

Opportunities

Potential career opportunities include: whole foods chef, wellness consultant, holistic cooking instructor, dietary and lifestyle counselor.

The Ayurveda Nutrition Counseling course also enhances and expands the capabilities of those who are pursuing a training or are already practicing in other holistic disciplines such as yoga teachers, alternative modality practitioners and healers, skin care, massage therapists, etc.

Eligibility

There is one requirement for admission: which is a complete dedication and focus on becoming a health coach and a desire to bring wellness and balance to people's lives.

Investment

\$100 non-refundable registration fee

Tuition: \$3,485

Total: \$3,585

Pay up-front before the deadline and receive a discount of \$300.

Financial Assistance is available in the form of a customized interest-free installment payment plan which our students find helpful in managing their financial obligation in a month-to-month arrangement.

Tuition	\$3,485
2 Monthly Installments (discount of \$100)	\$1,692.50
4 Monthly Installments	\$871.25
5 Monthly Installments	\$697
Total if paid upfront (discount of \$300)	\$3,185

*Prices reflected do not include registration fee

Class Schedule

Program Begins: March 7th, 2020
Program Ends: November 8th, 2020
One weekend per month

Saturday: 10:00 AM - 6:00 PM
Sunday: 10:00 AM - 5:30 PM

For a complete description of the program visit:
www.ayurvedasworld.com



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 **Ayurveda's World**

Holistic Ayurveda Health & Nutritional Coach Certification

*Or simply learn Ayurveda for your
benefit, your family & friends*



A Certification Course
conducted by
Dr. Naina Marballi
(Ayurveda Acharya) BSAM, DAC

Accredited by the American Association of
Drugless Practitioners (AADP)



According to Ayurveda, most ailments originate from an imbalance of the digestive system. While modern society has largely solved the problem of food availability, Ayurveda teaches us how to make choices that are best for our body and mind according to our *prakruti* or constitution. "Ayur" means life and "veda" means knowledge. This science of health originated over 6,000 years ago and teaches us about the wisdom regarding human health and well-being.

The right type of nutritive food is the best medicine for the human body and mind. Health and disease originate from food and dietary constituents. Since food is the life force of all living things, it nourishes the body, mind and spirit. "We are what we eat." as the old saying goes. By following this logic, we generate a disturbing influence on the body and mind when we have an imbalanced diet. So, we can take that old saying a step further and declare that, "We are what we digest and assimilate."

Program Details

Our study program is the first of its kind in the United States which integrates Western nutritional concepts with traditional Ayurvedic principles. Using this approach, we ensure a comprehensive study of the effects of nutrition on the human body, mind, and consciousness. The course is conducted by Dr. Naina Marballi, B.S.A.M. D.A.C. (Ayurveda Acharya), who has practiced Ayurveda and Ayurvedic Esthetics in India and the United States for over 40 years.

Also our program is a 150-hour course designed to bring you into a higher state of awareness of the connection between balanced nutrition and continued well-being. By nurturing these principles in each student, we contribute to a cycle of balance and harmony that eventually benefits everyone.

As you can see from the following course outline, Ayurvedic Nutrition encompasses not only nutrition, but also the ideal balance and combination of breathing exercises, rest and sleep, posture and meditation, and healing through the five senses.

- I. Overview
 - a. Introduction to Ayurveda
 - b. History & philosophy of Ayurveda
 - c. Human being is a miniature version of nature
 - d. Trigunas (omni substances)
 - e. Your unique physical and mental constitution (*prakruti / vikruti*)
- II. Ayurvedic Nutritional Guidelines
 - a. Ayurvedic nutrition based on the four pillars: diet, yoga postures, breathing patterns, sleep and meditation
 - b. Digestion & metabolism
 - c. The relationship between emotions & digestion
 - d. Diet is based on rasa (taste), virya (energy), vipaka (ultimate result), prabhava (principles of action)
 - e. The intelligence value of food
 - f. Determining food according to constitution of mind and body
 - g. The six tastes
 - h. The 20 attributes of nature
 - i. Incompatible food combinations
 - j. Cultivating healthy eating habits
 - k. Health & vegetarianism
 - l. Complements of Ayurveda to Western Medicine
 - m. Dinacharya and ritucharya according to constitution
- III. Enhancing The Health of The Body and Mind
 - a. Philosophy: The Yoga Sutras of Patanjali
 - b. Yoga postures, pranayama, sleep, meditation according to unique constitution of body and mind
 - c. Healing through the five senses-sound, color, touch, taste, and aroma
 - d. Healing through taste
 - e. Natural sound healing with mantras
 - f. Color and its effect on mind and body
 - g. Ayurvedic aromatherapy
 - h. Self-Abhyanga, vital marma points and mudras for healing through touch therapy
- IV. Ayurvedic Nutritional Guideline for Consultation
 - a. Examining the tongue, eyes, nails & skin.
 - b. Pulse reading
 - c. Using digestion power for weight loss
 - d. Diet plans for life style acquired ailments
 - e. Controlling food cravings
 - f. Diet for the skin and hair
 - g. Diet for menopause & elderly persons
 - h. Healing with herbs and spices from the kitchen and garden
 - i. Simple home remedies for preserving & maintaining good health
 - j. Complete guideline for counseling and preparing Ayurvedic nutritional plan according to the constitution of body and mind
- V. Food and Ayurvedic Skin & Hair Care Products
 - a. Moisturizing gel, exfoliating cleansing gel, mask, under eye gel
 - b. Body oils according to constitution
 - c. Hair oil for rejuvenation and scalp disorder
 - d. Ayurvedic food preparation according to constitution
- VI. Holistic Business Planning
 - a. Guidelines for setting up a holistic business and financial management

Upon successful completion of this course, each graduate will receive a full national accreditation by the American Association of Drugless Practitioners (AADP) as a Certified Holistic Health Counselor.



*Create a lucrative
and soul-satisfying career
with Ayurveda.*