



Ayurveda Wellness Consultant Program

*An integral Ayurvedic counseling program
for yoga teachers, healers and lifestyle enthusiasts.*

Catalog
2017-2018



Dancing Shiva: PO Box 39832, Los Angeles, Ca 90039 • 332 934 8332 (veda)

Registration inquiries: programs@dancingshiva.com

www.dancingshiva.com



About Dancing Shiva Yoga & Ayurveda

Dancing Shiva (DS) is a 501(c)(3) nonprofit organization and is dedicated to the education, practice and lifestyle of the great Vedic sciences of Yoga and Ayurveda. DS began first began as a center in Los Angeles, California in 2001 and was founded by Mas Vidal and now has affiliations with various centers and organizations around the world. DS is focused on a unified authentic and integral approach to Yoga and Ayurveda. DS has served as one of the original organizations in the USA to offer a complete program certification aimed at achieving the perfect balance of these great systems.

DS is mainly focused on education through many unique programs, workshops and individual counseling services. DS offers its programs and services through a network of affiliated schools and organizations at different locations. Join our newsletter to receive updates on everything going on. We encourage you to join us in the global propagation of Yoga and Ayurveda.

Our programs offer curriculums based on the traditional wisdom lineages of India that blend science and spirituality for a complete approach to evolution. Our integral educational approach embraces all aspects of the vast knowledge of ayurveda, yoga and jyotish. Our diverse and highly educated faculty, are dedicated practitioners of Ayurveda and live according to the ideals of the yoga tradition.

The Dancing Shiva program line up includes:

- 1. 200 HOUR YOGA & AYURVEDA ONLINE PROGRAM** - For those interested in becoming certified as a yoga and ayurveda counselor, students can take this program at their own pace from any computer any where in the world. This course is an excellent foundation for all the others.
- 2. 250 HOUR YOGA & AYURVEDA** - This is Dancing Shiva's hallmark program that is now in its 15th year. It is the original certification program that unifies both sciences into one complete approach. We consider it the Mother of all programs as it provides insightful material for those in the healing arts, yoga teachers, therapist, doctors, parents and anyone interested in lifestyle enhancement.
- 3. 300 HOUR ADVANCED YOGA & AYURVEDA PROGRAM** - These special modules are prepared for those yoga teachers looking to deepen their knowledge of Yoga and Ayurveda for spiritual and professional use. These programs teaches the concept of "Yoga Therapy" in alignment with its sister science of Ayurveda and considers therapeutic healing on a physical, mental, emotional and spiritual basis.
- 4. 300 HOUR AYURVEDA WELLNESS CONSULTANT PROGRAM** - This is our signature ayurveda program focused on wellness and the foundation for becoming a consultant of ayurveda. This program can be combined with the India Ayurveda-Program for additional hands on and clinical training.
- 5. 100 HOUR INDIA AYURVEDA PROGRAM** - Our annual Ayurveda program provides students the experience of learning in an authentic Indian University and is the counterpart to the Wellness Counselor program. Attendees partake in daily lectures and practicums in areas of Kayachikitsa (Internal Medicine), Prasuti Tantra (Obstetrics) & Stree Roga (Gynecology), Pancha Karma (Five healing treatment modalities) and an overview of Yogchikitsa (Yoga Therapy). The program is done in association with our affiliate Indian organization International Academy Of Ayurveda (IAA).



Program Details

Ayurveda Wellness Consultant Program (AWCP) (300 Hour Certification)

This integral certification program is focused on prevention of health related issues and the promotion of ayus or longevity through a balanced and healthy life. The course seeks to improve the mind-body relationship through the wisdom of ayurveda and its themes of seasonal synchronicity (ritucharya), detoxification (pancha karma) and with a strong emphasis on psychology (manasa shastra). The program also holds to a sound foundation of therapeutics combined with spirituality as found in the traditional form of Ayurveda taught in India. The AWCP provides a well-rounded educational experience in Ayurveda's fundamental principles that embraces counseling, therapeutics and lifestyle.

Today, more and more yoga teachers are looking to expand their teaching skills beyond just postural practices and thus, this program was designed to help bridge the mind-body relationship, which is often absent from commercial yoga asana training programs.

The AWCP also provides alternative health practitioners a broader approach to healing through Ayurvedic lifestyle enhancement principles. AWCP follows an energy-based approach to health and wellness that is designed to integrate well with any methodology of healing.

Education Format Includes:

- 6 months in duration totaling 300 Hours (Plus 2 months for special assignments)
- 6 weekend (Sat & Sun) intensives – In class or live streamed. (8am – 6pm)
- Virtual classes and online lectures
- Reading material, home study and special workshops.
- Two Format Options*- In class intensive or live stream. The weekend intensives are all live streamed and recorded for viewing at your own schedule to supplement your course studies.
- Online Testing: Mid term and Final examination.
- India 100 Hour Intensive Option (See India Program listed above)

Prerequisites & Requirements for completion

- Students should have a High School diploma or equivalent and Dancing Shiva also recommends basic Anatomy and Physiology however it is not required for enrollment.
- We also recommend having completed some basic yoga certifications or even the Dancing Shiva 200 hour Yoga and Ayurveda online program, although this is not required to register for this program.
- *Students are required to attend a minimum of 80% of live classes and should only resort to live streaming or pre-recorded classes as a compliment to their studies when actual participation in class may not be possible.



Range of Practice

Upon completion students will be able to counsel clients towards a life of health and wellness.

Ayurvedic Consultants will:

- Determine a persons constitution and imbalances
- Learn to acquire notes and intake a persons history
- Recommend dietary changes according to the principles of ayurveda
- Recommend daily and seasonal practices
- Recommend lifestyle changes as per a persons age range
- Suggest use of oils for external application
- Offer cooking recipes or give classes on applying ayurvedic principles when cooking
- Give counseling on improving the mind-body relationship
- Provide insight towards doshic patterns in emotional behavioral patterns that may be the root cause of disease
- Recommend a yoga practice that is suitable for the clients constitution
- Recommend specific postures and pranayama techniques according to a persons dosha type.
- Teach beauty care practices to enhance skin, digestion, hair and overall luster of the body
- Suggest pranayama and meditation practices as per the dosha type and to enhance a person-clients well being

Ayurvedic Consultants should not:

Obviously, exceptions would be made for individuals with existing credentials from other medical or healing fields.

- Diagnose diseases
- Treat diseases and disorders
- Prescribe herbal medicines-formulas
- Prescribe or perform Pancha Karma
- Diagnose a person through use of pulse



Ayurveda Wellness Consultant Program

Each section includes reading assignments, home exercises and special projects. Testing is taken at mid-term and then a final exam. Intensive classes provide theoretical knowledge combined with techniques and training. Each day also accounts for reading and special homework exercises.

Live Curriculum _____ Total 120 Hours

DSA 101: History and Foundations of Ayurveda _____ one day/10 hours
(Veda, Samkhya and Sharir)

The Background and History of Ayurveda
Historical and Philosophical perspectives its interesting Cosmology
Samkhya and the Five Elements
Three Gunas
Doshas and Gunas
Laws of Karma
Four Aims of Life: Kama, Artha, Dharma and Moksha
Themes of ayurvedic thinking and approach to life

DSA 102: Ayurvedic Anatomy & Physiology _____ one day/10 hours
(Dosha, Dhatu Mala, Vigyan)

Nature of the Elements (pancha maha bhutas)
Doshas (vata, pitta, kapha)
Seven Dhatus and the Malas (waste materials)
Sub doshas (Fifteen forms of the doshas)
Ama (undigested material)
Actions, Sites of disorder and Aggravation
Twenty attributes or qualities
Body Channel Pathways (Srotas)
Natural Urges
Organs-Doshas and the Spine
Organs and Doshas (General anatomy and the doshas)
Dhatus (Tissues) and Systemic functions

DSA 103: Ayurvedic Psychology _____ one day/10 hours
(Manasa Shastra)

Spiritual Components of the Mind-Body-Soul Relationship
Understanding the Functions Of The Mind
Bhagavad Gita and the Two aspects of the Mind
Patanjali's Yoga Darsana and the Ayurvedic Mind
Gunas and the Mind, Emotions and Ego
Tools of Yogic Psychology as samsara, samkara and vasana
Understanding the Astral Body
Chakras and Nadis and Koshas
Pranayama and Meditation for Balancing the Mind



DSA 104: Ayurvedic Nutrition & Cooking _____ one day/10 hours
(Ahara Vigyan)

What is Health

Principles of Nutrition according to Ayurveda

Six Tastes and Five Elements and Five Senses

Principles and Practices of Ayurvedic Nutrition

Dosha Diets Foods

Traditional and Modern Concepts of Foods (Fruits, Vegetables and other Food Types (Grains, Vegetables, Nuts, Dairy & Animal Products, Oils).

Ayurveda and Yoga Diets – Differences and Similarities

Diet and its role in Detoxification

DSA 105: Constitutional Analysis _____ one day/10 hours
(Prakriti-Vikriti and Agni)

Determining the Dosha type and Imbalances

Exploring the 7 Different Constitutions

Gunas and Doshas

Aggravation of Doshas

Agni (Digestive fire)

The Thirteen Agni's

DSA 106: Hatha Yoga Therapy and Prana Chikitsa _____ one day/10 hours
(Yoga and Prana Vigyan)

Postural Yoga and the Spine

Asanas, Doshas and Dhatus

Prana and its Five Forms for Healing through Poses

Untying the Three Knots of Consciousness

Marmas (acupressure points) Contact healing

Kundalini and the Doshas

DSA 107: Herbology _____ one day/10 hours
(Dravya Guna Shastra)

Use of Herbs

Herbs For Digestion

Herbs for Digestive Strength

Learning about the tastes, potency and post digestive affect of herbs

Herbal combinations, formulations and recipes

Medicated Aloe

Use of Honey

Herbal medicines in different forms and uses



DSA 108: Detoxification and Purification_____ one day/10 hours
(Pancha Karma)

Body Work and Steam Therapy (Snehana-Swedhana)
Shirodhara (Mind Therapy)
Rakta Moksha (Blood Letting)
Basti (Enemas)
Therapeutic Vomiting (Vamana)
Rejuvenation and Tonification Protocols and Treatments

DSA 109: Preventative Medicine_____ one day/10 hours
(Svastha Vritta)

Introduction to the science of Ayurvedic preventative medicine
Living A Healthy Lifestyle
How Doshas Affect the Day
Seasons and Entire Life Cycle
Ayurvedic Skin Care
Mouth & Eye Care
Healthy Relationships & Intimacy
Pregnancy (Pre & Post Natal)

DSA 110: Disease Pathology and Management_____ one day/10 hours
(Roga Nidan & Kaya Chikitsa)

Disease Pathology (Roga Nidan)
The Process of Disease (Doshas, Seasons, Timings, Climates)
Stages and Prognosis of Disease
Methods, Techniques of How to Analyze Systemic functions and Identify Physical Signs
Tongue, Pulse, Abdomen, Skin, Eyes, Nails.
How Disease Evolves through the Stages of the Doshas
The Etiology of Dosha, Dhatu and Mala
Genetic and Karmic Influences on Disease
Managing the Signs and Symptoms of Disease
Approaching Disease with Palliative (Shamana) and Purification (Shodhana) Therapies

DSA 111: Sister Sciences: Integral Yoga and Vedic Astrology___ one day/10 hours
(Raja Yoga and Jyotish)

What is Yoga (5 branches)
Raja Yoga and its relationship to Ayurveda
Ayurveda, Yoga and Jyotish for Healing Body, Mind and Soul
Introduction to Jyotish
The nine major planets
12 houses
12 signs of the zodiac
Importance of the rising sign (lagna)
Core Factors of Medical Astrology



DSA 112: Integration & Lifestyle Counseling _____ one day/10 hours

Introduction to the art of Vedic counseling
Core components to Determine the Dosha Type
General Categories of Ayurvedic Counseling
Etiological Factors, the three causes of disease
Pacification of the Doshas, Tonification Therapies
Soma in Ayurveda and Yoga, Psychology in Ayurveda
The Role of Meditation in Ayurvedic Healing
The Role of Devotion in Ayurvedic Healing
Methodology of Ayurvedic Wisdom for Healing

Online Classes- 25 Hours

These monthly sessions include expanded support on the topics covered in the weekend intensives. Through video conferencing the faculty will cover a vast array of material to supplement the core topics listed in the curriculum. Students are required to participate in these live-streamed classes or there will also be the option to view these from archives in the classroom library. Classes will take place bi-monthly and schedule is subject to change as per holidays and other factors.

Homework – 75 Hours

Reading from course manual
Reading from course books
Online testing
Home study exercises and research projects

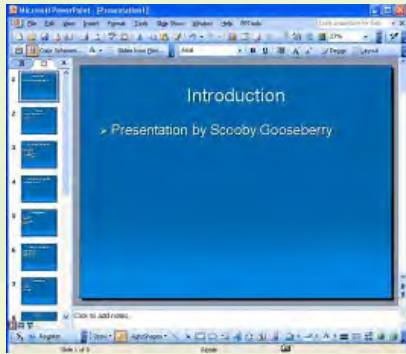


Client Case Study – 50 Hours



Students will be required to arrange 5 client case studies for completion of the program. This requires performing a comprehensive intake, note taking, creating a summary of facts and information, determine a persons constitution and imbalances, create a diet plan, lifestyle plan, yoga program and then present materials for review by the program director and board members. Approximately ten hours should be spent on each client case which includes initial session, re-editing notes taken during the initial session, researching and categorizing the findings, follow up to give the client plan for implementation and then a third follow up to assess the improvements etc... This provides the initial foundation for developing a counseling practice.

Special Presentation – 30 Hours



Students are required to prepare a special presentation to be presented to fellow classmates or friends, family and to the public. This requires choosing a topic to speak on which should be submitted to the program director or coordinator for approval and comments. This is to be completed after the last weekend intensive according to your schedule.

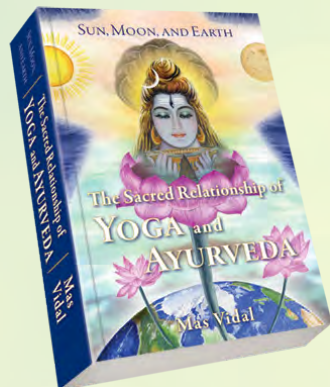
Basic structure to include:

- PowerPoint
- Minimum of 20 slides
- Should include images, descriptions and charts and references (bibliography)
- Presentation should be a minimum of hour in duration
- The file should be submitted to the program director or coordinator after the public presentation has been completed.



Recommended & Required Reading List

Note: Some sections from these texts will be required reading and will be assigned as homework or supplemental reading by our faculty. Required books are listed red text.



- **Vedic Counseling** by David Frawley & Suhas Kshirsagar
- Yoga & Ayurveda by David Frawley
- **Ayurvedic Healing** by David Frawley
- **Sun, Moon and Earth** by Mas Vidal
- **Natures Medicine** by David Frawley and Subhash Ranade
- Yoga and Vedic Astrology by Sam Geppi
- Ayurveda: A Quick Reference Handbook by Manisha Kshirsagar
- Ayurvedic Nutrition and Cooking by Sunanda Ranade
- Enchanting Beauty: Ancient Secrets to Inner, Outer & Lasting Beauty by Manisha Kshirsagar
- **Text Book of Ayurveda:** Volumes 1 & 2 by Dr. Vasant Lad



Program Faculty



Mas Vidal – Yogi, mystic and practitioner of Ayurveda, Mas has become one of the most influential yoga and ayurveda teachers in the world. He has created five original programs including the first yoga and ayurveda courses in addition to the first university based ayurvedic studies program offered at an Indian Universities. He enjoys teaching Hatha-Raja yoga classes and workshops that embrace core Ayurvedic principles. His work is largely influenced by the teachings of Paramahansa Yogananda founder of Self Realization Fellowship and Swami Jyotirmayananda, the last direct disciple of the Sivananda lineage. As an ayurvedic practitioner he maintains an active counseling practice that also includes yoga therapy and medical vedic astrology as part of counseling for health and wellness. He is the founder/director of Dancing Shiva Yoga Ayurveda since 2001, an international non-profit educational organization and center based in southern California.



Yogini Johanna Bennett - Johanna is a Yoga and Ayurveda teacher based in Los Angeles, California. She is trained at the 200-hour level from the Center for Yoga/Yoga Works and at the 500-hour level from Dancing Shiva Yoga and Ayurveda. She also carries certification from the American Institute of Vedic Studies as a Yoga and Ayurveda Therapist. In addition, Johanna is also a certified Pancha Karma therapist having completed training and clinical internship at Dancing Shiva Yoga and Ayurveda. Johanna has a BA in Religious Studies and Asian Studies, and a MA degree in Asian Studies. She is a student of Sanskrit and jyotish and has studied at LMU translating devotional Tamil Alwar poetry.



Dr. Subhash Ranade - Is one of the foremost experts on Ayurveda. He is a leading academician and physician in the field of Ayurveda and an author of countless books on Ayurveda, Yoga, diet and much more. These books have been published in Marathi, Hindi, Malayalam, English, French, Czechoslovakian, German, Greek, Italian, Japanese, Korean, Polish, Portuguese, Russian and Spanish languages. He has worked as Prof. and Head, Dept. of Interdisciplinary School of Ayurveda and Prof. and Head, Dept. of Ayurveda Pune University and Principal of Ashtang Ayurveda College, Pune, India. Dr. Ranade has been a faculty member of Dancing Shiva since the inaugural year and has served on our advisory board. He and his wife Dr. Sunanda Ranade founded the International Academy of Ayurveda (IAA), which hosts the Dancing Shiva programs in India. The Ranade's have worked closely with Mas Vidal on numerous educational projects both in the USA and India.



Dr. Suhas Kshirsagar – Is a classically trained Ayurvedic physician and a gold medalist from prestigious Pune University. A Rig Vedic Brahmin by tradition and an accomplished Clinician by training adds tremendous value to his clients and students alike. He is an insightful Medical Astrologer and Vedic Counselor. He worked with His Holiness Maharishi Mahesh Yogi for over 10 years. During these years he and his wife Dr. Manisha, traveled extensively all around the world, teaching Ayurvedic Medicine, Jyotish, designing courses & curriculums, directing Ayurvedic Clinics and helping design new Ayurvedic formulations. He was the Chairman for Maharishi College of Vedic Medicine, a Professor at Maharishi University of Management and the Medical Director, at the Raj Pancha-Karma center in Fairfield IA. He is an insightful Medical Astrologer and Vedic Counselor and motivational speaker, presenting Ayurvedic Wisdom and sharing stage with Deepak Chopra, Tony Robbins, Wayne Dyer and many other leaders in the field.



Dr. Manisha Kshirsagar - Manisha graduated from Pune University, India with a Bachelors degree in Ayurvedic Medicine and Surgery. She is also trained at the Indian College of Naturopathy and qualified as a Yoga Instructor from the renowned Kaivalyadham University in India. Dr. Manisha has been teaching Ayurveda ,yoga for more than 10 years. She specializes in women and infant health, skin care and natural beauty treatments. She offers regular workshops on Ayurvedic nutrition and cooking, Panchakarma and Herbology.



Dennis M. Harness, Ph.D. - is a professional astrologer who holds a doctorate degree in Counseling Psychology. For more than twenty five years, Dennis has studied both Eastern and Western techniques of astrology. Dennis teaches workshops on Vedic Astrology and Transpersonal Psychology throughout the world. He is the author of *The Nakshatras: The Lunar Mansions of Vedic Astrology*, which is published by Lotus Press.





Enrollment Essentials

Both registration and payment can be done on our website at www.dancingshiva.com

If you need help doing this please call us at 323 934 8332 and we can also take care of this over the phone.

We encourage you to read and review this catalog and all its details prior to registering.

- Complete the registration form on our website.
- Choose your payment option on our website.

Tuition and Fees

REGISTRATION FEE: _____ \$195 (One time & non-refundable)
(Application review, course manual and handouts & certificate)

- **DEPOSIT** _____ \$500 (Non- Refundable)
- **FULL PROGRAM PAYMENT** _____ \$3,575
- **THREE PAYMENT OPTION:** _____ \$1,217
(Three payments of \$1,217 made on the same date every other month)
- **SIX PAYMENT OPTION:** _____ \$631
(Six monthly payments of \$631 on the same date every month)

**All payments are to be made online on our website.*

A portion of our proceeds is donated to a number of charities and non-profit organizations associated with Dancing Shiva. These include Self Realization Fellowship, Yoga Research Foundation and Animal Advocacy organizations such as Farm Sanctuary. For more information visit our Resources section on the website.

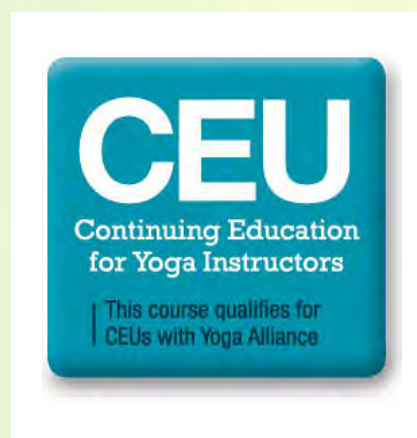
PROGRAM REFUND POLICY

- Program Registration fees are Non-Refundable.
- Program Deposits are Non-Refundable.
- Online or Virtual Program is non-refundable.
- Tuition's are nonrefundable with if a student chooses to cancel and withdraw registration from the program on or after the first day of class. An email cancellation request is required and should be emailed to programs@dancingshiva.com
- Refunds will be issued within two weeks from date of the cancellation email. All program cancellation letters should be emailed to: programs@dancingshiva.com
- Credit Considerations: If a student for some reason because of illness or other a family related emergency cannot attend the program then a credit will be considered. Credit for the program can be used for the same course offered either online or at any of our locations the within a 6-month period. Please email us at programs@dancingshiva.com



Accredited Affiliations

Once you have completed the requirements for the program you will receive a certificate of completion for 300 hours. There is no requirement to affiliate with any Ayurvedic associations and there are no limitations to applying these skills in your work or for personal enhancement. However, for those interested in having their studies recognized as per the standards acknowledged by these organizations can do so. The two main Ayurvedic based associations are the National Ayurvedic Medical Association (NAMA) and the other is Association of Ayurvedic Professionals of North America (AAPNA). We recommend the former since we have been aligned with them from the beginning and they seem to be leading the Ayurvedic movement towards licensure in the USA. Each of these associations provides their own criteria and standards measured by the number of hours of study. All students that complete this program will become eligible to earn credit according to requirements approved by NAMA. Professional Ayurvedic Continuing Education (PACE) credits are required for NAMA members. To apply for credit you will have to register with NAMA, upload your certificate on the NAMA website and then your completion will be reviewed and your PACE credits will be posted to the Professional Development section of your Member Profile. Additionally, the Dancing Shiva AWCP hours can also be applied as continuing education credits with the Yoga Alliance (YA). Continuing Education credits with Yoga Alliance would fall under the “yoga philosophy” category, which requires a base minimum of 30 hours over a three-year period. You might find some of the below FAQ’s helpful.





FAQ

Frequently Asked Questions

1. Is Ayurveda a legal or licensed medical system in the USA?

Recently, a bill was passed in ten states stating that residents of those states can approach non-licensed healing practitioners or counselors with informed consent. These states are (Rhode Island, Oklahoma, California, Arizona, Colorado, Idaho, Louisiana, Minnesota, Nevada, New Mexico). Currently, Ayurveda is not a licensed medical system in the USA.

2. Is Ayurveda regulated in any manner by each State or local governments?

No, it is not. Ayurveda is not at all regulated or licensed in the USA at any level, state or federal. There are basic competency standards set by private schools that have received state approval. In this regard practitioners are advised how to legally practice within a certain scope of practice that has limitations.

Certain aspects of ayurvedic clinical practice may fall into the scope of professions like Traditional Chinese Medicine or Massage therapy. It is advised that Dancing Shiva students of Ayurveda not casually cross over into a profession that is regulated. This will vary on a state by state or city by city basis and you might consider exploring such details for the area which you live.

3. What is the total cost of the program?

The current total tuition for Dancing Shiva Ayurveda program is \$3,575. This does not include the registration fee.

4. Are there any educational requirements to take this Ayurveda program?

Not really much because we feel that anyone can benefit from taking such a course. However, we do ask that registrants have at least attained a High School diploma and we also suggest some basic study either personally or through local college in Anatomy and Physiology.

5. Does Dancing Shiva offer complimentary courses or programs that would support this Ayurveda program?

Yes. Specifically, the India Ayurveda Intensive is a great compliment to this course as it takes you into the heart of an authentic Indian University where you can experience and learn how Ayurveda is taught in its native country. It also provides the clinical experience and compliment to the AWCP.

6. What can I do with the certification from this program when I am completed?

You have many options especially if you are already a yoga teacher or in the healing field. This wisdom can also be integrated into your current career regardless of what you do? Many of our students offer counseling sessions at health and fitness centers, at schools, spa, resorts and many others. The hours completed in this course will allow you to build a foundation to becoming an ayurvedic practitioner or simply as a consultant. Consultants are considered to be at the elementary level as recognized in the field of ayurveda by two of the main associations in the USA (NAMA & AAPNA). Each has there own structures for giving credit for certification courses such as this one.



7. Can I combine my hours from this certification course with those from a yoga certification course?

Yes. On an educational level its very effective and many people today take multiple certification courses to compliment their teaching and healing work. With regards to registering hours from an ayurveda course

with a yoga association like Yoga Alliance it's highly unlikely unless they are for CEU's, which you can do.

Yoga and Ayurveda are separate teachings according to most all organizations and each organization presents distinct criteria on how they view the efficacy of the practice. We are beginning to see some crossover with certain organizations like NAMA, which is accepting hours towards a Yoga-Ayurveda Therapist as a new category. Which association you align with does not really matter much at all with regards to your ability to practice. These associations simply provide a body that is endorsing efficacy of practice and support of professional standards.

8. Does this Ayurveda program require testing? I have never felt comfortable taking tests and this might discourage me from registering as I often feel much pressure when I have to study or prepare for an exam.

Yes, currently the program requires you take a mid-term and a final exam. These exams are take-home and open book. We want you to learn this information and enjoy the process of researching, reading and reviewing your notes so that can integrate these teachings into your life. What we have learned is that the most successful student is the one who lives the principles of ayurveda. In this manner they become the best teachers, counselors and healers because they have experienced it on them selves.

9. Is attendance mandatory? How important is it that I attend all the meetings? I have some things on my calendar later in the year that may conflict but at same time I do want to complete the course and get my certification.

Attendance to all meetings is required however you will be able to view any live classes that you have missed online and this would suffice as a make up. What you put into this course is what you will get back from it. The power of community is often irreplaceable and absorbing such ancient wisdom may not be as enjoyable.

10. Do you offer counseling services so I can make a decision on which of your programs is best suitable for me? I'm really interested in Ayurveda but I feel that the topic is very deep or advanced for me to learn right now.

The director of Dancing Shiva (Mas Vidal) has specialized in Vedic counseling for many years and has provided sessions for most of the students registered in these courses. If its just a few simple questions he often makes himself available to everyone. However, for a complete integral analysis a session must be booked for a complete review of your astrology and educational and health history. In cases where a new student has no experience or education in the vedic sciences we often recommend taking the 200 hour online yoga and ayurveda program as this provides an excellent foundation for any course and especially for someone wanting to take the Ayurveda Wellness-Consultant program. Again, taking another course is not required it may be something we will recommend if you are wanting to move forward into a field of health and healing.

Namaste