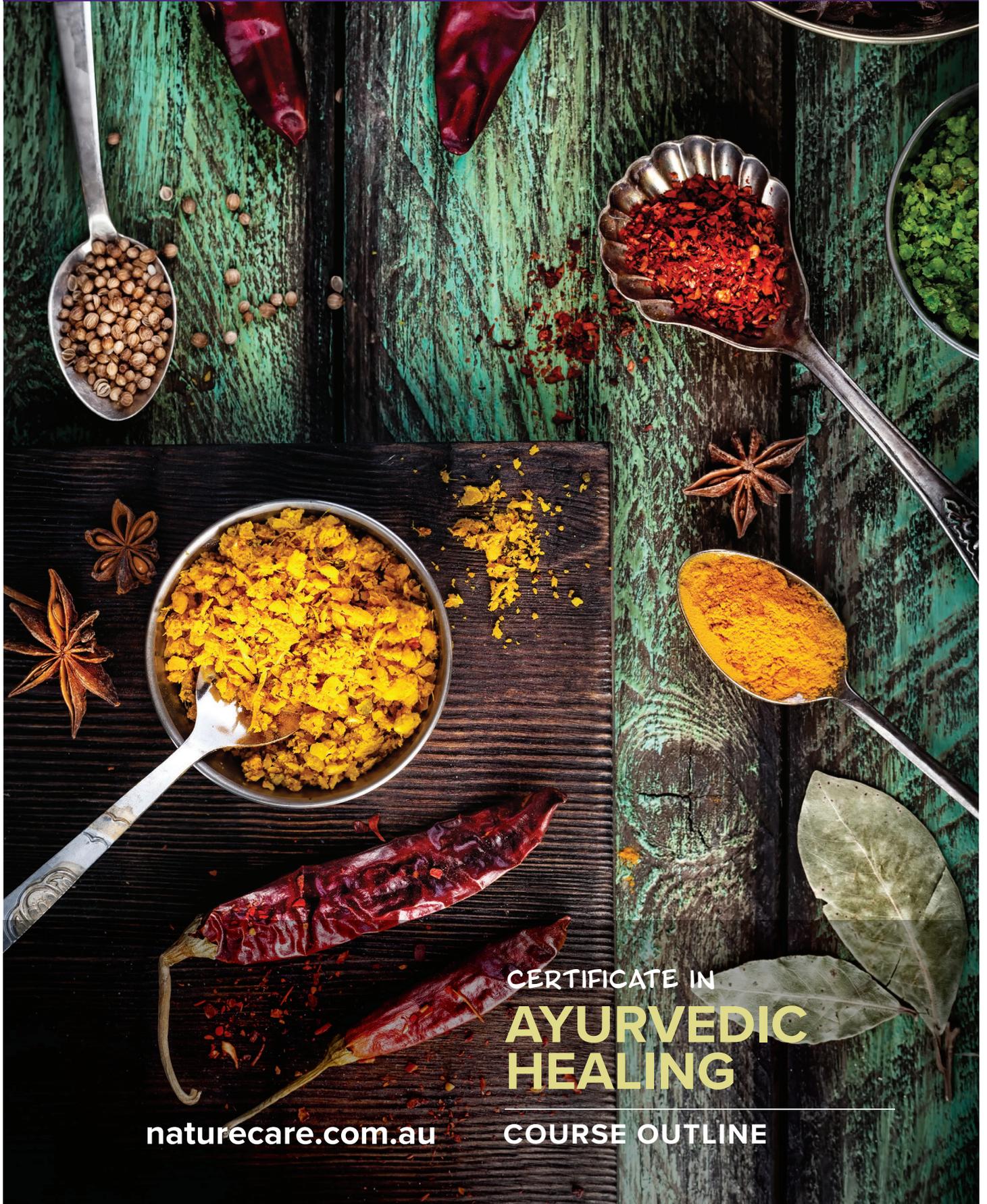




# Nature Care College

Learning for Life



CERTIFICATE IN  
**AYURVEDIC  
HEALING**

[naturecare.com.au](http://naturecare.com.au)

COURSE OUTLINE

# LEARN TO APPLY THE ANCIENT HEALING ART OF AYURVEDA IN YOUR DAY TO DAY LIVING!

## Certificate in Ayurvedic Healing

Ayurveda is a sister philosophy to yoga and 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 worlds 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.

This Certificate course 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 for application in day-to-day living.

### AN AYURVEDIC HEALING COURSE THAT DELIVERS STUDY/LIFE BALANCE

**Course Duration:** 1 year part-time with a well-balanced study load of four subjects

**Intake:** February (small group classes)

**Study Options:** On-campus. Due to the practical nature of this Certificate, all subjects are held on campus in order to provide the most optimal learning outcomes

**Academic Year:** The academic year consists of 3 x 12 week terms



## What you will learn

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 your unique body type helps you to live a healthier, happier and more balanced life.

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. You will 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.

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.

## Who is this course for?

The Certificate in Ayurvedic Healing is geared towards those wanting to learn about a personalised approach to health so they can apply the knowledge and skills learnt to make optimal lifestyle choices to live their best lives.

It is also an inspiring & valuable course program for practitioners of other modalities to expand on their knowledge and client base.

### The Nature Care Benefit

- Training Practitioners since 1973 - learn from experienced, passionate educators
- Quality holistic education at an affordable price



## About Nature Care College

For over **46 years** our roots and purpose has been in educating people to take a holistic approach to health and healing, with a focus on preventive natural healthcare.

Nature Care delivers a diverse range of natural healthcare courses from Workshops, Short Courses, Professional Training Programs and Continuing Professional Education courses. Whether you are after a rewarding career or studying for personal growth, Nature Care provides you with the opportunity to pursue your passions and find your purpose with like-minded people.



## Course Enrolment

You are welcome to enrol if you are 18 years and over. Nature Care's unique campus atmosphere and wide demographic of students makes learning with likeminded people an enriching and fulfilling experience.

## Course Study Plan

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

For subject dates and times, please view the [Timetable](#).

## Your Subjects

### Introduction To Ayurvedic Medicine

This course 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

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.



## Course Fees and Payment Options

Nature Care has a long history of making natural therapy education accessible & open to everyone. With this in mind, the college offers a range of payment options to help make this possible and to assist people with their budgets.

You enrol and pay course tuition fees on a term-by-term basis. There are 3 payment options available.

**Option 1:** Pay term by term as you study

**Option 2:** Pay each terms course tuition fees upfront one week prior to the start of term to receive a 5% discount on the terms fees

**Option 3:** Payment Plan. Spread the cost of your course fees throughout the 12-week term with a Payment Plan. You can choose either weekly or monthly payment plan instalment options

## Certificate in Ayurvedic Healing Course Fees

### Fees

Term 1 \$575                      Term 2 \$1,245                      Term 3 \$575

**Total Course Fees = \$2,395**

**Get a 5% Discount:** If you pay each terms fees upfront prior to the start of term you are eligible to receive a 5% discount. So take another 5% off each terms fees published above!

## Frequently Asked Questions

### Who are my Trainers?

Nature Care has been a leading provider of natural therapies for over 46 years! The college is renowned for its natural medicine curriculum, passionate and experienced Trainers and professional, caring environment. Students in the Certificate in Ayurvedic Healing receive great benefit in learning from Australia's leading expert in Ayurvedic Medicine who loves sharing his knowledge and experience with his students.

### YOUR TRAINER

#### Dr Shaun Matthews

The Certificate qualification in Ayurvedic Healing has been developed in-house by Dr Shaun Matthews a Medical Practitioner, Ayurveda and Yoga Therapist and author based in Sydney. He is author of the renowned book, 'The Art of Balanced Living - The right diet and lifestyle for your body type'.



## Recognition of Prior Learning

We recognise prior learning and encourage you to apply. If you have fully or partially completed formal study within the last 10 years, and/or have completed informal learning through work experience, you can apply for recognition by submitting the Recognition of Prior Learning Form available from our website

[www.naturecare.com.au](http://www.naturecare.com.au)

## Testimonials

Having just completed the Certificate in Ayurvedic Healing, it has made a huge difference in my life, both from the perspective self-healing and thinking about what I would like to do in the future. I gained so much knowledge from our lecturer and loved the community I found with all of my class mates. I look forward to further study at Nature Care College. - *Zona*



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