



Nature Care College

Learning for life



CERTIFICATE IN AYURVEDIC HEALING



NATURE CARE COLLEGE DELIVERS STUDY/LIFE BALANCE

DURATION

> Part-time 1 Year

COURSE START DATES

> Term1, March - Annual Intake

DELIVERY MODE

> On-campus

Due to the practical nature of this course, all subjects are held on-campus in order to provide the most optimal learning outcome.

WHAT IS AYURVEDA?

Ayurveda is India's time-honoured system of healing, which originated over 5,000 years ago. The word "Ayurveda" is translated from Sanskrit to mean "the science of life" and continues to be one of the world's most sophisticated and powerful mind-body health systems.

Ayurveda offers a body of wisdom designed to help people stay vibrant and healthy, and looks to support the mind, body, and spirit as we journey through life. It emphasises re-establishing balance in the body through healthy diet, lifestyle, exercise and body cleansing.

In Ayurvedic tradition, there are three body types (Vata, Pitta, and Kapha) that reflect and affect everything from the health of our skin to our relationships. Understanding & implementing eating habits and exercising for our unique body type helps up live healthier, happier and more balanced lives.

ABOUT THIS COURSE

The Certificate in Ayurvedic Healing is suitable for everyone and is designed to give participants a foundation in the principles and practices of Ayurveda. The teaching of the course involves both theoretical and experiential learning in order to help students delve into the essence of this ancient healing tradition.

This personalised approach to the study of health and knowing your mind-body type allows students to make optimal choices about diet, exercise, and all other aspects of their lifestyle. This course will show you how simple changes to your diet and lifestyle can bring you back to a state of balance and vitality.

The Certificate explores in detail the philosophies that underpin Ayurveda, and how health imbalances and disease can develop in an individual. Participants will gain an understanding of Ayurvedic self-healing approaches using food, massage, kitchen herbs, holistic detoxing and rejuvenation practices. You will also learn how to assess mental temperament and will be guided through various practices used to promote emotional, mental and spiritual harmony in day-to-day living.

Contact Nature Care College

Phone: 02-8423-8333

www.naturecare.com.au

COLLEGE & COURSE INFORMATION

ABOUT NATURE CARE COLLEGE

Increasingly people are seeking a more fulfilling, purposeful life and looking to the world of health, wellbeing and spiritual development to find it.

For 45 years our roots and purpose has been in educating people to take a holistic approach to health and healing, with a focus on preventive medicine.

Nature Care is a unique community of like-minded people, drawn together with the purpose of pursuing their passion.

REASONS TO STUDY AT NATURE CARE COLLEGE [THE NATURE CARE BENEFIT]

You will receive enormous benefit in your learning experience from a range of successful & skilled practitioners who pass on their knowledge while inspiring you with their passion.

- We are Australia's most experienced trainers of natural health and wellbeing, established in 1973
- Course study plans are designed to maximise learning outcomes and allow time for interactive class discussions
- Work ready courses - Nature Care College graduates are industry preferred employees
- Flexible study options providing study/life balance
- Flexible payment options
- Nature Care College's unique campus atmosphere and wide demographic of students
- Established In-house Wellness Centre
- Library
- List your business on the Nature Care website
- Nature Care College Job Finder Network – where industry employers go to advertise

COURSE ENTRY REQUIREMENTS

To qualify for admission, course entry through high school matriculation or mature age entry of 18 years and over.

Can I apply for Recognition of Prior Learning (RPL)?

At Nature Care College we recognise prior learning and encourage you to apply. If you have fully or partially completed formal study with the last 10 years, and/or have completed informal learning through work experience, you can apply for recognition of prior learning by submitting a request to our Course Advisors.

YOUR TRAINER

Dr Shaun Matthews



Dr. Shaun Matthews is a medical practitioner, Ayurveda and Yoga Therapist and author based in Sydney. Shaun established the Ayurvedic Medicine Department at Nature Care College in 1997 and co-ordinates the one-year training in Ayurvedic Healing. He is author of the renowned book, 'The Art of Balanced Living - The right diet and lifestyle for your body type',

PAYMENT OPTIONS

PAY TERM BY TERM AS YOU GO

Study plans can be structured to suit your individual lifestyle needs. At Nature Care College you enrol and pay on a term by term basis and fees are dependent of the number of subjects you enrol into each term.

SPREAD THE COST OF YOUR COURSE THROUGHOUT TERM

To reserve your place, pay the initial deposit for your first term's tuition fees together with the Professional Training Enrolment Fee. A payment plan provides you with the option of spreading the cost of your terms tuition fee through the whole term in weekly instalments. Twelve weeks of terms and one week recess means you can spread the cost of your terms fees over thirteen weeks.

PAY UPFRONT TO RECEIVE A DISCOUNT

Pay the whole term course tuition fee in full upfront upon enrolment to receive a 5% discount on your fees for the term.

Nature Care College courses are not nationally recognised qualifications under the Australian Qualification Framework, do not lead to the issuance of AQF certification documentation and Nature Care College is not registered by ASQA to deliver the course.



For details on subject dates and times, please view our current Timetable on our homepage.

| ONE YEAR STUDY PLAN | | |
|--|---|--|
| Study Period 1 | Study Period 2 | Study Period 3 |
| <ul style="list-style-type: none"> • Introduction To Ayurvedic Medicine | <ul style="list-style-type: none"> • Ayurvedic Psychology • Ayurveda For Self Healing | <ul style="list-style-type: none"> • Advanced Ayurvedic Healing |

YOUR SUBJECTS

Introduction To Ayurvedic Medicine

This unit of study introduces students to the philosophy and principles of this fascinating energetic system of healing, first recognised by the rishi (seers) of ancient India. Students will learn about their unique Ayurvedic bodytype and how to balance the bodymind using practical tools such as food, kitchen herbs, daily routines and yogic practises.

Ayurvedic Psychology

This course is designed to give you an understanding of Ayurvedic and Yogic approaches to working with the mind. You will be taught how to assess mental temperament and will then be guided through various practices used to promote emotional, mental and spiritual harmony in day-to-day living. Students will also be introduced to allied Vedic sciences such as Vedic Astrology, Vedanta and Tantra.

Ayurveda For Self Healing

This course is designed for students who have already completed Introduction to Ayurvedic Medicine at Nature Care. It is particularly suited to students wishing to deepen their understanding of Ayurvedic principles and their practical use in a contemporary setting. Students will receive a more detailed grounding in Ayurvedic physiology and will develop skills in Ayurvedic self-diagnosis using the pulse and the tongue. They will also be introduced to Ayurvedic self-healing approaches using food, massage, kitchen herbs, holistic detoxing and rejuvenation practices.

Advanced Ayurvedic Healing

This course builds on material covered and skills developed in Ayurveda for Self-Healing. It explores in greater detail the philosophies that underpin Ayurveda and how health imbalances and disease can develop in an individual. Students will also refine their understanding of how to use food as medicine through Ayurvedic food combining and the yogic diet. They will also be introduced to Ayurvedic aromatherapy, yogic eye exercise to improve vision and oil gargle, known as gandush. Time will be devoted to how Ayurveda understands the ageing process and how to age more gracefully using Ayurveda, Yoga and Meditation. The principles of Vaastu (Vedic Feng Shui) will also be explored.



CONTINUING EDUCATION - SHORT COURSES

In addition, you may find the following short courses of interest and value:

- Yoga & Meditation
- Asana Postures
- Meditation 1
- The Holistic Health Toolkit
- Introduction to Nutrition

Note: not all courses run every term. Nature Care reserves the right to alter course timetables per term.

COMPLEMENTARY COURSE OPPORTUNITIES

You may also like to consider undertaking the following courses as they complement the Professional Certificate In Massage Therapy:

- Certificate In Yoga & Ayurvedic Practices
- Professional Certificate in Meditation Facilitation
- Diploma of Holistic Wellness Coaching

AYURVEDIC & YOGA STUDY OPTIONS & CAREER PATHS

