



# AYURVEDA COURSES



**Ayurveda is a 6,000 year old therapeutic system that aims to maintain the health of body, mind and spirit.**

**Ayurveda shows us that the natural elements—such as the warmth and light of the sun, the air we breathe, and the mineral and plant substances—have an immense therapeutic value.**

**Intelligent use of these gifts of nature, combined with a wholesome diet and a positive mindset, contribute to a healthy and fulfilling life.**

There is a huge resurgence of interest in this ancient science. Now is the time to embark on this extraordinary journey, one that can turn an interest in natural health into an awakening of consciousness or even a career.

**Ayurveda's holistic and integrated approach to health will allow you to reconnect with your original self and so remain energised and centred.**

In our busy world we have lost our connection with natural rhythms. Our working day now flows into the night as electronic devices stay on late and we travel across time zones at high speed. Ayurveda provides the tools to help you manage these ever-changing, ever-moving lifestyles. You can optimise your health and wellbeing on every level.

## **Pathway to Ayurveda**

You can begin with the **Ayurveda Online Course** or an **Ayurveda Retreat** to acquire a taste of the topic. If you are interested in becoming a therapist then there is the accredited **Ayurveda Massage Diploma**.

If you'd like more depth, then the **Ayurveda Certificate Course** is the best option. It also leads naturally onto the **Ayurveda Health Coach Diploma**.





## Meet the team...

### **Shona Sutherland** De-mystifying Ayurveda

Shona has studied Ayurveda with different experts in India and the UK over many years. She has worked in the NHS as a nurse. She is an exceptional Ayurveda practitioner and therapist and is now pioneering the Dru Ayurveda Health Coach Course. Her unique skill is in adapting this ancient science to modern lifestyles.

### **Mansukh Patel** Optimal health through intelligent lifestyle

Mansukh is co-founder of Dru and the World Peace Flame initiative. He has authored 15 books and DVDs and is the subject of 49 documentaries. With a doctorate in cancer toxicology, Mansukh combines his scientific knowledge with Osteopathy, Dru Yoga & Ayurveda to develop a vibrant approach to health.

### **Annie Jones** Nutritional therapy

Co-founder of Dru, Annie has over 30 years of experience in yoga, health and nutrition, Annie's skill is in teaching how Ayurveda influences spiritual and physical evolution. She is a specialist in Live Blood Analysis and Dry Blood Analysis—where you can see your doshas in action from a tiny drop of blood!

### **André Hartwich** Bridging yoga, meditation and Ayurveda

André has studied with many yoga masters and brings a unique depth to his teaching. He will help you gain a clear understanding of how to get the most from the ancient sister sciences of yoga, meditation and Ayurveda.

### **Keith Squires** A master of 'Anna yoga'—the yoga of food

Keith combines his background in nutrition, Ayurveda, herbalism and cookery with over 30 years as a plant-based chef. Author of a new cookbook 'Cooking with Love' his cookery lessons are legendary. Teaching around the world, his events are hugely entertaining and full of practical knowledge on cookery and how to live a healthy and fulfilling lifestyle. His popular blog is full of free resources: [keithonfood.com](http://keithonfood.com)

### **Janey Fitzgerald** Body mind connection

A GP for 30 years, Janey also practices Ayurveda and Yoga Therapy. She has taught GPs throughout her career, and now teaches medical students about complementary therapies. She lectures and trains in Yoga Therapy and Ayurveda around the UK. Janey bridges ancient and modern approaches to health and healing.

### **Katharina Albers** Living with the laws of nature

Katharina has studied and trained as a specialist in Ayurveda with various renowned schools and teachers in Germany, Switzerland, the US and the UK. With her expert guidance and her fascination for nature's perfection, she brings a powerful insight on how to create health and harmony in our busy western lives.

### **Barbara Worrall** The spiritual laws of food

Barbara applies her knowledge of yoga and meditation in the kitchen to create a recipe for total healing. She trains students in Ayurvedic cooking, and in adapting recipes for a range of different dietary needs. She has run vegetarian cafes in London and Wales for many years and will help you to discover the healing and spiritual power of your food.

### **Anita Goswami** Ayurveda and spirituality

Anita is a specialist in balancing the more subtle doshas of the mind and emotions. She is the author of a number of books on yoga, health and well-being, and she brings insight and depth to your understanding of Ayurveda.

### **Sandra Leary** Relax and heal your body

Sandra is an experienced Ayurveda masseur, and has profoundly healing energy. She has a great insight into medicated oils and how they can support the healing process of Ayurveda. Sandra is also a trained yoga teacher and brings this skill to the Ayurveda courses.



## Online Ayurveda Course

### Eat. Heal. Evolve. Create a personalised health plan with the expert guidance from Ayurveda.

Learn which foods, supplements, remedies, therapies, exercise and lifestyle advice suits you best. With precise tools you can enrich the quality of your life, boost your energy levels and stay young and vibrant.

- week 1** Introduction to Ayurveda.  
Self-analysis to discover your constitution.
- week 2** How to cook for your true self.  
Improve your digestion.
- week 3** How to adapt your yoga and meditation practice.
- week 4** Dinacharya—daily detox routine to optimise your day.

**Includes:** talks, yoga sessions, cookery demonstrations, self-analysis, diary and worksheets. Learn about herbs, adapting recipes, tongue diagnosis, increasing your agni (digestive fire), lowering ama (toxins) and daily detox routine (dinacharya). The launch price is £69.

Visit [druyoga.com/ayurveda-online](http://druyoga.com/ayurveda-online)



## Weekend Ayurveda Retreats

### Enjoy learning about Ayurveda in the mountains of Snowdonia National Park.

Learn how Ayurveda can benefit your own health and wellbeing at every level. Enjoy fascinating workshops, walking in the mountains, delicious food and the company of like-minded people. You will go home with a health plan that will make the benefits of your weekend retreat last forever.

12-14 Apr 2019

20-22 Sep 2019

**PRICES**  
**VENUE**

**Ayurveda, tailored for you**  
**Yoga, nutrition & detox**

£375 shared | £445 single  
Dru Centre, Snowdonia National Park  
Bethesda LL57 3LX



## Ayurveda Certificate Course

**Gain an in-depth working knowledge of Ayurveda  
which you can easily apply to your life.**

### 9-DAY RESIDENTIAL

(everyone welcome)

28 Aug-6 Sep 2019

### COST

Residential: £1,740

Non-residential: £1,180

### VENUE

Dru Centre

Snowdonia National Park

Bethesda LL57 3LX

### 4-DAY FAST TRACK

(for health professionals)

12-16 Jul 2019

### COST

Residential: £750

### VENUE

Dru Centre

Snowdonia National Park

Bethesda LL57 3LX

Learn how to maintain a high level of health and manage disease. Discover who you are and how simple changes can radically uplift and improve your whole life experience. Everything outside of us affects what goes on inside—the food we eat, the supplements we take, the seasons, the environment, the type of exercise we do and the therapies we receive. All of these influences have a particular type of impact on your body, mind and emotions.

As you understand yourself better, you will notice how your health, relationships and quality of life improves.

### Ayurvedic nutrition

- > History of Ayurveda
- > The 5 elements
- > The 3 doshas
- > The gunas
- > Vata, pitta and kapha (in depth)
- > Food plans for vata, pitta and kapha
- > How to correct imbalances through diet
- > Faulty food combining
- > Agni and ama

### Ayurvedic herbs and lifestyle

- > Agni and ama (in depth)
- > Different types of agni in the body
- > Ama pachana (simple detox)
- > The dhatus and the process of digestion
- > The healing power of herbs and spices
- > How to correct imbalances through lifestyle
- > Dinacharya
- > Seasonal changes
- > Prana, tejas and ojas

### Subtle aspects of Ayurveda

- > Yoga for the doshas
- > The 15 subdoshas in depth
- > Simple tongue diagnosis
- > Subtle healing with colours, gemstones, metals and essential oils
- > Cooking for the seasons
- > Attuning with nature

### Therapeutic applications

- > Meditation and mantra
- > Six stages of disease
- > Simple pulse diagnosis
- > Panchakarma
- > Ama pachana revisited
- > Overview of Ayurvedic therapies
- > Sound therapy for the doshas

**“What we have learned  
in just a few days can  
certainly transform  
our lives! I’m inspired  
and empowered to  
implement this healing  
science.”**

S.R. (retired teacher)

**“I have really enjoyed  
learning another  
approach to lifting my  
level of health. The  
teaching team make  
it very accessible and  
interesting as well as  
interactive.”**

L.B. (shop manager)

**“This course was  
amazing. It was  
educational and fun.  
I learned loads which  
I can put in to practise  
straight away.  
Thank you.”**

H.C. (therapist)

**“Fantastic course!  
Both enlightening  
and nurturing.”**

H.S. (teacher)



## Ayurveda Health Coach Diploma

### **Become an Ayurvedic Health Coach.**

**This diploma course is more than just a practitioners' course.**

**You will learn how to 'coach' someone to their full potential of health and well-being, helping them to understand and make the correct choices for their unique constitution, mind-set and passions in life.**

**Ayurveda recognizes that, for true health, it is just as important to help someone realize their inner nature or their authentic self, as well as eat correctly and follow an appropriate lifestyle.**

'Dis-ease' in the body or the mind of a client can also be caused by not fulfilling one's purpose in life, or achieving one's goals or following one's passions.

The science of Ayurveda uses natural methods to help a person live as long as possible and as healthily as possible to realise their unique potential.

To be truly healthy one must consider not just physical elements, but also mental and emotional positivity, happiness, joy and, ultimately, attain one's goals and inner peace. True health is a synergy of mind, body and spirituality.

### **On a practical level...**

We walk you through every stage of the process so by the end of the course you will feel confident in your clinical skills (observation, questioning, tongue and pulse diagnosis, designing treatment plans etc) and nutrition skills (not just knowing what foods and herbs are beneficial for constitutions but translating that to actual recipes and meal plans for your clients).

### **Course requirements**

(choose between the following 2 options)

#### **OPTION A**

#### **4-Day Fast Track Certificate Course**

(for health professionals)

12-16 Jul 2019

#### **OPTION B**

#### **9-Day Certificate Course**

28 Aug-6 Sep 2019

<b>COURSE STARTS</b>	1-3 Nov 2019
<b>COURSE STRUCTURE</b>	1 x 2-day module 3 x 7-day modules 1 x 2-day module 1 x assessment day
Contact hours	180
Non-contact hours	40 (case studies and home study)
Homework	4 hand-in pieces of work
Case studies	8
Continuous assessment	on course work and observation and consultation skills and understanding of correct application of nutrition and herbs for the doshas
Exam	written theory and practical clinical assessment
<b>TUITION FEE</b>	£2,160
Food & accommodation fee	£1,600
Assessment day fee	£160 (incl. food and accomm.)

## Introduction and overview of the course

- > Doshas, dhatus, agni, malas, mind and senses, soul
- > Balances and imbalances

## Historic background

- > Where Ayurveda fits in to the vedic sciences
- > Ayurveda, Jyotish, Vaastu, Yoga
- > The 4 main vedas
- > The 6 vedic philosophies (incl. Samkhya)
- > The main Ayurvedic scriptures—greater triad and lesser triad
- > Chatuspada—the 4 pillars of the ayurvedic medical system
- > Mind, body, soul tripod
- > The Pancha Koshic Model

## Vata, Pitta and Kapha

- > The dominant principle, properties, characteristics, location, general functions and actions of vata, pitta and kapha

## Stages of life

- > Childhood
- > Mid-life
- > Growing old

## The organs of the body

## Therapeutics

- > The effect the 6 tastes have on the tissues
- > Chikitsa
- > Shodana and Shamana—categories of treatment
- > The therapeutic qualities of a plant—roots, bark, leaves, seeds, flowers

## Practical

- > How to adjust kitcheri to the different doshas

## How the seasons and the times of the day affect the doshas

### Lifestyle recommendations for each season

#### Beneficial therapies for vata, pitta and kapha

#### Vata, Pitta and Kapha in-depth

- > Sub-doshas and their relationship to each other
- > Signs of balanced and imbalanced vata, pitta and kapha
- > Excess and deficiency, how to treat bi-dosha and tri-dosha
- > Diet and lifestyle for vata, pitta and kapha
- > Designing a meal for vata, pitta and kapha using the 6 tastes
- > How to adjust the meal for the other doshas
- > Herbs and spices for vata, pitta and kapha
- > How to apply the Ayurvedic principles of cooking and meal-planning to European dishes
- > Non-suppression of natural urges

#### Creating dosha pacifying recipes, food and meal plans

- > Swasthasya—how to perfect health
- > Nidana—classification of illness: the models
- > Aturasya—what to do when you have become ill

#### Therapeutic skills

- > Observation skills
- > Categories of diagnosis
- > 3 fold - 6 fold - 8 fold
- > Time as a diagnostic tool
- > Tongue diagnosis revisited
- > Consultation skills—theory

#### Practicals

- > How to apply the Ayurvedic principles of cooking and meal-planning to European dishes
- > Therapeutic recipes and cooking for vata, pitta and kapha
- > Ayurvedic foot massage
- > Creating an Ayurvedic assessment form

#### The 20 gunas

- > Virya, vipaka and prabahva
- > Herbs and spices—forms of preparation

#### The 7 Kalas Dhatus

- > Symptoms of too much, too little, deranged dhatus
- > Treatment of the dhatus, too much, too little, deranged
- > Herbs and spices for the dhatus
- > Secondary tissues, upadhatus
- > The doshas in the dhatus
- > Effect of the 6 tastes on the tissues

#### The disease process

- > 6 stages of disease revisited
- > Disease and tendencies for vata, pitta and kapha
- > Weighing factors that aggravate the doshas
- > How a dosha moves through the disease process
- > Recognising the dosha in stage of illness in the dhatus
- > The 3 disease pathways
- > Causes of disease (Hetu)
- > The 4 prognoses of disease
- > Disease examination list
- > Specific diseases & their treatment

#### Malas

- > The 9 excretory orifices
- > Malas—balanced and imbalanced

#### Srotas

- > Srotas revisited
- > Srotas correspondence with organs
- > Illnesses of the srotas
- > The 16 srotas
- > Herbs and spices to treat the srotas
- > Mula, marga and mukha (root, pathway and opening)

### The practitioner's scope of practice

#### Prana, Tejas & Ojas

- > Apara ojas & para ojas
- > Herbs and spices for ojas
- > Prana, tejas & ojas—too much, too little

#### Therapeutic skills

- > Pulse diagnosis revisited
- > Pulse & dhatus
- > Pulse & organs
- > Establishing a pulse diary

#### Practicals

- > Cookery sessions
- > Consultation skills, role play, case studies

#### Ayurvedic treatments

- > Panchakarma
- > Ayurvedic and yogic cleansing Shat Karma
- > Rasayana—rejuvenation
- > Massage therapies—summary of indications and contra indications of massage therapies for each dosha

#### How to run an Ayurvedic business

#### Specific diseases and their treatment

#### Herbs & spices

#### Ayurveda and Yoga

- > The sister sciences
- > Revisit yoga from Certificate Course

### Ayurveda and the mind

- > The 3 gunas
- > Disease tendencies of the 3 gunas
- > Doshas and gunas—mental natures
- > Spiritual Ayurveda, mind, body & soul, health & real health
- > The 4 levels of the mind (Chitta, Manas, Ahamkara, Buddhi)
- > Artha, Kama, Dharma, Moksha
- > Treatments for the mind
- > Non suppression of emotions
- > Prajnaparadha, intelligence & disease

#### Sound therapy

- > Healing mantras

#### Practicals

- > Case studies
- > Cookery sessions
- > Consultation skills—practitioners' intuition, advanced diagnosis, how to deepen intuition

### Course requirements

(choose between the following 2 options)

#### OPTION A

#### 4-Day Fast Track Certificate Course

(for health professionals)

12-16 Jul 2019

#### OPTION B

#### 9-Day Certificate Course

28 Aug-6 Sep 2019

Any questions? Call Shona **01372 725 327**  
or email [london@druworldwide.com](mailto:london@druworldwide.com)  
Visit: [druyoga.com/ayurveda](http://druyoga.com/ayurveda)



**‘One of the few Ayurvedic Massage courses in the country. Taught by one of the best training teams I have ever known.’**

M.B. Retired, Manchester

## Ayurveda Massage Diploma



**Learn how to deeply relax and nurture others.  
At the same time gain insights into how to empower people to love who they are as unique and powerful beings.**

What better way to nourish the mind, body and soul than with warm, relaxing and healing oils geared to your own constitution. Welcome to one of the most powerful mediums for calming, soothing and washing away stress.

In Ayurvedic massage, natural herbal oils and powders are applied to the body using a variety of specific techniques. Oils and treatment methods are chosen especially to suit the client’s constitution and skin type and so encourage deep healing and enable the client to maintain vibrant health.

**Main benefits of Ayurvedic massage** increases longevity and prevents premature ageing | deeply relaxes, reducing stress and fatigue | strengthens the body, especially the immune system | generates higher energy levels | deeply nourishes the seven tissues of the body | promotes sound sleep | improves the texture and strength of the skin | helps in the management of chronic pain and musculo-skeletal problems.

### THE COURSE INCLUDES:

- > History and philosophy of Ayurveda
- > The elements, the doshas and the effect of their balance and imbalance
- > Taking a case history to determine your client’s predominant dosha
- > Selection of the Ayurvedic massage oils for your client
- > A variety of massage strokes and techniques of warm oil application
- > ‘Hands on’ practice with course participants and staff to ensure correct massage technique
- > Traditional Keralan face-lift massage
- > Full body abhyanga
- > Correct positioning of your client
- > Keralan head massage
- > Marma point back massage
- > Postgraduate massage therapies will be CPD and will include: Shirodhara, Pinda Svedhana and Bastis—netra, kati, janu and hridaya

### COURSE STRUCTURE

3 residential modules  
+ 3 assessments

### VENUE

Yr Ocar  
Coed y Parc  
Gwynedd LL57 4DQ

### DATES & COSTS

**17-20 May 2019 (Module 1)**  
£460 tuition + £210 food & accomm

**9-11 Aug 2019 (Module 2)**  
£305 tuition + £140 food & accomm

**12 Aug 2019 (assessment 1)**  
£50 fee + £30 extra night B&B

**4-6 Oct 2019 (Module 3)**  
£305 tuition + £140 food & accomm

**7 Oct 2019 (assessment 2)**  
£50 fee + £30 extra night B&B

Date tbc: assessment 3

A close-up photograph of a person's hands holding a dark, rustic bowl filled with a thick, yellow, textured soup. The person is wearing a red, textured knit sweater. The background is softly blurred, showing more of the sweater and the person's skin. In the top right corner, there is white text and a phone icon.

[druyoga.com/ayurveda](http://druyoga.com/ayurveda)



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