



SEVANTI  
INSTITUTE



# AYURVEDA WELLNESS

COUNSELOR PROGRAM

2021-2022

CATALOGUE

*Personal and Professional Ayurveda Trainings*

[www.sevantiinstitute.com](http://www.sevantiinstitute.com)



**SEVANTI**  
INSTITUTE

**AYURVEDA WELLNESS**  
COUNSELOR PROGRAM

## Program Objective

The objective of the Ayurveda Wellness Counselor Program, or AWCP, is to provide the highest quality education available for those seeking to integrate a living Ayurveda into their lives, and for those seeking the required professional training to practice as an Ayurveda Wellness Counselor.

Level 1 Ayurveda Foundation Programs are ideal for self-healing, family care, and helping those closest to us in our communities. Level 2 Advanced Ayurveda Programs and Level 3 Clinical Supervision Programs are professional trainings, offering the required skills to become a professional Ayurveda Wellness Counselor. Graduates will qualify to conduct traditional Ayurvedic assessments and prescribe the customized lifestyle and nutritional remedies needed to balance and heal the unique lives of their clients.

## The Skills You Will Learn

Students will learn to conduct traditional Ayurvedic assessments, initial intakes, followup counseling methods, constitutional (prakriti) and conditional (vikriti) dosha assessment, Ayurvedic nutritional therapy, lifestyle counseling, pulse and tongue analysis, tissue analysis, Ayurvedic herbology, home cleansing, oil therapies, subtle therapies, client rapport, Ayurveda psychology, business management, and more.

## Learn from Home

If studying Ayurveda from the comfort of home is your cup of tea, join our online programs! Trainings are streamed live via video conferencing straight to your desktop, laptop, iPad, or smartphone.

Online education offers the freedom to stay home, eat home cooking for lunch, sip a cup of your favorite home-brewed tea, save money, and learn while perched on your favorite couch! If you miss a day or two, you can watch the recording from our video library to fill in the missing gaps.

With webinar technology, students are able to interactively participate, ask questions, and communicate with the instructor and other students much like a real classroom.

Online courses at Sevanti Institute are offered via scheduled live webinar events and recorded programming available 24/7. Each course has a required exam found on our online Testing Center.





*This is your journey*





**LEVEL 1:**  
Ayurveda Foundation  
Program





**SEVANTI**  
INSTITUTE

## LEVEL 1: *Ayurveda Foundation Program*

### OVERVIEW

The Level 1 Ayurveda Foundation Program is a 12-day immersion into the Ayurveda wellness arts and the practical workings of an Ayurveda Wellness Counselor. Level 1 programs are ideal for self-healing, family care, and helping those closest to us in our communities. The program is open to everyone and may be taken as a stepping stone to the Level 2 & 3 advanced programs or alone.

Students will begin the process of becoming an Ayurvedic counselor by focusing on healing themselves and the people closest to them. This is based on the premise that we must know how to heal ourselves before we can heal others.

Level 1 also serves as an overview, allowing students to see how Ayurveda works in both theory and practice before committing to the Level 2 Advanced Ayurveda Program.

### WHAT WILL YOU LEARN?

Students will learn the foundation skills of conducting traditional Ayurveda assessments, assessing both doshic constitution (prakriti) as well as conditional or symptomatic doshic imbalances (vikriti) of fellow students and volunteer guest clients.

Students will acquire invaluable insights and practical skills needed for an enlightened, effective, and very personalized self-care and for the care of those around us.

### 4 CORE MODULES

4 Core Modules: AWC 1-4 (120 hrs) are live programs taught by AWCP faculty; taught over 12 days in the classroom environment hosted by RYS Yoga Schools or online; required for admissions to Level 2 Advanced Ayurveda Program

### 2 ELECTIVE MODULES

Elective Modules: AWC 5 & 6 (80 hrs) are optional programs; AWC 5 is a supervised home case report required for early practice; AWC 6 is an annual tour to lush and jungled Kerala in south India to experience one of the deepest Ayurveda traditions in all of India



## LEVEL 1: CORE MODULES

The Level 1 Core Modules are essential principles of Ayurveda wellness that may be applied to oneself for self-care (swasthavritta), or to guide family or community. These topics are the keys to a balanced life and an initial stepping stone to a professional career as an Ayurveda Wellness Counselor.

### AWC 1: PRINCIPLES OF AYURVEDA WELLNESS | 30 HRS

AWC 1 lays the foundation for the entire AWCP program. We will introduce the primary working theories of Ayurveda, particularly the inner teachings of an Ayurvedic lifestyle as a grounding for those living a yogic life.

### AWC 2: AYURVEDA WELLNESS METHODS | 30 HRS

AWC 2 will focus on the healing modalities of the ayurveda wellness counselor: lifestyle counseling, Ayurvedic nutrition, Ayurvedic herbology, the use of culinary spices, topical oil therapies, rejuvenation techniques, subtle therapies, and customized ayurveda cleanses for each client.

### AWC 3: AYURVEDA WELLNESS ASSESSMENT | 30 HRS

AWC 3 empowers the student to see and understand the nature of imbalance and the imbalances of others. Students will learn the signs and symptoms of doshic imbalance, pulse and tongue analysis, tissue analysis, and Ayurvedic pathology (samprapti).

### AWC 4: AYURVEDA WELLNESS COUNSELING PRACTICUM | 30 HRS

AWC 4 will introduce the initial client intake process and the interpersonal skills used in conducting an Ayurveda wellness assessment. Under the guidance of AWCP practitioner faculty, the group will collectively conduct three traditional Ayurvedic counseling assessments on volunteer clients who will share their lives and health stories.

## LEVEL 1: ELECTIVE MODULES

Level 1 Elective Modules are optional experiential programming that offer profound opportunities to deepen the material covered in our Level 1 Core Modules.

### AWC 5: EARLY PRACTICE: CASE REPORT AND SUPERVISION | 30 HRS

AWC 5 is an optional elective module that is required to attain Early Practice Certification (EPC) as a Student Counselor. With supervision from a faculty member, the student will conduct an Ayurveda wellness counseling session on a friend or family member, write an 8-10 page case report of the session following AWC 5 guidelines, and receive 90 minutes of supervision feedback on the report.

### AWC 6: JOURNEY TO INDIA: AYURVEDA IN KERALA, SOUTH INDIA | 50 HRS

Join Sevanti Adventures on an exotic journey to lush and jungled Kerala, south India, for a week of Ayurveda studies and self-healing through treatments and classes with Ayurveda doctors at the world famous Somatheeram Ayurveda Village. Go to the source and receive treatments by practitioners of a 5000-year-old lineage of healers.





*This is your journey*



**LEVEL 2:**  
Advanced Ayurveda  
Program







**SEVANTI**  
INSTITUTE

## LEVEL 2: *Advanced Ayurveda Program*

### OVERVIEW

Level 2 Advanced Ayurveda Programs are more advanced professional trainings, offering the skills needed to become a clinical Ayurveda Wellness Counselor. Level 2 will take the foundation trainings deeper into the world of advanced Ayurveda pathology, diagnostics, clinical studies, and counseling methodologies. Advanced weekend modules are offered exclusively via live webinar events with options to watch recorded replays. Level 2 provides the advanced clinical skills, client assessment, and wellness management skills needed to practice effectively and professionally. Graduates will qualify to conduct traditional Ayurvedic assessments and prescribe the customized lifestyle and nutritional remedies needed to balance and heal the unique lives of their clients.

### WHAT WILL YOU LEARN?

Students will immerse deeper into Ayurveda specialty practices such as Ayurvedic pathology, women's health, psychology, clinical strategies, advanced nutrition, pulse diagnosis, etc. Students will learn these methods from over a dozen faculty members that specialize in these Ayurvedic areas. Students will develop more advanced skills of conducting professional-level Ayurveda consultations, with the clinical intelligence to distinguish complex conditions utilizing differential diagnostics, drawing from a more advanced knowledge base of Ayurvedic pathology and counseling methods.

### 17 COURSE MODULES

Level 2 Course Modules advance the information offered in Level 1 and include the essential principles, techniques, and practices clinically needed to practice as an effective Ayurveda Wellness Counselor. The AWCP Level 2 program derives its curriculum from current professional standards and scope of practice for the Ayurveda Health Counselor level of practice. Level 2 Course Modules are valuable enrichment opportunities that will expand upon the core required material to create a more mature and effective Ayurveda Wellness Counselor. They may also awaken new interests in the student to pursue deeper knowledge in other disciplines such as Vedic astrology, etc.



## LEVEL 2: COURSE MODULES

Level 2 Core Modules cover all topics likely to be encountered on professional certification exams; these courses are strongly recommended prior to applying for the exam. These are required for Level 2 completion and are prerequisite for admission to the Level 3 Clinical Supervision Program.

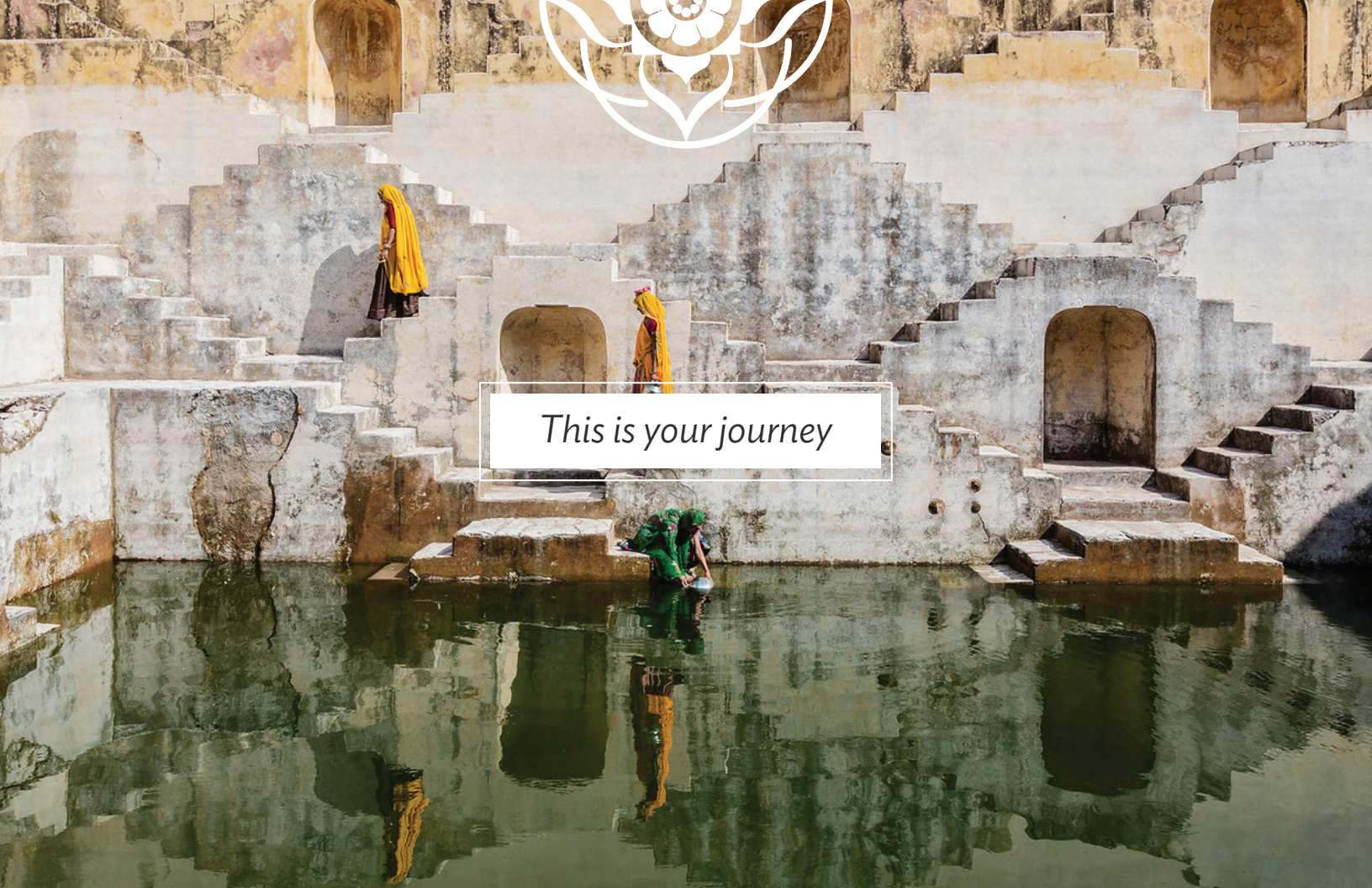
- AWC 7: Foundations of Ayurveda | 30 hrs
- AWC 8: Living Ayurveda | 30 hrs
- AWC 9: Ayurvedic Pathophysiology | 30 hrs
- AWC 10: Ayurvedic Herbology | 30 hrs
- AWC 11: Ayurvedic Nutrition | 30 hrs
- AWC 12: Ayurvedic Pulse Diagnosis | 30 hrs
- AWC 13: Ayurveda for Women's Health | 30 hrs
- AWC 14: Prenatal & Postpartum Ayurveda | 30 hrs
- AWC 15: Ayurvedic Psychology | 30 hrs
- AWC 16: Ayurveda Counselor Chikitsa | 30 hrs
- AWC 17: Practice Management | 30 hrs
- AWC 18: Ayurveda Subtle Therapies | 30 hrs
- AWC 19: Ayurvedic Aromatherapy | 30 hrs
- AWC 20: Jyotish in Ayurveda Counseling | 30 hrs
- AWC 21: Vastu Shastra in Ayurveda Counseling | 30 hrs
- AWC 22: Ayurvedic Cooking | 30 hrs
- AWC 23: Yoga and Ayurveda Philosophy Series | 30 hrs

---

**TOTAL: 510 hrs**

The Level 2 Course Modules exceed the minimums needed to practice professionally by exposing students to vital information that can empower the practitioner to new heights. These are required for Level 2 completion and are prerequisite for admission to the Level 3 Clinical Supervision Program. Level 2 Course Modules cover all topics likely to be encountered on professional certification exams; these courses are strongly recommended prior to applying for the exam.





*This is your journey*



**LEVEL 3:**  
Clinical Supervision  
Program





## OVERVIEW

The Level 3 Clinical Supervision Program is an essential step to refining the practice of Ayurveda wellness counseling. Learn from those with years of experience, as well as from your peers. Clinical supervision offers valuable insights into your work as a counselor, helping you to improve your capacity to assess Ayurveda doshic patterns and to offer the most effective treatment strategies to support your patients. Level 3 training includes 50 hours of clinical supervision as part of the educational requirements for AWC practice competency.

## LEVEL 3: CORE MODULES

Level 3 core modules are essential steps towards your practice as an Ayurveda Wellness Counselor. Clinical supervision is essential to refining your skills to heal others. Faculty feedback and student peer review is how we learn from our weaknesses and gather our strength and confidence as Ayurvedic healers.

### **AWC 24: GROUP AND INDIVIDUAL SUPERVISION | 50 HRS**

AWC 24 offers faculty supervision and clinical feedback via group supervision, counseling practicums, case reports, teleconferences with other students and faculty, as well as one-on-one individual supervision.

### **AWC 25: FACULTY PRACTICUM SERIES | 30 HRS**

AWC 25 Faculty Practicum Series is an invaluable opportunity to watch, experience and participate with our team of faculty practitioners as they conduct live assessments on volunteer clients.

### **AWC 26: FINAL EXAM: CASE REPORT AND SUPERVISION | 30 HRS**

AWC 26 is a mandatory 20-30 page case report final exam that will demonstrate all that you have learned throughout your education in the AWCP.

### **AWC 27: PROFESSIONAL CERTIFICATION EXAM PREP COURSE | 30 HRS**

AWC 27 Certification Exam Prep Course: is an essential opportunity to review and prepare for certification exams before taking them.





---

WORLD CLASS

# AYURVEDA INSTRUCTORS

Sevanti Institute courses are taught by more than a dozen of the most talented and renowned Ayurveda educators worldwide. See our Faculty page to read through their biographies. We know you will love the depth of wisdom and life insights our community of teachers share.



JAMES BAILEY



DR. SUHAS KSHIRSAGAR



DR. MANISHA KSHIRSAGAR



KP KHALSA



INDU ARORA



NICOLAI BACHMAN





DR. MARGO BACHMAN



JAMIE DURNER



LAURA PLUMB



SHERRI SILVERMAN



ARUN DEVA



SIMON CHOKOISKY



DAVID CROW





AWCP

## Education Online

Not everyone lives near one of our in-person training locations. Beginning in Spring 2019, students have the option to take our Level 1 Ayurveda Foundation Program online in either our Spring or Fall training. All online programs are taught in live webinar events with our faculty instructors. Learn from the comfort of home and save on travel expenses! Our Level 2 and Level 3 programs are exclusively online! Learn from anywhere. Our Level 2 and Level 3 programs are exclusively online. Learn from anywhere!

### BE INSPIRED FROM HOME

Sevanti Institute has assembled the most recognized and inspiring teachers of Ayurveda possible – to enjoy from the comfort of home! Few schools of Ayurveda can offer this much depth of knowledge and clinical experience. Don't miss out!

#### LIVE WEBINARS

Live webinar events are now available on our video conferencing platform. Dates and registration details can be found on our Live Online Courses and Calendar pages.

#### RECORDED COURSES

Recorded courses are available on our Recorded Online Courses page.

#### RECORDED REPLAYS

Recordings Allow You to Never Fall Behind. In the event that you miss a live webinar or part of a webinar, you may watch the recorded replay at any time following the posting of the video. Access the recorded replays are included with course registration.

#### TESTING CENTER

Each course includes an exam found in the online Testing Center. A grade of 70% or higher is required for credit.







**SEVANTI**  
INSTITUTE

## TUITION + DISCOUNTS

### LEVEL 1 TUITION + DISCOUNT

\$2400 for 4 core courses (AWC 1-4, 120-hrs). \$600 Covid discount available.

### LEVEL 1 UNLIMITED 20% REFERRAL DISCOUNTS

To lighten the cost of the AWCP Level 1 tuition, students receive a 20% discount for each student you recruit into the training. Your referrals are important to us and we look forward to rewarding you for spreading the word. Let others know!

### LEVEL 2 AUTOPAY OPTION

\$6800 total. \$400 per month for 17 months. This is a 17-month recurring subscription payment plan. Pay-in-Advance or Autopay payment plans are mandatory to remain in the program.

### LEVEL 2 PAY-IN-ADVANCE DISCOUNT

\$5950 total. \$350 per month for 17 months. Pay in advance and save \$850.

### LEVEL 3 TUITION

\$3700. \$370 per month for 10 months. No discounts available.

### BIPOC SCHOLARSHIPS (LEVELS 1-3)

The BIPOC Scholarship is available to BIPOC students enrolling in the study of Ayurveda at Sevanti Institute. Our aim is to improve the accessibility of Ayurvedic education to BIPOC and to create a more diverse community of practitioners in the US. The BIPOC Scholarship provides a 25-50% tuition reduction on all three program levels. Additionally, the 20% Referral Discount also applies to save even more.





SEVANTI  
INSTITUTE

310-393-4124 | [admin@sevantiinstitute.com](mailto:admin@sevantiinstitute.com) | [sevantiinstitute.com](http://sevantiinstitute.com)

