



Ayurvedic Consultant Training Program (AC)

This training program is for those who would like to apply Ayurveda for meeting the individual needs of clients in their treatment system. It can be undertaken by all health professionals as well as those who are managing spas, wellness and other health care facilities.

Ayurveda Foundation Principles (Prerequisite for the Course)

This lays a general foundation on the main aspects of Ayurveda and its operative principles, which is a must for all who are undertaking any kind of Ayurvedic training. This course of study provides students with a basic understanding of Ayurveda, that enables them to identify the Doshas or Bio-humors out of balance as well as chart out the measures to bring them back to harmony. It provides a firm foundation for carrying on further training and research in Ayurveda.

The Ayurvedic Consultant Training Program course comprises the following modules:

Ayurvedic Aromatherapy

Using Ayurveda as the underlying principle, essential oils are blended to provide the maximum benefit. Included in this course of study are:

- ❖ Basics of Ayurveda
- ❖ Overview on Aromatherapy
- ❖ Methods of Essential oil extraction and its effect on the purity of the oil
- ❖ Differentiating between synthetic and natural essential oils
- ❖ Therapeutic guidelines for essential oils
- ❖ Oil families
- ❖ Essential oil monographs based on Ayurveda

- ❖ Selecting and blending essential oils with carrier oils in order to balance respective bio-humors (doshas)
- ❖ Using essential oils with various Ayurvedic treatments and therapies.

Ayurvedic Herbal Science

This course of study focuses on the use of various herbs in Ayurvedic therapies. The theory includes a study of the energy and properties of herbs. Practical training involves hands-on usage of herbs in various forms. Topics include:

- ❖ Energetic of Herbs
- ❖ Therapeutic properties of Herbs
- ❖ Selecting appropriate herbs for different body types
- ❖ Herbal Teas and Decoctions
- ❖ Herbal pastes, powders and other items used for Ayurvedic therapies
- ❖ Ayurvedic Medicated oils

Applied Ayurveda (Case Studies)

On completion of the training, students are required to complete five case studies. This provides the necessary confidence to select the appropriate oils and herbs, as well as chart out treatment plans independently and effectively. Case studies are discussed in class, thereby widening the knowledge and experience of all students.

Training Fee: (includes training, course materials and certification)

For practical Hands-on application, each student will require:

1. Aromatherapy Kit: 10 essential oils (15ml size), 2 Carrier oils (100ml size), 10 empty bottles 15ml size
2. Herb kit: 15 herbs (50 gms each)

This is included in the price

Free when you book this course:

5 yoga class package at Prem Yoga and Ayurveda Center

A choice of Mukhabhanga or Abhyanga massage therapy.

*Register for our upcoming Ayurvedic Consultant Training Program (AC) classes and get **Foundation Principles of Ayurveda (FPA)**, our prerequisite online course (worth 5,970 THB), for **FREE!***

We expect you to finish FPA before or while doing AC as it will enhance your learning experience.