Ayurvedic self-diagnosis using the pulse and the tongue. They will also be introduced to Ayurvedic self-healing approaches using food, massage, kitchen herbs, holistic detoxing and rejuvenation practices.

### Ayurvedic Psychology

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 mental temperament 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 and Vedanta.



## **Advanced Ayurvedic Healing**

This course explores in greater detail the philosophies that underpin Ayurveda and how health imbalances and disease can develop in an individual. Students will also refine their understanding of how to use food as medicine through Ayurvedic food combining and the yogic diet. They will also be introduced to Ayurvedic aromatherapy, yogic eye exercise to improve vision and oil gargle, known as gandush. Time will be devoted to how Ayurveda understands the ageing process and how to age more gracefully using Ayurveda, Yoga and Meditation. The principles of Vaastu (Vedic Feng Shui) will also be explored.

## **Ayurvedic Therapeutics**

This course gives students an overview of various therapeutic approaches to balancing the body/mind that are utilised in the Ayurvedic tradition. It will include a study of the seven chakras and how they function in health and disease, as well as an introduction to various practices that support detoxification and psycho-spiritual healing. The course will also focus on how to cultivate a daily spiritual practice that can be a platform for health and wellbeing.

## **Ayurvedic Nutrition and Holistic Wellbeing**

This course focuses on the energetics of different types of food and how food can be used as medicine in creating balance in an individual. The first day will take place in a kitchen classroom and include instruction in Ayurvedic cooking, including medicinal foods such as khichari, and making Ayurvedic medicinal teas. The second day will focus on practical approaches to supporting the digestion (Agni), dosha pacifying diets and the principles of Ayurvedic nutrition and detoxing.



## Course Fees and Payment Options

Nature Care has a long history of making natural therapy education accessible & open to everyone. With this in mind, the college offers a range of payment options to help make this possible and to assist people with their budgets.

You enrol and pay course tuition fees on a term-by-term basis. There are 3 payment options available.

**Option 1:** Pay term by term as you study

**Option 2:** Pay each terms course tuition fees upfront one week prior to the start of term to receive a 5% discount on the terms fees

**Option 3:** Payment Plan. Spread the cost of your course fees throughout the 12-week term with a Payment Plan. You can choose either weekly or monthly payment plan instalment options

## Certificate in Ayurvedic Healing Course Fees

### Fees

Term 1 \$1,250                      Term 2 \$1,260                      Term 3 \$1,280

**Total Course Fees = \$3,790**

**Get a 5% Discount:** If you pay each terms fees upfront prior to the start of term you are eligible to receive a 5% discount. So take another 5% off each terms fees published above!

## Frequently Asked Questions

### Who are my Trainers?

Nature Care has been a leading provider of natural therapies since 1973! The college is renowned for its natural medicine curriculum, passionate and experienced Trainers and professional, caring environment. Students in the Certificate in Ayurvedic Healing receive great benefit in learning from Australia's leading expert in Ayurvedic Medicine who loves sharing his knowledge and experience with his students.

### YOUR TRAINER

#### Dr Shaun Matthews

The Certificate qualification in Ayurvedic Healing has been developed in-house by Dr Shaun Matthews a Medical Practitioner, Ayurveda and Yoga Therapist and author based in Sydney. He is author of the renowned book, 'The Art of Balanced Living - The right diet and lifestyle for your body type'.



## Recognition of Prior Learning

We recognise prior learning and encourage you to apply. If you have fully or partially completed formal study within the last 10 years, and/or have completed informal learning through work experience, you can apply for recognition by submitting the Recognition of Prior Learning Form available from our website

[www.naturecare.com.au](http://www.naturecare.com.au)

## Testimonials

Having just completed the Certificate in Ayurvedic Healing, it has made a huge difference in my life, both from the perspective self-healing and thinking about what I would like to do in the future. I gained so much knowledge from our lecturer and loved the community I found with all of my class mates. I look forward to further study at Nature Care College. - *Zona*

I am so grateful to the Nature Care College and the wonderful spiritual and kind teachers I've learnt from. I've taken a number of courses and they made a huge influence on my spiritual development and my search for a life goal. - *Tatiana*



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