

QUARTER ONE

Lesson One

The History and Lineage of Ayurveda, Sankhya Philosophy

Lesson Two

The Five Elements, Three Doshas, and Twenty Gurvadignas

Lesson Three

The Subdoshas

Lesson Four

Agni

Lesson Five

Dhatus

Lesson Six

Srotamsi (koshas, chakras)

Lesson Seven

Ojas, Tejas and Prana

Lesson Eight

Digestion and Nutrition

Lesson Nine

Health in Ayurveda

Lesson Ten

Dinacharya

SIMPLE AYURVEDA HEALTH COUNSELOR PROGRAM

600-HOUR
TRAINING
CURRICULUM



embodied
education | simple

"I wish they could clone this professor."

- previous student

QUARTER TWO

Lesson Eleven

Causes of Disease

Lesson Twelve

The Disease Process

Lesson Thirteen

Levels, Signs, Symptoms of Disease

Lesson Fourteen

Categories of Clinical Examination

Lesson Fifteen

Methods of Clinical Examination

Lesson Sixteen

Client Assessment Form

Lesson Seventeen

Constitutional Assessment

Lesson Eighteen

Agni Assessment

Lesson Nineteen

Ama

Lesson Twenty

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QUARTER THREE

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Doshas

Lesson Twenty-Two

Disorders of Dhatus
and Malas

Lesson Twenty-Three

Disorders of Ojas, Tejas
and Prana

Lesson Twenty-Four

Disorders of Srotamsi

Lesson Twenty-Five

The Menstrual Cycle

Lesson Twenty-Six

Fertility, Pregnancy
and Childhood

Lesson Twenty-Seven

Yoga

Lesson Twenty-Eight

Marmani

Lesson Twenty-Nine

Panchakarma

Lesson Thirty

Review

QUARTER FOUR

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Dharma, Karma,
Vastu and Jyotish

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Code of Conduct

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Modern Research

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Lesson Thirty-Nine

Case Studies

Lesson Forty

Sattvic Business
Practices

*Start your new journey as
a Certified Ayurvedic
Health Counselor*

