

Ayurveda Lifestyle Coach Level 1 Syllabus

Modules 1 & 2 Ayurveda Basics

- ^ History and Her-Story of Ayurveda
- ^ Ayurveda defined
- ^ Health defined
- ^ Ayurveda basic philosophical background
- ^ The five elements
- ^ The three doshas
- ^ Agni - the power of digestion
- ^ The Seven Dhatus and their disorders
- ^ The Srotamsi and their flows/disturbances
- ^ The relation between the Dhatus and the Doshas
- ^ The Gunas and Ayurvedic Psychology
- ^ Working with others - the psychology of boundaries, deep listening and ethic

Module 3 Ayurveda and Women's Health

- ^ Identifying the hallmarks of women's health
- ^ Identifying the challenge to maintaining women's health
- ^ Identifying the impact of stress on women's health and tools to reduce stress
- ^ Identifying the function and impact of the endocrine system, its role in women's health, and how to stabilize its function
- ^ Applying Ayurvedic principles to generate optimal health including practices to regulate agni, remove ama, and build ojas

Module 4 The Western/Eastern Connection

- ^ Basic introduction to Allopathic medicine in relation to hormones and health
- ^ Stress and its crucial role in our health
- ^ Inflammation and the gut
- ^ The nervous system
- ^ Sleep science
- ^ Your structure and function
- ^ Trauma and its role in your health

Module 5 Nutrition and Winter/Spring Routines'

- ^ The key tastes in Ayurveda
- ^ Setting up an Ayurveda-inspired kitchen
- ^ The elements, doshas, seasons and wise food practices
- ^ Digestive imbalances and how to help them
- ^ The food and our emotions
- ^ The moon cycles for women and food practices
- ^ Daily & season routines
- ^ Spring cleaning! Inside and out

Module 6 Spirit, The Prana Body and Subtle Practices

- ^ Prana Vidya - Prana as guiding intelligence
- ^ The Five Prana Vayus

- ^ The Pancha Koshas: The 5 Sheaths of Your Being
- ^ Tantra, Laya, Kundalini and the Chakras
- ^ The Science and Mystery of Mantra
- ^ Mudra Sadhana
- ^ Helping others through subtle body practice

Module 7 Sex, Ojas, Motherhood and Healing

- ^ Deeper Ayurvedic understandings of ojas.
- ^ More ojas - bigger dharma
- ^ The nervous system: parasympathetic and sympathetic responses in our structure
- ^ Practical applications of structural/nervous system integration
- ^ How yoga asana can help and harm
- ^ Addressing the unknown: emotion processing, heartbreak, and learning to love and transmute our shadows and inner tyrants
- ^ Self-love and the concept of "WORTHY" in practice
- ^ Dealing with trauma and abuse
- ^ Ayurvedic approaches to sexuality
- ^ Sex and the doshas
- ^ Drafting your own healthy sexual ecology

Module 8 The SHE

- ^ An invitation to establish a true terrain for transformation
- ^ Ayurvedic concepts of prana, tejas, and ojas
- ^ What does it mean to be a wise woman?
- ^ Concept of Goddess
- ^ Assuring a life of true wellness for women
- ^ Milestone and facets of a woman's life are addressed, and strategies pertinent to each will be offered
- ^ Concepts of oogenesis, preconception, you as fetus, you in your infancy, you in childhood, you in menarche, you in pregnancy and you in menopause
- ^ Xenoestrogen and GMO poisoning
- ^ Early menarche
- ^ Hormonal imbalances
- ^ Thyroid complications
- ^ Menstrual challenges
- ^ Emotional heartaches
- ^ Early and difficult menopause
- ^ Strategies for Wellness: phytoestrogens, diet, lifestyle, asana, pranayama and much more
- ^ Herbs for supporting transformation

Module 9 Summer/Fall Nutrition and Routine and Herbal Basics

- ^ Use of common Ayurvedic herbs and their properties
- ^ Vajikaranas and Rasayanans (rejuvenative tonics and aphrodisiac medicine)
- ^ Practical preparation methods of Ayurvedic kvathas (decoctions) and phantas (infusions)
- ^ Hands-on experience in preparing herbal teas, powders and medicinal butters
- ^ Katie's favorite sexy herbal treats (i.e. The Kama Sutra kitchen)
- ^ Digestive herbs
- ^ Mind herbs and tonics
- ^ Dipanas (carriers for herbs)

- ^ General rule of working with herbs.
- ^ A plant meditation experience. Listening to plant spirits
- ^ Cleansing through the lens of Ayurveda for fall
- ^ Creating cleanse offerings
- ^ Vata-reducing Fall Ayurveda - why is the Vata season so important?

Module 10 Shakti Empowerments

- ^ Shakti sadhanas
- ^ Yogini defined
- ^ Clear boundaries generally
- ^ Creating boundary guidelines with clients and students
- ^ Sexual and sensual empowerments
- ^ Business and power - the role of Shiva and Shakti in our practice and business
- ^ Polarity - the masculine and feminine paradigm within - healing and emboldening the best of your inner female and your inner male
- ^ Energy, magic and manifestation
- ^ Feminine archetypes and G.O.D.D.E.S.S.
- ^ Entering the realm of the vibrational
- ^ Shakti pharmacology (additional high-Shakti herbs for women and men)
- ^ Feminine forms practices - Connecting with G.O.D.D.E.S.S.
- ^ The yoga of relationship
- ^ Healing the heart
- ^ The Goddess and the emotions
- ^ Ritual, lineage karma and becoming a magnetizing and purifying force of HER, The Dance of Shakti
- ^ Money as Prana and how a Goddess gets her business on
- ^ Yoga Nidra: How to relax more as your dreams come true

Module 11 The Goddess goes mystical, rites, rituals and stardust

- ^ Insights on importance of ceremony - what it is, how it works, and why it is critical for the mind and heart in today's electronic reality
- ^ How to create your own potent ceremony through intention, presence and authentic heart-based feeling
- ^ The magic of the spiritual witness
- ^ Blessings - how to give and receive from guides, spirit, and nature
- ^ Create ceremonies for transformation, healing, and manifesting in your community
- ^ Ayurvedic approaches to astrology - Jyotish
- ^ Tarpana - Ayurveda and traditional ancestral healing methods

Module 12 Sacred Service and Closing Ceremonies

This is not an exhaustive list, but a sample of content.