

catalog



Ayurvedic Yoga Chikitsa Series

yogaspirit®

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Mission, Purpose & Commitment

Our vision and mission: To provide high-quality, individualized Ayurvedic Yoga Therapy education and to guide students on the path of learning, connecting the ancient wisdom from Yoga and Ayurveda to the world today.

Our Purpose: Support the evolution and healing of human consciousness, health and wellness across the globe. As one person is transformed in health and well-being, their family, friends, community and the world benefits.

Our Commitment: To honor the uniqueness and the potential of each individual. **Yogaspirit®** recognizes that we are all connected in the family of humanity and with respect we honor all yogic lineages and spiritual traditions. Through our valued relationships with global partners and practitioners, we are committed to sharing the teachings, principles and philosophies of **Yogaspirit®** for the benefit of generations to come. Our global network of leaders, students, mentors and faculty will inspire the communities they are serving by providing benefit to others through Ayurvedic Yoga Therapy.



Welcome to Yogaspirit® Studios

Yogaspirit® Studios invites you to take part in a journey through the world of Yoga and Ayurveda. With our carefully developed trainings, our students experience authentic Yogic teachings that enhance personal growth and transformation.

The practice and implementation of Yoga in the United States and other western countries has become increasingly popular within the past twenty years. Since 1997, **Yogaspirit®** Studios has served the public as a leader in Yogic traditions and methodologies. As we proceed further into the twenty-first century, we have made it our priority to continue serving the public in Yoga and holistic health care for the future.

Our goal is to continue to promote the most authentic and comprehensive Yoga and Ayurveda teachings in the United States and abroad in conjunction with our partner, Kerala Ayurveda® Academy. With our developed programs and strategic partnerships, **Yogaspirit®** Studios brings experienced faculty committed to providing the highest quality of education and services to our students and alumni.



Yoga & Ayurveda:

Preventative Lifestyle Medicine

Upon completion, graduates will be able to:

- Understand basic Ayurvedic principles governing the earth and the human system
- Apply Ayurvedic principles to daily lifestyles for improved health and relationships
- Customize their Yoga practice based on their unique Ayurvedic constitutional needs
- Apply earned credits towards the Yogaspirit® Ayurvedic Yoga Therapy Certification (1000-Hour) Program as well as Kerala Ayurveda Academy's Ayurveda Wellness Counselor program

The World Health Organization (WHO) has defined health as “a state of complete physical, mental, and social well-being, and not merely the absence of disease.” At **Yogaspirit®**, our team believes that the key to physical, mental, and social well-being can be found within the world’s oldest and best documented healthcare systems known as Yoga and Ayurveda.

Yoga (or *union*), is a system and discipline which brings the mind, body, emotional/social peace and harmony in balance through the practice of Yogic postures, breathing, exercises and meditation. The practice of Yoga has been proven to reduce stress, increase longevity, and purify the body.

In many ways Yoga teaching and therapy has been used to restore and revitalize skeletal-muscular alignment.

Ayurveda, is a second system of healing and, in Sanskrit, *ayur* translates to “life” and *veda* translates to “knowledge.” Hence, Ayurveda has been defined as the “knowledge of living,” or the “science of longevity.” This practice strives to balance the body with the use of natural therapies and herbal medicines. Just as with Yoga, the adoption

of Ayurveda in one’s lifestyle helps to bring balance to biological systems, as well as the mind. Ayurveda can also be used as a preventative healthcare path, acting as an indicator to healthy living for one’s unique body type.

Together, Yoga and Ayurveda act as sister sciences, which are the overall key to striking equilibrium between one’s health and wellbeing. Now, more than ever, is the opportune time to increase one’s ability to lead a successful, well-balanced life. Additionally, being able to assist friends, family, and/or clients with these practices helps your community lead healthier lifestyles.

The intention of Yoga and Ayurveda is to treat the mind and body with preventative lifestyle medicine adapted to the specific needs of each individual. All treatments are considered complimentary to modern medicine; however, Yoga and Ayurveda work well at identifying and treating the root cause level of disease before there is even a symptom. In our modern world, Yoga and Ayurveda recognize the benefit of working alongside western medicine traditions for a complete wellness healthcare model.



Program Overview

Ayurvedic Yoga Chikitsa Series

Ayurveda (Science of Life) is the missing link to Yoga's (Union to Sacred Self) complete approach to healing based on recognizing the need for a customized and individualistic approach to practice and lifestyle choices.

Yoga Chikitsa is a traditional term used to describe Yoga methods used in a therapeutic model. It is founded on recognition that our physical condition, emotional states, attitudes, diet and behavioral, lifestyle and personal associations, along with the environment in which we live and work are all intimately linked to each other and to the state of health.

The **Ayurvedic Yoga Chikitsa Series** is designed for Yoga teachers, Yoga teachers-in-training or serious students of Yoga with at least three (3) months experience practicing Yoga. The series provides a consistent methodology from which the 1000 Hour **Yogaspirit® Ayurvedic Yoga Therapist Certification** is built upon.

The Yoga Chikitsa Series is transferable to other applicable programs: (AYC01: Principles of Ayurveda in Yoga Therapy: Ayurvedic Yoga Chikitsa Part 1 **and** AYC02: Principles of Ayurveda in Yoga Therapy: Ayurvedic Yoga Chikitsa Part 2). Upon successful completion of the **Ayurvedic Yoga Chikitsa Series**, graduates will be eligible to apply their credits towards the **Yogaspirit® Ayurvedic Yoga Therapy Certification** program and become eligible for a tuition discount.

Our program is divided into three components which can be taken as stand-alone, designed to complement students' varying degree of interest.

- **Intro to Ayurvedic Yoga Chikitsa Workshop (3 Hours)**
- **Ayurvedic Yoga Chikitsa Course (5 Day)**
- **Ayurvedic Yoga Chikitsa Clinical Practicum (10 and 20 Hour Options)**

Prerequisites

Candidates for the **Ayurvedic Yoga Chikitsa Series** should all have experience practicing Yoga. In addition:

Program Component	Prerequisites (at least 1 of the following)
Intro to Ayurvedic Yoga Chikitsa Workshop (3 hours)	Prior Yoga Practice helpful, not required
Ayurvedic Yoga Chikitsa Course (5 Day)	<i>Intro to Ayurvedic Yoga Chikitsa Workshop</i> , or Yoga teacher or teacher-in-training, serious student
Ayurvedic Yoga Chikitsa Clinical Practicum (10 or 20 Hours)	<i>Any of the following: Ayurvedic Yoga Chikitsa Course</i> (5 Day); enrolled in or graduate of Kerala Ayurveda Academy's <i>Ayurvedic Wellness Counselor</i> or <i>Practitioner</i> certification programs; enrolled in the Yogaspirit® Ayurvedic Yoga Therapy Certification program



Learning Objectives

With the **Ayurvedic Yoga Chikitsa Series**, students will develop an understanding of:

- Ayurvedic principles of the fundamental structure of the human system: mind-body and consciousness
- Effects of the Gunas on the mind-body
- Effects of the elements (Maha Panchabhutas) on the mind-body
- Principles of Prakrti and Vikrti: constitution and imbalances expressed in the mind-body
- How undigested food and emotions create Ama and accumulate in the mind-body
- Metabolism, internal fire(s), the 14 Agnis and their contribution to health
- Significance of the Pancha Vayus and indications of disturbance (Prana Prakopa)
- Principles of expansion (Brahmana) and contraction (Langhana) & their effects on mind-body
- The Nadi system and the principles of Surya & Chandra (sun & moon) on mind-body
- Tools (Upaya) that can be used in Yoga Therapy to treat symptoms (Heya), understand root cause (Hetu) and establish goals (Hana)
- Six stages of disease (Samprapti) - pathogenesis of disease
- Setting priorities to manage both acute and chronic symptoms through pacification (Shamana) and purification (Shodhana)

Series Curriculum

→ Intro to Ayurvedic Yoga Chikitsa Workshop

This workshop will overview how the marriage of Yoga with Ayurveda provides the complete solution and approach to today's wellness concerns. Students of this workshop will:

- Ayurvedic Principles that outline the fundamental structure of the human system: mind-body and consciousness
- Find the answers to some of the greatest questions about your health and life
- Discover how is it possible to have the energy, vibrancy and vitality you want
- Learn how to help your sleep difficulties and what it will take to feel refreshed and energized after a good night's sleep
- Explore your unique constitution and what lies at the root cause of your physical discomfort or emotional stress
- Prevent disease from manifesting by learning how to spot early warning signs that most people never notice

→ Ayurvedic Yoga Chikitsa Course (5 Day)

This 5 day component is the core foundation of the Ayurvedic Yoga Chikitsa Series, designed to provide students with the philosophy and principles of a combined Ayurvedic and Yogic healing approach.

Topics include:

Introduction to Ayurveda & Ayurvedic Physiology

- The 3 universal energies and 5 elements (Gunas, Doshas, Mahabhutas) and their importance in health and wellness



- The concepts of physiological disposition (Prakruti), imbalance (Vikruti) and Dynamic Balance
- A comprehensive introduction to basic Ayurvedic concepts: Doshas, Dhatus, Malas
- The 15 subtle energies of the body (Subdoshas)

Ayurvedic Psychology

- The psychological energies (subtle Doshas) and their functions
- The Chakras, their importance and how to keep them healthy
- The physical energy centers Marmas, Asthis, Sandhis and Srotas
- Meditation, Pranayama (breathing techniques)

Ayurvedic Nutrition & Prevention

- Karma of spices and Ayurvedic cooking, the 14 Agni(s) (13 physical & 1 mental) and Metabolic processes
- Daily Routines to maintain balance and maximize effectiveness
- Seasonal Routines to maintain health and prevent allergies
- How to stay healthy year-round
- How to modify your daily routine according to season

Yoga Therapy

- A detailed understanding of the eight limbs of yoga
- The postures you should or shouldn't be doing, depending on your Prakriti & Vikruti
- How Yoga and Ayurveda combined can create the foundation for a transformed experience of living
- Yoga and Ayurveda to deepen your spiritual practice
- Pranayama and meditation techniques

Ayurvedic Pathophysiology & Disease Management

- Simple ways to identify warning signs long before they become full-blown symptoms
- Identification of warning signs of diseases long before they become full-blown symptoms and arresting the disease progression
- Tools and techniques including simple herbal treatments and dietary & lifestyle changes to restore and maintain equilibrium
- Various methodologies involved in Paliative (Shamana) and Purification (Shodhana) treatments

→ Ayurvedic Yoga Chikitsa Clinical Practicum

This course provides Yoga Therapy interns additional practice in integrating Ayurvedic and Yoga Therapy practices. Students will:

- Use case study exercises
- Work 1-on-1 to practice determining a client's Dosha and Prakriti imbalances



- Work 1-on-1 to practice recommending lifestyle changes based on Ayurvedic principles and practices

Teaching Modalities

During the program, students will learn through:

- Presentation
- Discussion
- Case study – self evaluation
- Skills practicum
- Reading

Assignments and Examinations

In order to complete the program, students will be asked to complete:

- Prakrti Evaluations
- Reading
- Case Study Essay
- Written Exercises
- Exams and Quizzes

In-Class Program Breakdown

Program Component	Credits
Intro to Ayurvedic Yoga Chikitsa Workshop (3 Hours)	3 credit hours towards <i>Ayurvedic Yoga Chikitsa Series</i> (5 Day)
Ayurvedic Yoga Chikitsa Course (5 Day)	The Chikitsa meets the IAYT requirements for Ayurvedic core competencies. 40 hours prepare for Kerala Ayurveda Academy's <i>Ayurvedic Wellness Counselor Certification</i> (AWC) Students eligible for \$500 discount toward AWC program tuition (625hr)
Ayurvedic Yoga Chikitsa Clinical Practicum (10 or 20 Hours)	10 Hour Program: 10 credit hours towards <i>Ayurvedic Yoga Chikitsa Internship*</i> 20 Hour Program: 20 credit hours towards <i>Ayurvedic Yoga Chikitsa Internship*</i> *Part of the <i>Ayurvedic Yoga Therapy Certification</i>

Program Completion Requirements

Upon completion of the **Ayurvedic Yoga Chikitsa Series**, students will acquire the necessary skills and abilities to apply a combined Ayurvedic and Yogic lifestyle and progress to further studies in pursuit of a certification in Ayurveda or Yoga Therapy.* Students will reach this potential by successfully completing:



- Full attendance
- Tuition paid in full
- Homework assignments
- Written exercises
- Exams and Quizzes *if applicable*

**The Ayurvedic Yoga Chikitsa Series is a short term educational program, not a certification program.*

Faculty

Yogaspirit’s intent is to offer our students and alumni with detailed knowledge and understanding of the teachings of Yoga and Ayurveda. We strive to provide our network with qualified teachers and faculty members, working with those who are certified Yogic practitioners and Ayurvedic physicians/counselors who have a tenured career assisting clients in the local, national, and international community. Our skillfully selected team wishes to share their knowledge and help unleash their wisdom to future generations of **Yogaspirit**® leaders.

Tuition & Fees

Program Component	Price
Intro to Ayurvedic Yoga Chikitsa Workshop (3 Hours)	\$75
Ayurvedic Yoga Chikitsa Course (5 Day)	\$850
Ayurvedic Yoga Chikitsa Clinical Practicum (10 or 20 Hours)	10 Hours: \$239 20 Hours: \$449

Application Process

Prospective students may inquire with our National Enrollment Adviser, Suzanne Otterbein:
978.468.3099 | sotterbein@yogaspiritstudios.com



Policies & Procedures

Enrollment Policy

Courses will be conducted based on a minimum participation requirement.

Attendance Policy

Yogaspirit[®] encourages 100% attendance at all sessions. However, we recognize that situations can arise making it difficult to attend every session. For these instances, students are responsible for making up any course material missed during absence. Students will be asked to complete makeup time in the next session offered, attend live streaming options or arrange for private instruction from a qualified **Yogaspirit**[®] faculty member.

Class Cancellations

In case of inclement weather, students should call their place of training on the day of class. The front desk or answering service will be able to inform students of whether or not there will be a cancellation. Your instructor may also choose to send out an e-mail the day before or day of to cancel class. If class is cancelled due to inclement weather, **Yogaspirit**[®] will make arrangements for a makeup class.

Retaking Classes

Students wishing for further instruction beyond hours already completed may attend another **Yogaspirit**[®] Studios training program to repeat material at a reduced retake fee.

Private Session Rates

For missed class hours or private student mentoring, students have the option to schedule a private makeup session(s) with qualified **Yogaspirit**[®] faculty. Private Instruction Fees are subject to current rates. Private and/or semi-private sessions may be prorated accordingly.



Additionally For Program Completion

In order to acquire full credit hours, students must ensure the completion (and/or makeup) of the items listed below:

- Attendance (or makeup) for hours in the course outline
- Completion of associated course material for each session
- Completion of assignments, practicums, quizzes and exams *if applicable*

Professional Behavior & Ethical Conduct

During the Program, all students are required to adhere to moral and ethical behavior. Failure to adhere to such behavior could result in forfeiture of certification, as determined by the Program Director. Certification as a Yoga teacher requires a certain level of physical, emotional, and mental stability as determined by the evaluation of the Program Director.

Yogaspirit[®] does not discriminate on the basis of race, color, religion, nationality, gender, age, marital status, disability, or sexual preference.

Record Retention

All records concerning **Yogaspirit**[®] students will be kept for at least two years in paper copy. Paper records cannot be promised after this time, but online students records will be maintained beyond the two year limit.

