

CO-REQUISITES	Nil.
MATERIALS REQUIRED	Notebook, pen.
TEXTBOOKS	<p>Compulsory: Nil.</p> <p>Recommended Reading / References: D. Frawley & S. Ranade, <i>Nature's Medicine</i>, Lotus Light.</p>

WEEK-BY-WEEK OUTLINE

WEEKS 1 & 2	Bhuta Vidya - Ayurvedic psychology and approaches to counselling.
WEEK 3	Yoga Therapy.
WEEK 4	Ayurvedic Aromatherapy.
WEEK 5	Allied Vedic Sciences including Vaastu Shastra.
WEEK 6	Rasayana and Vajikarana.
WEEK 7	Panchakarma and its relevance to an Ayurvedic Lifestyle Practitioner.
WEEK 8	Svastavrta (Routines of Health).
WEEK 9	Formulating approaches to Client Management.
WEEK 10	Clinical case scenarios.
WEEK 11	Clinical case scenarios and Student presentations.
WEEK 12	Exam and general review of course.

Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.