

## About the course:

The Ayurveda Wellness Consultant (ARWC) 550-hour certificate program (multiple learning Options) focuses on the first goal of Ayurveda: To preserve the health of the healthy. This year-long program provides students with a comprehensive Ayurvedic education. Upon completion, one will be able to practice as an Ayurvedic Wellness Consultant providing clients with practical information on wellness and the prevention of disease. This course is offered as a precursor to advanced training in our certified Ayurveda Practitioner program.

Ayurveda's highlighting on diet and lifestyle can have a profound positive impact on those who practice the wisdom. The ARWC program structures a comprehensive curriculum intended to give the individual in-depth knowledge and understanding in the philosophy, principles, theory and practical application in Ayurvedic preventive care.

**MODULE 1** Duration -16 Hrs March 19th , 20th , 27th  
FUNDAMENTALS OF AYURVEDA (ARWC 1)

**MODULE 2** Duration -16 Hrs April 16th , 17th , 24th  
AYURVEDIC HUMAN PHYSIOLOGY (ARWC2)

**MODULE 3** Duration -16 Hrs May-14th,15th,22nd  
AYURVEDIC PSYCHOLOGY (ARWC3)

**MODULE 4** Duration -16 Hrs June 4th, 5th , 11th  
SEASONAL AND DAILY ROUTINE & PREVENTIVE AYURVEDA (ARWC4)

**MODULE 5** Duration -16 Hrs June 12th ,18th , 19th  
AYURVEDIC HERBOLOGY AND PHARMACOLOGY (ARWC5)

**MODULE 6** Duration -16 Hrs Aug 6th , 7th , 14th  
COOKING (ARWC6)

**MODULE 7** Duration -16 Hrs Aug-20th , 21st , 28<sup>th</sup>  
AYURVEDIC YOGA AND YOGA THERAPY (ARWC7)

**MODULE 8** Duration -16 Hrs Sept 10th,11th,18th  
DISEASE PROCESS AND DIFFERENT METHODS OF  
AYURVEDIC ASSESMENT SUCH AS PULSE, TONGUE (ARWC8)

**MODULE 9** Duration -32 Hrs Oct -1st , 2nd, 9th  
15th , 16th , Nov 6th  
PANCHAKARMA (AYURVEDIC DETOXIFICATION PROGRAM)  
(ARWC9)

**MODULE 10** Duration -32 Hrs TBD  
MESSAGE AND THERAPEUTIC BODY WORK (ARWC 10)  
AYURVEDIC)

## PROGRAM FACULTY

Vaidya Meenakshi Gupta, an Ayurveda Vaidya, trainer and teacher of international repute, pursued her MD Ayurveda from The National Institute of Ayurveda, Jaipur, India.

She is a gold medalist and is a highly accomplished Ayurveda and Panchakarma Specialist. She has been practicing Ayurveda for the last 18 years. Her expertise includes Ayurveda, Panchakarma, Diet, lifestyle recommendations and Ayurveda wellness education. She integrates Ayurveda principles with Ayurvedic diet and life styles in her daily practice.

She has more than 15 years of extensive international experience in design & delivery of Ayurveda courses as Ayurveda Cosmetology, Ayurveda Herbology, Medical Yoga, Panchakarma therapy. She organizes regular workshops & courses on various topics of Ayurveda, training workshops for hands on training in Panchakarma courses. She has more than 5 years of extensive teaching experience at Ayurveda Colleges in India and has 18 years of clinical experience with Ayurvedic herbs & Panchakarma.

She has authored several papers and writes regular column in several e-magazines, health magazines along with various Radio talks & newspaper articles. She is member of the fellowship Board of the Association of Ayurvedic Professionals of North America (AAPNA) and NAMA. She is member of Research Method committee for council for Ayurveda Research. She is coeditor, director of Ayurveda Mantra Magazine and Senior Editor of Journal of Ayurveda and Holistic Medicine (JAHM).



## Ayurveda Wellness Consultant Course

By Meenakshi Gupta

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## Overview Headline

Pranaa is proud to collaborate with Meenakshi Gupta and announce Ayurveda Wellness Consultant Program for yoga teachers, naturopaths, holistic nurse practitioners, massage therapists, individuals who want to take charge of their own health by following nature's own rhythm, and other healthcare professionals. This training program is based on the guidelines of the World Health Organization (*WHO*) benchmarks for training in traditional/complementary and alternative medicine: benchmarks for training in Ayurveda & Government of India, Ministry of Health & Family Welfare, Department of Ayurveda, Yoga, Naturopathy, Unani, Siddha and Homeopathy (AYUSH), New Delhi, India. (Reference Number: D.O. NO. 480 /Adviser (Ayurveda) / 2009, May 1st, 2009.

## PAYMENT OPTIONS

Cost: \$4800

One-time payment of \$4400

4 Quarterly payments of \$1200

Monthly Auto Pay: Initial tuition:\$950 +  
7 month auto pay of \$550/month

Single Module (1-8) cost: \$495

Single Module (9,10) cost: \$1095

Self Knowledge option: 10% off module price

## MULTIPLE LEARNING OPTIONS

### Regular Student option

This is a comprehensive program option where Students are required to attend a yearlong course and receive complete credit and certification. Students are required to take quizzes, complete homework and take the mid-term as well as final exam to receive the certification and final grade.

### Stand-alone Student option

This option is specially designed for those students who are not able to attend all classes due to their schedule conflict but still want to have credit accumulated to complete the whole program over the period of time.

### For self-knowledge only option

This option is for those who are interested in learning Ayurveda for self-help to grow their own knowledge and not interested in practicing as an Ayurveda Consultant. This program is suitable for those who do not want to give quizzes, homework, exams etc. Please note that this option will not earn any credit for program attended.

## APPLICATION

*For more information on the Modules visit [www.pranaa.com/Education](http://www.pranaa.com/Education)*

*For an application: Call 972-608-0402 today or email [info@pranaa.com](mailto:info@pranaa.com)*

## AS A CERTIFIED AYURVEDA WELLNESS CONSULTANT YOU CAN:

- Determine and analyze Client's unique body type
- Perform Ayurvedic diet and lifestyle consultations
- Perform Ayurvedic therapies as per your state law
- Teach Pranayam and meditation
- Can offer workshops on various topics of Ayurveda



## THIS COURSE IS FOR

- Anyone interested in deepening their knowledge & experience
- If you are looking to incorporate Ayurveda in your yoga practice
- Self healing & healing others through Ayurveda
- Practice as an Ayurvedic Wellness Consultant
- Yoga instructors, naturopaths, holistic nurse practitioners, massage therapists