

Ayurvedic Clinical Programs

6 Week and 10 Month Programs Available

Designed to deepen understanding of the human body, this training uses Ayurvedic and Tibetan Elemental Theory to explore and explain the dimensions of integrated health. Through listening to the emotions, symptoms, and signals provided by the body, you will learn applications for philosophy, the diagnostic tools of tongue, face, pulse, aromatherapy, herbal preparations, whole food nutrition, bodywork and Pancha Karma. The program is for both beginners and experienced practitioners and is taught in an experiential format. The training is available with two different scheduling options to support the student: 1) Six Week Intensive-three 2 week sessions; or 2) Ten Month Training-one 3 day weekend per month for 10 months. Please call for more information.

Clinical Internship

Continue your Ayurvedic education with hands on experience. Gain confidence as a practitioner. Learn how to work with clients and give back to local community.

Level I Ayurvedic Practitioner Development

Level II Ayurvedic Advanced Practitioner Development

Level III Ayurvedic Lead Practitioner in Pancha Karma

Work Scholarships Available

Designed to support students in financial need who wish to take the Six Week Intensive or 10 Month Ayurvedic Clinical Program. The work scholarship provides an opportunity for students to gain work experience and give back to local community.

Low Cost Ayurvedic Health Care

By Donation Clinics

Every Wednesday clients are seen from 4 pm – 7pm. Walk in appointments only - sign up starts at 3:30. Pulse consultation includes Ayurvedic introduction, nutrition and remedy handout. A lead practitioner supports each client as well as a note taker to assist.

Therapeutic Massage Clinics

Low cost therapeutic massage made by appointment only.

The New Cancer Recovery Program

A series of monthly seminars using Integrative Ayurveda as a guide for cancer patients and their caregivers. Customized 3 & 6 month programs are designed for individuals so their progress can be monitored successfully. Matching funds are available to supplement the cost to providing low cost health care education and support.

Community Classes

Guest speakers and educators allow a wide range of community classes, support groups, and workshops. We are dedicated to offering a platform for national and international teachers to bring their knowledge into our local community. Please let us know if you are interested in teaching or participating in future events.

Edible & Medicinal Gardens

We grow diverse culinary, medicinal and edible plants on-site in our gardens, for use in Pancha Karma Retreats and other treatments. All our teas, medicinal drinking waters and herbal pre-treatment baths are formulated from plants picked fresh from the gardens and utilized according to each client's needs.

Educational Tours to India

Visit Pancha Karma centers, study with Ayurvedic doctors, make traditional medicine, tour aromatherapy distillation facilities & enjoy the temples and scenery of India.

Spring 2012

Northern Ayurvedic Tour – 3 weeks

- Arrive in Delhi
- Visit the Taj Mahal in Agra
- Study with Dr. Lhiladhar Gupta in Brindavar
- Travel to Nepal where we will spend time at an orphanage consulting & educating in Ayurveda.
- Visit Temples and Sacred spots throughout.

Southern Ayurvedic Tour – 3 weeks

- Arrive in Trivandrum – Capital of Kerala, and spend time studying with Dr. Geetha
- Travel to Varkala and spend time at Ama's Ashram
- Have an overnight on Kerala backwaters
- Spend time studying at a Pancha Agni Center
- Learn from Rasa Ayurveda
- Visit Hanuman Mountain in Kanyakumari
- Experience Temples and Sacred spots throughout

Mumbai Aromatherapy Tour – 2 weeks

- Visit plantations and distillation processes hosted by Ramakant. He is an amazing and well known chemist who specializes in essential oils.

Future Projects...

New Classroom Location *fall 2011*

24 foot insulated yurt will provide 8-foot additional diameter upgrade and extra warmth for those cozy winter class days.

Wet Sauna Room *coming soon*

We have currently raised \$5000, have a contracting plumber and Electrician, and landscaping support, not to mention Scott Jenkins- designer & builder artist.

- Fits 6 – wood with tile interior
- Private fence & fitting room
- Deck & Lounge
- Ecologically designed and built
- Available by appointment for private sessions
- Weekly community hours for low cost self-care

Support us in raising \$5,000 more and the wet sauna will be open to all – Fall 2010

Community Clinics go Global

Development of Ayurveda as a user friendly way to assess symptoms physically and emotionally for all people, with an emphasis on local remedies & nutritional support.

Costa Rica • Nepal • India • Brazil • Mexico • Egypt

Educational Gardens

A learning experience. Plants will be labeled according to elemental theory and their ayurvedic use. Cultivating spices, herbs, flowers and food as medicine and healing space for the community.



*Supporting
Self-Care
Through the Heart
of Ayurveda*

Mission Statement

Aushadi health foundation is an educational nonprofit based on alternative healthcare offering low cost clinics for your personal health needs and community classes to heal, learn, & grow.



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