



ACADEMY | AYURVEDA

Ayurveda Practitioner Training

Study guide





Welcome

We are happy to share this brand new study guide of our Ayurveda Practitioner Training with you. This 4 year program, which is currently in the process of being accredited on bachelor level, is for anyone who is interested in becoming an Ayurveda Practitioner or deepening their own Ayurvedic practice. Our Ayurveda faculty would love to welcome you to this training and guide you on your Ayurveda Path by offering you a profound study of this ancient knowledge and wisdom.

We look forward to welcoming you!

Namasté,
Coen, Katiza, Claudia & Martine

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Abbreviations

APT Ayurvedic Practitioner Training

AP Ayurvedic Practitioner

Teachers completed their training either in the Netherlands or at the Ayurvedic Institute of Dr. Vasant Lad in Albuquerque, US.

BAMS Bachelor of Ayurvedic Medicine and Surgery; Full time studies of five and half a year at the University in India.

CRKBO Centraal Register Kort Beroepsonderwijs

MBPK Medical Basic and Psychosocial Knowledge

SNRO Stichting Nederlands Register voor Opleidingen

CHAPTER 1

General



About

Welcome to our Ayurveda Practitioner Training!

We are honored to present this 4-year Ayurveda Practitioner Training, formerly run for over a decade under the Academy of Ayurvedic Studies of Coen van der Kroon, and now under Delight Academy. Delight Academy offers authentic and profound trainings in the sister sciences of Yoga and Ayurveda, to support and most importantly to help you navigate through your Yoga or Ayurveda path, in your life, practice and teaching. We hope these programs will benefit the world now as well as for generations to come.

In this 4 year program (which is currently in the process of accreditation) you will be educated to become an Ayurveda Practitioner; a profound profession focusing on applying Ayurveda in the field of nutrition, lifestyle, herbal remedies, massage and therapeutical treatments. This study is also suitable for students who wish to deepen their own Ayurvedic practice and learn more about this ancient wisdom.

This study program is set up by an experienced team of teachers providing a solid foundation to experience the art and science of Ayurveda in all its aspects. Upon completion of this program, you will become a qualified Ayurveda Practitioner, able to help others with a system of healing for supporting physical, mental and spiritual health.

Delight Academy is part of Delight Yoga, which offers authentic Yoga, Ayurveda, meditation and healing techniques through four studios in Amsterdam and one in The Hague. Delight Academy is located at the Delight Yoga studio on Prinseneiland in Amsterdam. Delight Yoga offers silent spaces, open and accessible to everyone, helping people to connect with themselves and find peace within. When you rediscover your true nature, you experience the sheer joy of being alive. This is the delight of being conscious. This is the Delight of Being.



Mission & Objectives

Mission

Delight Academy has set its mission to ensure high quality education in the field of Ayurveda, Yoga and related subjects, inspiring and guiding people on their Yoga or Ayurveda path and preparing practitioners to carry out their professional tasks. In designing its curriculum and study tracks, the required competences and work-environments of the practitioner have always been the starting point. With the experience of Coen van der Kroon and his team, Delight Academy caters for those who seek professional training in the field of Ayurveda. The system of Ayurveda is an ancient and all round practical health philosophy that contains a complete and unique therapeutic healing system. It seeks to treat and integrate body, mind and spirit using a comprehensive holistic approach by emphasizing nutrition, lifestyle, treatments and yoga therapy.

Objectives

Currently, there is a rapid growing interest in Ayurveda and its concepts, methods and techniques amongst the general public and more importantly within the western medical community. For this reason, training and educating professionals is an important task for the Academy. We develop learning programs in response to the current world situation: the need of an (alternative) approach towards healthcare and growing demand of Ayurveda Practitioners.

Ayurveda Practitioner

Delight Academy educates people to become an Ayurveda practitioner. Offering students all tools to practice Ayurveda within a modern Western context, while based on the universal principles of classical Ayurveda. Since the program has become more and more internationally oriented - for students and teachers - the classes are offered in English. An Ayurveda practitioner uses holistic techniques to help people maintain a healthy life, eliminate impurities, reduce stress and fight diseases through balancing body, mind and spirit.

Learning environment

The highly experienced faculty of teachers is committed to provide an open and inspiring education environment, allowing you to uncover your true interests and potential. Within the Delight Academy you can pursue the Yoga and/or Ayurveda path. In our Ayurveda programs, the main focus is on educating and guiding the students on their (individual) path while at the same time teaching them all aspects that are relevant to become a Practitioner, able to guide and heal others. We strongly believe that this goes hand in hand and unfolds organically.

Within the APT a variety of didactic techniques and course materials are offered, in order to prepare the student in the best possible way to becoming an Ayurveda Practitioner. In addition to the classes given by our faculty teachers, you will be challenged to learn and practice outside of the Academy environment. The program involves a great amount of self study as well, empowering students to work with full autonomy, being responsible for their own study-results. In this process you will be supported by your teachers, fellow-students, the Student Mentor and our online Learning Management System. All our teachers are Ayurveda Practitioners or Physicians who can provide any kind of support and guidance, both on a personal level as well as in your development as a Practitioner. Interaction with your fellow-students and the teachers will be an important aspect of the 4-year study, building a close relationship and creating a safe environment for all students to learn and grow.

Open days

Delight Academy organizes Academy Open Days on a regular basis at the Prinseneiland studio. These afternoons are meant for students to explore and learn more about the Ayurveda Practitioner Trainings and Yoga Teacher Trainings and to meet the faculty teachers. The next upcoming date can be found on our website.

Locations

Delight Academy is located at the Delight Yoga studio on Prinseneiland Amsterdam. This studio has been created to offer a silent space to reconnect with your true self and cultivate awareness. The upstairs classroom has a dome-shaped roof and large windows offering a beautiful view of the canals and the small harbour and bridge. Downstairs you will find the reception, a tea room and the dressing rooms. The vast majority of lessons will be given at this location. Some courses of the APT will be given at external locations, like the Babaji Ashram (www.babaji.nl), located in the beautiful countryside in Loenen which offers additional accommodation and board facilities. The Internship in Year IV of the study program will take place at Sreekrishna Ayurveda Chikitsa Kendram in Kerala, South-India (www.ayurvedapancakarma.com). This is a dedicated ayurvedic clinic owned by Ayurvedic physicians Vijith and Vidya (both BAMS), who are both also part of the Delight Academy faculty.



Delight Academy studio
Prinseneiland, Amsterdam



Sreekrishna Ayurveda Chikitsa Kendram
Kerala, South-India

Ayurveda

Healthcare

Ayurveda is a traditional medical science originating from India which has been used as a preventative health care system for over thousands of years. Besides focusing on maintaining balance in life, this system is also applied to restore health in case of diseases. The wisdom, knowledge and practical tools of Ayurveda are practiced more and more in the modern Western world. Ayurveda is a holistic system in which body, mind and soul are integrated to create a balanced life. The system places great emphasis on creating a natural and healthy balance in people's lives, assuming that every individual is unique.

Vision on Life

Ayurveda offers a holistic approach to life with many levels of dynamics and interactions. An important aspect of this science of life is formed by the fact that body and mind are in constant interaction and of mutual influence on each other. Even modern scientific and medical research moves increasingly towards an acceptance of this principle. The whole Ayurvedic approach is based on the five nature elements (Ether, Air, Fire, Water and Earth) and the three doshas (Vata, Pitta and Kapha). Balance within the three fundamental doshas leads to optimal health and well being; a disbalance will give complaints or diseases. By knowing how to influence this complex interaction of bio-energies, your health can be restored.

Purpose

The purpose of Ayurveda is to offer healthy people tools and a way of living to stay balanced. It also supports people that suffer from illness and diseases to become healthy and balanced again. To achieve this purpose, Ayurveda teaches a science of life in which we find comprehensive technical knowledge like nutrition, lifestyle, herbalism and treatments. On the other hand Ayurveda is a self-awareness and insight-oriented science that includes philosophical aspects and aims to create human happiness, health and creativity.

Body and Mind

As Ayurveda is a holistic system in which body, mind and soul are inseparable, Ayurveda has a lot to offer in body/mind remedies, which can be very useful in dealing with today's increasingly frequent psychosomatic disorders. Ayurvedic yoga, meditation and lifestyle advices can have great therapeutic benefits and these tools are increasingly recognised and accepted in the Western medical world. Within the core concept of Ayurveda, personal growth and spirituality play an important and obvious role when it comes to health and life in general.

An Art and a Science

An important part in the education of Ayurveda Practitioners is learning how to follow your intuition in interaction with clients. Ayurveda is not only a science but also an art. Where science is often constructed logically and linearly, art finds its roots in people's intuitive and creative powers. Delight Academy seeks to combine and balance these two essential aspects of Ayurveda and humans in general, reflected in the learning process of the students.

Professional perspective

The 4-year program (which is currently in the process of being accredited) is based on the professional profile of the Ayurvedic Practitioner as stated by the *Nederlandse Vereniging voor Ayurvedische Geneeskunde* (ANVAG). In this profile you will find a description of the professional interpretation and tasks that are expected from you as a practitioner.

When you have successfully completed your studies, you can open your own Ayurvedic practice for people in need of your support. You will be able to inform them about the Ayurvedic ways to improve their health by applying this healing method. In this process you will be able to find out which complaints you can treat yourself and which more complex complaints you will need to refer to an ayurvedic physician.

You will explore the complaints of your clients by tapping into your clients' needs and using ayurvedic assessment techniques like pulse reading and tongue diagnosis. Clear communication, trust, respect, an open attitude and confidentiality play an important role in building up a relationship with your clients.

After your diagnosis you will make a treatment plan in which you describe how you are going to improve the health of your client. In this process, you can choose from your pallet of ayurvedic tools for healing, including nutrition, lifestyle, herbal medicines and ayurvedic treatments like massages, pranayama and yoga asanas. Your clients are encouraged to have a proactive attitude to stimulate their own healing process and take responsibility for the treatment.

Clients always react differently to treatments and it is the practitioner's responsibility to judge and guide the clients' healing process. By repeated assessment and further research, practitioners will make sure the overall health of the client will improve. The treatment plan should be reviewed and adjusted accordingly.

For the practitioner it is of great use to be aware of developments in the Ayurvedic world and professional field. It is expected that you keep your professional qualifications up to date. You will be invited to reflect upon your way of handling certain matters, through self-assessment or intervision with fellow-colleagues and sharing your experiences.

After finishing this 4-year Ayurveda Practitioner Training you have reached the HBO-bachelor level degree. With this diploma in combination with a Medical Basic & Psychosocial Knowledge course conform PLATO standards, you can become a member of one of the professional associations. Your data will be included in their register and passed onto health insurance companies. After this, your clients will be able to declare your invoices at most (supplementary) health insurance companies (and once the accreditation process at the SNRO is finished).

Team

We are honored to introduce you to our team of expert Ayurveda teachers. All of the teachers are either Ayurveda physicians with a Bachelor degree in Ayurvedic medicine and surgery from a University in India (BAMS) or Ayurveda Practitioners, who completed their training either in the Netherlands or at the Ayurvedic Institute of dr. Vasant Lad in Albuquerque, United States. Most of the teachers have built up their own Ayurvedic practice and are trained to teach various Ayurvedic (medicine) subjects. You can find an overview of which subjects they will teach during Year I of the study program below. Besides this core team of teachers, we have guest teachers visiting on a regular basis.

The Ayurveda Practitioner Training will be guided by Coen van der Kroon supported by an experienced team of teachers*.

TEACHERS TEAM YEAR I



Coen van der Kroon (AP)
Basic Principles

Coen has dedicated his life to the understanding of the Indian health science of Ayurveda. It is his mission to clarify and spread the ancient Eastern science of life (Ayurveda) for disease prevention and day-to-day health and well-being. Coen has a natural ability to make these teachings understandable for the modern Western mind, yet preserving their tradition and integrity. Coen founded the Academy of Ayurvedic Studies more than a decade ago and is now Program Director Ayurveda at Delight Academy.

Victoria Hyndman (AP)
Ayurvedic Yoga

Martine van Beusekom (AP)
Ayurvedic Nutrition & Lifestyle

Martine van Beusekom (AP)
Therapeutic Skills & Intervention

Vijith Sasidhar (BAMS)
Dinacharya Retreat

Nicha Sukraj (AP)
Classical Texts

Other teachers:
Alaknanda Rao (BAMS), Gabriele Karpf (AP), Kirsten Drooger (AP), Amanda Dries (AP)

AP Ayurvedic Practitioner
BAMS Bachelor of Ayurvedic Medicine & Surgery
MD Medical Doctor

Next to the faculty teachers, Delight Academy team consists of:

Coen van der Kroon
Program Director Ayurveda

Martine van Beusekom
Academy Director Ayurveda
Student Coordinator

Katiza Satya
Program Director Yoga

Vijith Sasidhar
Medical Director Ayurveda

Claudia Pradella
Program Director Delight Yoga

Quinty van Eick
Academy Coordinator Ayurveda

Liese van Dam & Kirsten Drooger
Student Coordinators

Wessel Paternotte
Founder of Delight Yoga

Maarten van Huijstee
Co-Founder of Delight Yoga

Quinten de Haas
General Manager

Fleur Vesseur
Finance Manager

Dolores Höppener
Culture, Community & Communication

For a full overview of our faculty teachers, with personal biographies and their background, please check our website at:
www.delightyoga.nl/academy



CHAPTER 2

Program



APT Structure

Delight Academy offers a 4-year Ayurveda study to educate people in a comprehensive, professional and authentic way to become an Ayurveda practitioner or deepen their own Ayurvedic practice. The structure of the APT is built up with focus points and levels, starting off with Ayurveda for Self-Healing and building up towards guiding you to become an all round Ayurveda practitioner.

During the first year, you will learn how Ayurveda can benefit your own health by entering into the path of self-discovery, laying the foundations of this science of life. In the following years, you will deepen your understanding of Ayurveda as being a Preventive- and Healing Medicine. In the last year, you will grow into the profession of an all-round Ayurveda Practitioner, perfecting your practitioner skills and abilities. The 4-year program is a combination of theory, practical & therapeutical skills, online classes and intervision with your fellow-students.

Through this study, Delight Academy offers the highest level of qualification in Ayurveda recognized in the West, qualifying amongst the complementary healthcare services covered by supplementary health insurance plan in the Netherlands. Shorter qualifications are also possible within the structure of this program, upon successful completion of each year of study.

Please find an overview of the focus and levels per year below:

YEAR I - AYURVEDA FOR SELF-HEALING

Propedeuse diploma

YEAR II - AYURVEDA AS PREVENTATIVE MEDICINE

Associate degree: Ayurvedic Nutrition & Lifestyle Advisor

YEAR III - AYURVEDA TO HEAL DISEASES

YEAR IV - AYURVEDA IN FULL HEALING PRACTICE

Bachelor's level degree: Ayurveda Practitioner (after accreditation by SNRO).

The Ayurveda Practitioner training is a part-time 4-year study. Each year consists of approximately 210 contact hours and 420 self study hours. This involves approximately 2-3 days of teaching classes and 4-5 days of self study on a monthly basis.

Contact hours per year – Approximately 210

Self study hours per year – Approximately 420

Number of ECT credits per year – Approximately 50

Year I

In the first year you will learn about the basic Ayurveda principles and lay a solid foundation in the field of Ayurvedic Nutrition, Massage & Yoga. You will also gain insights on a number of familiar Ayurvedic healing herbs, to be used in the kitchen as well as in your own home pharmacy. Basic information on Western anatomy and physiology will be provided, bridging western medical concepts to the Ayurvedic basic principles.

Right from the first day we approach every student as a future Ayurveda Practitioner, starting to prepare you from the Introduction Weekend for your Ayurvedic practice by teaching classes in therapeutic skills, competences and abilities. The focus this year will be evenly divided between a theoretical part, as well as practical and treatment skills. It will inspire and guide you to think within the framework of Ayurvedic science.

You will receive many practical tips and guidelines to live your life in a more Ayurvedic way. Experiencing and living Ayurveda will help you to guide others. It will be a year of practicing Self Healing through Ayurveda which is essential before guiding others in this practice. The practical modules in this year aim to teach you the basic principles of “modern” Ayurvedic Nutrition, which can be applied in our lives, here and now. You will also be introduced to Ayurvedic Massage and Yoga, which you can apply directly into your daily life and will eventually become part of your pallet of healing techniques to use as an Ayurveda practitioner.

You will be introduced to the benefits of Ayurvedic daily routine during the Dinacharya Retreat, focusing on regular lifestyle guidelines and why they work. This retreat also teaches you additional important aspects of Abhyanga (*Ayurvedic Oil Massage*), prakriti assessment and classical texts.

Learning how to interpret and understand classical Ayurvedic texts will play an important role this year, giving you a profound understanding of the ancient Ayurvedic knowledge and wisdom. Through video classes and online learning, we will travel into the depths of Ayurvedic classical works, under the guidance of one of our experienced teachers. This includes singing Ayurvedic Sutras and understanding basic Sanskrit terminology used in Ayurveda.

During this year you will also receive 8 home study assignments on herbology and diseases, in order to start creating your own database.

Year I will consist of 28 full class days, taught both in weekends and in 3 or 4-day modules running from Thursday or Friday to Sunday. There will also be a 4-day residential retreat at the Babaji Ashram in Loenen and a series of online classes. You will be provided with a homework overview to keep track of your assignments. Accompanied by our Learning Management System, this will guarantee a smooth progress during the first year.

Dates

Regular Class Times: 10:00u to 18:00u

Introduction Weekend (1 weekend)

22-23 September 2018

(1 day introduction & 1 day Basic Principles of Ayurveda)

Basic principles of Ayurveda (4 weekends)

10-11 November 2018,

14-15 December 2018 (*please note: friday and saturday*),

9-10 February 2018,

9-10 March 2018

Ayurvedic Nutrition & Lifestyle - Part I (20 hrs)

19-21 October 2018

Ayurvedic Nutrition & Lifestyle - Part II (20 hrs)

23-25 November 2018

Ayurvedic Yoga - Part I (20 hrs)

18-20 January 2019

Ayurvedic Massage Basic - Part I (30 hrs)

11-14 April 2019

Dinacharya retreat - Daily routine (4 days)

Residential Retreat in external location

9-12 May 2019 (*arriving on the evening of 8 May*)

Online Video Classes (2 hrs) - from 19:30u to 21:30u

8 October 2018,

19 November 2018,

17 December 2018,

18 February 2019,

18 March 2019,

8 April 2019,

20 May 2019,

3 June 2019

Final Exams:

22 June 2019

Graduation Day:

6 July 2019

Re-examination day:

31 August 2019

Self study hours:

±420 hours

Subjects

1. Ayurvedic anatomy, physiology & evaluation skills

- Five elements and twenty attributes
- Tridosha theory
- Subdoshas
- Seven dhatus
- Agni/ama/malas
- Srotamsi
- Organs/glands and dosha
- Prakriti
- Prakriti Pariksha
- Mental prakriti

2. Western Anatomy, Physiology & Pathology

- Foundations western anatomy
- Foundations western physiology
- Parallels western and natural (eastern & western) medicine systems
- Parallels ayurvedic & western medicine

3. Specific Diseases & Remedies

- Common diseases - *In the first year: from the common cold to simple joint pains*
- Ayurvedic & western explanations
- Ayurvedic remedies

4. Ayurvedic Herbology

- 8 Common single herbs used in Ayurveda - *In this year, we start with ayurvedic herbs that are easy to use and popular, like kitchen spices such as ginger, turmeric, etcetera, but also herbs like Ashwagandha, Shatavari and Punarnava.*
- 8 Common formulations used in Ayurveda - *In this year, we will get you to study very basic but effective ayurvedic formulations, starting with popular mixtures such as Triphala, Trikatu and similar remedies.*
- Pharmacological explanation & scientific research sources

5. Ayurvedic Nutrition & Lifestyle

- Classical ayurvedic nutrition & lifestyle foundation
- Principles of ayurvedic daily routine (Dinacharya)
- Modern western food & nutrition issues
- Cooking classes - practical days
- How to do nutritional consultations

6. Ayurvedic Massage & Treatments

- Foundations of Ayurvedic Massage
- Oil massage instructions & practice
- Massage for the three Doshas
- How to manage Prana in massage

7. Ayurvedic Yoga

- Foundations Ayurvedic yoga
- Philosophy & science behind Ayurveda & yoga
- Yoga for the three Doshas
- Asana & pranayama instructions & practice

8. Ancient Texts

- Video classes Vedic living and Shadpardartha (home viewing)
- Video classes Ashtanga Hridayam chapter 1 - 7 (home viewing)
- Online real classes on above home viewings

9. Therapeutical Skills

- How to become an Ayurveda Practitioner
- Professional competences & skills

10. Sutra & Sanskrit

- Monthly: building set of important Ayurvedic Sutra's from classical texts
- Monthly: growing database of Ayurvedic Sanskrit terminology

11. Intervision

- Instruction on professional intervisation methods
- 1 intervisation meeting

Year II

In the second APT year you will continue to learn about the Basic Principles of Ayurveda with an emphasis on Ayurvedic Nutrition, Massage and Yoga, while slowly developing your tools to become an Ayurvedic health counselor in these fields. You will continue to expand and grow your database on how to use simple Ayurvedic herbs and remedies.

This year we will focus more on your qualities as an Ayurveda and healing counselor – being able to evaluate and advise your client. You will start to work with practical cases and *real clients*. You will continue to dive into basic classes in Western anatomy and physiology, bridging western medical concepts to the Ayurvedic basic principles.

You will receive many practical tips and guidelines to live your life in a more Ayurvedic way and how to apply these in assisting and supporting others (your potential clients).

In this year, we will continue to approach you as a future Ayurveda Practitioner, preparing you to become an all round advisor in the field of prevention. Prevention means: ‘Treating and curing diseases before they appear’ which is key in Ayurveda and carried out particularly with healthy lifestyle, daily regime, nutrition, exercise (including yoga) and psychology.

The practical modules in this year aim to deepen your understanding of the basic principles of Ayurvedic Nutrition and how to apply these in consultations – *with live clients in class*. You will be taught more about Ayurvedic Massage, including some advanced techniques. In the Ayurvedic Yoga module, we will continue to explore practice and psychology – learning how to guide clients and yoga students.

You will be introduced to a number of Home Remedies in a special module on this subject – consisting of theory and practice: preparing some of your own remedies on the spot. Learning how to interpret and understand classical Ayurvedic texts again plays an important role also, which will continue the video classes with online teachings from the Ashtanga Hridayam Samhita. This includes singing Ayurvedic Sutras (verses from classical books) and expanding understanding of basic Sanskrit terminology used in Ayurveda.

You will receive home study assignments on herbology and diseases – in order for you to expand your database on Ayurvedic herbs and increase your own home pharmacy, now also with a little more complex disorders.

Subjects

1. Ayurvedic Anatomy & Physiology, evaluation skills

- Continued Ayurvedic Basic principles
- Rhythm of Dosha's
- Kriyakala and Dosha Gata
- Vikriti Pariksha
- Langhana / Brimhana
- Lifestyle therapies

2. Western Anatomy, Physiology & Pathology

- Western anatomy, physiology & pathology
- Parallels western and natural (eastern & western) medicine systems
- Parallels ayurvedic & western medicine

3. Specific diseases & remedies

- A Year II set of 8 common diseases
- Ayurvedic & western explanations
- Ayurvedic remedies

4. Ayurvedic Herbology

- A Year II set of 8 common herbs
- Ayurvedic & western explanations
- Ayurvedic remedies

5. Ayurvedic Nutrition & Lifestyle

- Continued classical ayurvedic nutrition & lifestyle application
- Nutritional remedies for the seven Dhatus
- Live clients in class – practicing evaluation and advice
- How professionalize nutritional consultations

6. Ayurvedic Massage & Treatments

- Deepening of Ayurvedic Massage modalities
- Advanced massage instructions & practice
- An Introduction to Advanced treatments
- An Introduction to Treatment of Marma

7. Ayurvedic Yoga

- Deepening of Ayurvedic Yoga
- Psychology in Ayurveda & Yoga
- Yoga for the seven Dhatus
- Asana & Pranayama instructions & practice

8. Ancient Texts

- Video classes Ashtanga Hridayam chapter 8 - 15 (home viewing)
- Online classes on above home viewings

9. Therapeutic Skills

- How to become an Ayurveda Practitioner
- Professional competences & skills

10. Sutra & Sanskrit

- Monthly: a Year II set of important Ayurvedic Sutra's from classical texts
- Monthly: growing the database of Ayurvedic Sanskrit terminology

11. Internship

- Coaching regarding professional internship methods
- 1 internship meeting

Year III

In the third year of the APT, we will dive deeper into more advanced basic principles that are essential to evaluate and Ayurvedically diagnose your client as a Practitioner. You will start working on a clinical level with practical cases and real clients.

The emphasis will be on Ayurvedic remedies and treatments, as an important addition to Nutrition, Massage and Yoga - working towards becoming a clinically skilled Ayurveda Practitioner. You will continue to expand and grow your database on how to use simple as well as more complex Ayurvedic herbs and remedies.

The practical modules in this year are set up to bring theory into practice as an Ayurveda Practitioner. You will be taught in depth about Dravyaguna (Ayurvedic Pharmacology) including many herbs, formulas and medicines.

In Year III, learning how to interpret and understand classical Ayurvedic texts will continue to play an important role with a special series of video classes on the 7 Dhatu's. This again includes singing Ayurvedic Sutras (verses from the Classical books) together and expanding your understanding of Basic Sanskrit terminology used in Ayurveda.

You will receive some home study assignments on herbology and diseases - in order for you to expand your database on Ayurvedic herbs and increase your own home and practice pharmacy. We will continue to make a parallel between Western anatomy, physiology and pathology, bridging Western medical concepts to the Ayurvedic basic principles. This year you will also develop your business & marketing skills, guiding you to tap into your true potential as practitioner.

Subjects

1. Advanced Ayurvedic Clinical Principles

- Introduction to Clinical Principles
- Pancha Nidana
- Nidana & Hetu
- Purvarupa & Rupa
- Upashaya & Samprapti
- Western Anatomy, Physiology & pathology connections
- Pathology and treatment connections

2. Ayurvedic Advanced Clinical Skills

- Deepening patient evaluation and Ayurvedic diagnosis
- Deepening Trividha Pariksha & Asthavidha Pariksha
- Rogi & Roga Pariksha
- Dashavidha Pariksha
- Western anatomy, physiology & pathology connections
- Treatment planning
- Clinical lifestyle & nutrition treatment
- Clinical yoga therapy & psychology options
- Medicinal treatment

3. Specific diseases & remedies

- Thorough study of and work with case studies
- Seminars on specific diseases
- A Year III set of 8 common diseases
- Ayurvedic & western explanations
- Ayurvedic remedies

4. Ayurvedic Herbology

- The science of Ayurvedic Pharmacology (Dravyaguna)
- Application of Dravyaguna in clinical practice
- Classical formulas and their application
- A Year III set of 8 common single herbs used in Ayurveda
- A Year III set of 8 common formulations used in Ayurveda
- Pharmacological explanation & scientific research sources

5. Ayurvedic Massage Treatments

- Clinical application of massage & related modalities
- Continued advanced massage instructions & practice
- Marma treatments in clinical practice

6. Ancient Texts

- Video classes on the seven Dhatus (home viewing)
- Online real classes on above home viewings

7. Therapeutic Skills

- How to work as an Ayurveda Practitioner
- Professional competences & skills

8. Sutra & Sanskrit

- Monthly: a Year III set of important Ayurvedic Sutra's from classical texts
- Monthly: growing the database of Ayurvedic Sanskrit terminology

9. Business & Marketing Skills

- Business: How to start your own practice?
- Marketing strategies & methods

10. Internship

- Coaching regarding professional internship methods
- 3-Monthly internship Meetings

11. Hands on Practice & Internship

- Case studies
- Supportive clinical assistance assignment

Year IV

In the fourth APT year, we will work towards a completion of your training to become an Ayurveda Practitioner. The focus will be on putting theory into practice, both through practical modules and assignments, a final thesis and exams.

This year includes an internship in India, the Ayurvedic cradle of our world! You will travel with a group of students to India, where you stay at Sreekrishna Ayurveda Chikitsa Kendram in Kerala, South-India. This clinic is owned by Vijith and Vidya (BAMS) who are leading Ayurvedic doctors in India. The focus of the internship will be on Balancing Vata dosha plus a specific disease group, subject to changes each year. Vijith & Vidya will teach you the different and typical Indian Pancha Karma treatments. The perfect way to put your gained Ayurvedic knowledge and experience into practice!

In this final year, learning how to interpret and understand classical Ayurvedic texts will continue to play an important role, with a special series of video classes on clinical case studies. As before, this includes singing Ayurvedic Sutras (verses from classical books) and expanding your understanding of basic Sanskrit terminology used in Ayurveda.

You will again receive some home study assignments on herbology and diseases, to expand your database on Ayurvedic herbs and increase your own home and practice pharmacy. You will make a parallel between Western anatomy, physiology and pathology, while bridging western medical concepts to the Ayurvedic basic principles. In this year you will develop your business and marketing skills, guiding you to tap into your true potential as a practitioner.

In the last study year, you will be asked to write a clinical paper on a specific Ayurvedic subject. This process will be guided during the study weekends by the teachers.

Subjects

1. Advanced Ayurvedic General Pathology

- Various pathologies
- Western anatomy, physiology & pathology connections
- Pathology and treatment connections
- Thesis preparation & writing

2. Ayurvedic Advanced Clinical Skills & Treatment Planning

- Continued patient evaluation and Ayurvedic diagnosis
- Western anatomy, physiology & pathology connections
- Treatment planning
- Clinical lifestyle & nutrition treatment
- Clinical yoga therapy & psychology options
- Medicinal treatment
- Thesis preparation & writing

3. Specific diseases & remedies

- Thorough study of and work with case studies
- Seminars on specific diseases
- A Year IV set of 8 common diseases
- Ayurvedic & western explanations
- Ayurvedic remedies

4. Ayurvedic Herbology

- The science of Ayurvedic Pharmacology (Dravyaguna)
- Application of Dravyaguna in clinical practice
- Classical formulas and their application
- A Year IV set of 8 common single herbs used in Ayurveda
- A Year IV set of 8 common formulations used in Ayurveda
- Pharmacological explanation & scientific research sources

5. Ayurvedic Massage & Treatments

- Clinical application of massage & related modalities
- Continued advanced massage instructions & practice
- Marma treatments in clinical practice

6. Ancient Texts

- Video classes on the seven Dhatus (home viewing)
- Online real classes on above home viewings

7. Therapeutic Skills

- How to work as an Ayurveda Practitioner
- Professional competences & skills

8. Sutra & Sanskrit

- Monthly: a Year IV set of important Ayurvedic Sutra's from classical texts
- Monthly: growing the database of Ayurvedic Sanskrit terminology

9. Business & Marketing Skills

- Business: How to start your own practice?
- Marketing strategies & methods

10. Intervision

- Coaching regarding professional intervision methods
- 3-Monthly Intervision Meetings

11. Hands on Practice & Internship

- Case studies
- Supportive clinical assistance assignments Clinical internship India

Study Tracks

Each year combines a number of study tracks to offer students a consistent, continuous and smooth horizontal learning experience (which is spread over different modules per study year). This means that you will have a highly varied study program each year, to learn a broad variety of Ayurvedic topics. At the same time each of those topics have their own specialization and deepening aspect.

The APT consists of the following 15 clear study tracks:

<i>Study track</i>	YEAR I	YEAR II	YEAR III	YEAR IV	<i>Hrs*</i>
Ayurvedic anatomy & physiology, evaluation skills					80
Advanced ayurvedic general pathology					60
Western anatomy, physiology & anatomy					30
Ayurvedic advanced clinical skills & treatment planning					120
Specific diseases & remedies					80
Ayurvedic herbology					80
Ayurvedic nutrition & lifestyle					90
Ayurvedic massage & treatments					120
Ayurvedic yoga (therapy)					60
Ancient texts (AH, CA, SU)					100
Therapeutic skills					30
Sutra & sanskrit					30
Business & marketing skills					10
Intervision					10
Hands on practice & internship					40

*This overview provides an indication of how the contact hours per year are divided, reflecting the total approximate amount of hours per study track.

WHY THIS PROGRAM?

- **Varied and broadly based horizontal 4-year curriculum** – each year of the study you will learn many different subjects and skills
- **Study tracks** – during the 4 years you will deepen your Ayurvedic knowledge and skills in each of the specialized areas
- **Supported learning & guidance** – a clear system of homework, assignments and (final) testing to weave everything together supported by our Online Learning Management System
- **Guaranteed output** – our aim is to educate students in 4-years, leaving them with a clear and useful pallet of Ayurvedic tools and skills to set up their own practice
- **Becoming an Ayurveda Practitioner** – this is an ongoing process and requires active engagement both before and after graduation
- **Continuing education** – We offer continuous support and guidance, internship and education facilities in a post academic program



Internship to India

In Year IV of the APT students will join a traineeship in India, the Ayurvedic cradle of our world. You will travel with your fellow-students to India, where you stay at Sreekrishna Ayurveda Chikitsa Kendram in Kerala, South-India. (www.ayurvedapancakarma.com). This clinic is owned by Vijith and Vidya, who are the leading Ayurvedic physicians. During this 4-week internship you will receive teachings by assisting the physicians in consultations and learning practical skills. Each traineeship is built around one specific theme. The focus of the internship will be on balancing Vata dosha plus a specific disease group, subject to changes each year.

In preparations of the traineeship you receive study material from the Academy and are requested to make a report afterwards.

The Academy arranges your accommodation in India during your internship where you will stay with your fellow-students. We will ask you to arrange your own flights (preferably to Cochin in Kerala, India) visa and travel insurance.



Continuing Education

Ayurveda practitioners are required to keep up to date with their Ayurvedic knowledge and with any developments and trends in their professional field. For this reason, Delight Academy will continue to provide Ayurvedic education at the post-graduate level, by offering various seminars, courses and workshops on relevant and actual topics.

Extracurricular Medical Basic Knowledge

If you would like to open your own Ayurvedic Practice after completion of the APT, we highly recommend you to follow a Medical Basic & Psychosocial Knowledge course conform PLATO standards. This will give you the medical foundation you need to start your Ayurvedic practice as a practitioner. This also gives you the possibility to register at the professional associations and insurance companies, enabling your clients to claim reimbursement of their invoice under supplementary health care insurances. You will be able to offer your consultations VAT exempt (*BTW-vrijgesteld*) as a registered therapist.

Delight Academy does not yet offer this Medical Basic & Psychosocial Knowledge. On the website of CPION (www.cpion.nl), you can find a complete list of training institutes offering these trainings.





CHAPTER 3

Study Guidance & Exams

Mentoring

On your Ayurveda Path you will be guided by your Student Mentor and teachers to make your study process as smooth and enjoyable as possible. The system of tutoring is twofold:

- Through our online Learning Management System, students and teachers can monitor their submitted assignments, class attendance and marks/grades per module. This also provides an easy way to interact with your fellow-students and teachers outside of the classroom and gives you access to learning materials.
- Twice a year, you will be invited to speak to the Student Mentor during which your study progress, personal development and study plan will be discussed. In this mentoring process you will be guided on your Ayurveda path both on a personal and professional level. You will be invited to share your overall experience and development (goals) during the study.

Examination

Our examination system is aligned with the professional tasks and competences students should build up to become an Ayurveda practitioner. Examination will therefore be competence-based and is integrated in the whole training system, by providing feedback to the student on his or her development and functional level. The examination will be done in different stages and through different ways; written tests, practical- and written assignments and reports. At the end of the year students are requested to hand in all the assignments and pass all written tests with a 'sufficient' grade (5.5 out of 10 or higher). For handing in the assignments, there will be a deadline which will be communicated to the students well in advance.

Through these summative tests the Academy will assess whether the student has mastered the learning objectives of the module, weekend or integrated curriculum. At the end of each learning path the student will receive an assessment of the work in terms of a grade. Examination will be based on knowledge, insights, application, analysis, synthesis and evaluation. In our vision examination combined with guidance is an important part of education. We believe that examination tools are a great contribution to the educational process of the students.

At the end of each of the five weekends of Ayurvedic anatomy and physiology, students will receive a formative test on the topics of the previous weekend. This test does not have any impact on the results, but is only meant for the student to evaluate his/her study progress and for the teacher to provide guidance where needed. These tests will be evaluated and discussed with the students.

The final integrated exam will take place at the end of each study year. In this examination several study tracks will be addressed in an integrated way by using different testing methods. In order to be able to pass on to the next year, this final exam must be completed with a 'sufficient' grade.

Students are asked to show a certain amount of effort and participation during the study program. We treat each student as 'practitioner to be' right from the start. This evidently implies that certain behaviour is expected from the students meeting their professional profile, such as honouring their agreements and commitments, arriving on time for classes, participating in an active way, collaborating with their fellow-students and being respectful towards each other.

Students are evaluated based on their personal and professional development at the end of each year of study assessing whether they are ready or not to continue to the next year.

During the final phase of the study you will:

- Write a thesis on a specific Ayurvedic topic
- Complete your traineeship in India and writing a report based on your experience
- Complete 5 client files including history- and treatment plan
- Receive written examinations

Certification

When you have completed your APT successfully, you will receive a diploma. This means that you passed all your exams, handed in all your assignments sufficiently, completed your internship in India and related written report and finished your thesis.

Re-examination

In case you did not pass one of your exams or if you have not been able to hand in assignments in time, there is always a possibility to take a re-examination. For handing in delayed assignments, a second deadline will be set during the summer. For the exams there will be an option at the end of each year or during the summer period to retake the exam. The schedule for re-examination possibilities will be published on our website.

Attendance

During the 4-year study it is mandatory to be present during 90% of the classes. In case you will not be able to join part of the program, please send an email to the main teacher involved at least one hour before the class starts. Afterwards, you can make an appointment with the teacher to discuss how to catch up on missed material.

The attendance of the student will be monitored and if you are absent too frequently in a year, you will be contacted by the Student Coordinator to speak about this. If there is a personal reason why your study is delayed, there is room to speak about this with the Student Coordinator who will guide you in this process.

Study material

For every module of the APT, you will receive a course manual which is included in the total price of the study. You will receive a book list from the Academy with required and mandatory reading material to study for the different modules. These books to be purchased are not included in the total price (costs are approximately: €200 for Year I). You can find an overview of the required and recommended reading material on our website.



CHAPTER 4

Registration & procedures

Requirements

The Ayurveda Practitioner Training aims to reach students that wish to dive into the beautiful world of Ayurveda, set up their own practice and share the gift of Ayurveda by guiding and healing others. The training is also suitable for students that simply want to deepen their own Ayurvedic practice.

To apply for his study, please make sure you meet the **requirements** below. If in doubt, please contact us via: academy@delightyoga.nl with your questions or concerns.

- HBO (bachelor) thinking- and working level
- Sufficient knowledge of English language as all teachings and course materials will be in English (*both written and verbal skills*)
- Written motivation letter describing your motivation to join the program (*to be uploaded in the application online*)
- Read "A Pukka Life" book by Sebastian Pole prior to the start of the program

Recommended: To join this study program, we recommend you to have some basic Ayurvedic knowledge and experience. We offer various Ayurveda courses and workshops within Delight Academy as an introduction to Ayurveda and preparing you for the APT. Please refer to our website for the most recent offer.

Within 10 workdays after we have received your Application Form, you will receive an e-mail from Delight letting you know if you are accepted to the Ayurveda Practitioner Training or invited for a personal interview with Martine van Beusekom (Academy Director Ayurveda).

A month prior to the start of the APT, you will receive homework assignments to be completed in preparation for the training.

Previously completed Ayurveda Courses

If you have already joined one of the APT modules at Delight Academy as a single course, you will receive an accreditation for these hours in this 4-year program. Please send an e-mail to academy@delightyoga.nl detailing which courses you have previously attended.

If you have already participated in Ayurveda courses elsewhere (50+ hours), you might be able to receive an accreditation for these hours in this 4-year program. Please send an email to: academy@delightyoga.nl detailing which courses you have previously attended. Should we be able to credit these hours, we will give you an adjusted pricing option based on the amount of credited contact hours.

Procedure of application

If you meet the specified requirements, you can apply for the APT through our website. Here below you'll find an overview of the steps to follow to complete your application online:

1. Please fill out the application form completely.
2. Please upload a motivation letter in which you tell us more about yourself and your motivation to take part in this Ayurveda Practitioner Training.
3. All training requirements should be fulfilled before the start of the training program. If you cannot fulfill all requirements before the start of the training, please send your requests and motivation to join the program to us via e-mail: academy@delightyoga.nl
4. Please read and accept the Financial Agreement and the General Terms and Conditions.
5. Please submit the online payment of the deposit amount of €500 or full payment of € 3.095 (Early bird by April 1st, 2018) or € 3.295 (payment at once) or €3.495 (payment in installments) to complete your application (online payment). You will receive an invoice from Delight Yoga for the deposit after acceptance to the program.
6. Upon submitting a complete application form with deposit payment, you will receive an automatic e-mail confirming successful receipt of the online application.
7. Within 10 workdays after we have received your Application Form, you will receive an e-mail from Delight Yoga letting you know if you are accepted to the Ayurveda Practitioner Training or invited for a personal interview with Coen van der Kroon who is Program Director Ayurveda of Delight Academy.
8. If you are accepted into the program, we will request you to select a payment option for the outstanding amount.

Accreditation HBO-conform status

This 4-year Ayurveda Practitioner Training is currently in the process of being accredited as a HBO-Bachelor's level program. The accreditation of this program has been outsourced to the SNRO⁴. SNRO uses certain norms and standards which are applied within standard HBO-education ("NVAO standards"). More information can be found on their website. An SNRO accredited education program can be considered to provide HBO-equivalent education and is trusted amongst professional organizations, health insurers, students and clients.

For your Ayurvedic consultations under supplementary health care insurance plans, you need to have completed a training in Basic Medical & Psychosocial Knowledge - as described in paragraph 2.7 - that has been accredited by CPION (Dutch Centre for Post Initial Education)

Board of Examiners

The Board of Examiners consist of Coen van de Kroon, Liese van Dam and Wessel Paternotte. The Examiners are responsible for examination and certification within the Academy and meeting the quality standards. The committee grants any exceptions and determines whether someone is admitted to the APT on the basis of prior Ayurveda training(s) and experience. The committee is responsible for the tests in the weekends and the exams at the end of each year. Reviewing exams and judging homework assignments will be done by the teachers. The final yearly exams will be reviewed by the Academy Director Ayurveda.

⁴) We are currently still in process of filing our application with the SNRO and expect to have this finalised by the start of Year I.

CHAPTER 5

Prices

PRICES YEAR I

Early bird rate:

€ 2.995,-

*for students who apply and submit full payment
by 1 April 2017.*

Standard rate:

€ 3.295 or € 3.495

*for students who apply and submit full payment
after 1 April 2017.*

Price depends on which pricing option you select.

The total fee includes all teaching and course materials. The fee excludes reading books, travel costs, internship in India and accommodation costs, food and drinks at the residential retreats. Per person this is approximately:

- Travel, insurance and visa costs to India : € 800
- Accommodation, food & drinks in India: € 200 per week
- Reading books for required reading material : € 150 per year
- Residential retreats costs (accommodation, food & drinks) : € 50 per day

To complete the application for this study program online you will be requested to pay a deposit of € 500,- (through our website).

For the remaining amount you can choose between the following 2 payment options:

- Option 1 : € 2.795,- (payment at once by 1 August 2017)
- Option 2 : € 2.895,- (payment in 3 installments, € 965,- per installment due by 1 August 2017, 1 December 2017 & 1 March 2018)

The total costs for Year II – IV of the program will be around: € 2.800 - € 3.400 per year.

All yearly fees are exempt from VAT (BTW) as the Academy programs are recognized as quality professional training by CRKBO Netherlands.

If you have joined one of the APT modules before, please let us know by sending an e-mail to: academy@delightyoga.nl. You will then receive a discounted pricing option which is based on the amount of contact hours you have already attended.

Contact information

Delight Academy B.V.
Prinseneiland 20G
1013 LR Amsterdam
E-mail: academy@delightyoga.nl

For general questions you can contact our studio via email: info@delightyoga.nl

For any questions or concerns you have related to the APT you can contact our Academy Manager via email: academy@delightyoga.nl

How to get there

Most of the APT courses will be given at our studio, Prinseneiland 20G in Amsterdam. The studio is a pleasant 15 minute walk from Central Station. If you are coming by public transport you can take bus 18, 21 or 22 (from Central Station) or tram 3 (from city center) to Haarlemmerplein. From the tram stop Haarlemmerplein it is only a 4 minutes walk to get to our studio.

We advise you to come by public transport, as parking is not easy nor cheap in this area (we are on a small island!) - and it is of course much better for the environment!

“Ayurveda is a medical science and its purpose is to heal and to maintain the quality and longevity of life. It is an art of daily living that has evolved from practical, philosophical and spiritual illumination, rooted in the understanding of Creation. It offers a profound understanding of each person’s unique body, mind, and consciousness, which is the foundation of health and happiness.”

Dr. Vasant Lad

www.delightyoga.nl/academy