



AYURVEDIC EDUCATIONAL PROGRAMS

two-week intensive & monthly weekend schedules 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, taught in an experiential format, is for both beginners and experienced practitioners. We offer two scheduling formats for each of our three sessions to support the student: intensive two-week sessions; or several three-day weekends monthly. Receive a 10% discount on tuition if registering for all three sessions. A certificate of completion will be awarded upon fulfillment of these programs. please call for more information.

session one (2011) **Ayurvedic Foundations & Diagnostics**

two week intensive: September 19-30
weekend program: Sept 9-11, Oct 14-16, Nov 4-6

We will study the elements and how they develop and affect one another in the body and mind, how imbalances occur and how to recognize them and change them. Understanding these concepts gives a logical and precise understanding of how to use the Assessment Tools- pulse, tongue, face, posture, hair, skin, etc.

Fundamentals of Ayurveda

Philosophy & the Elements

History of how our environment is just like our surroundings

The Chakras and Endocrine Gland

How our emotional and physical personalities present symptoms

The Doshas

Vata, Pitta & Kapha

The Gunas

Qualities of Vata, Pitta, Kapha

Creating individualism

Pulse Assessment

Learn how to read rhythms, as used in Ayurvedic science

Fundamentals of Symptomology

Six stages of Disease

How to add up symptoms and stop an issue from continuing

Prana, Tejas, & Ojas

Energy, Waste, and Immunity Fluids

Assessment Tools

Our bodies show us what we need to know

Reading face, tongue, skin, nails & more

Pulse assessment continued

session two (2011 - 2012) **Ayurvedic Aromatherapy, Herbs & Whole Food Nutrition**

two week intensive: November 7-18
weekend program: Dec 9-11, April 13-15, April 27-29

We will discuss traditional preparations and usage, what our bodies' needs are, and how food is our best medicine. We will also be reading symptoms & learning which foods, essential oils & herbs to use per individual client.

Offering Nourishment

Ayurvedic Whole Food Nutrition

Digestive tract

Digestive fire & toxicity in the gut

The Rasas - Six Taste Factors

The energy of food through learning the six tastes

Ayurvedic view of protein, fats & carbohydrates

The need for adequate and balanced energy

Enzymes & the medicinal value of spices

metabolic fuel, spices that build & cleanse, fermentation

Fats

EFA's vs. saturated fats

**We will be in the kitchen cooking for a day.*

Supporting Change

Clinical Aromatherapy & Ayurveda

The physical and emotional aspects

Essential Oils

Application, toxicity, dosage, property, function & use

Ayurvedic Elemental Chemistry

How to use chemical constituents to know properties of plants

Traditional Blending techniques as an art form

Understanding herbs as Hot, Cold, Wet & Dry

Ayurvedic approach to carrier oils

Choosing appropriate oils for clients

**We will create recipes & protocols in class.*

session three (2012) **Ayurvedic Treatment, Bodywork & Application**

two week intensive: March 26 - April 6
weekend program: May 11-13, June 8-10, June 22-24

We will explore the changes that are possible through Ayurvedic massage and Pancha Karma. We will also discuss client relations- how to listen well and present options. Designed to prepare you to utilize all of your tools.

Learning to Trust Your Hands

The Dhatus

The tissues in the body and how important they are

Rasa Chikitsa

Lymphatic drainage massage

How to change the tissues through massage techniques

The Tools- hot rocks, compresses, cupping, gua sha, etc.

Tandem Massage (two practitioners)

The support system for the client

Nadis (meridians)

The meridians of the autonomic nervous system

**We will work on each other during this class.*

Putting it All Together

Pancha Karma - Five Actions

Netra Basti, Shirodhara, Sweating techniques, Fomentation

Client intake charts.

The importance of listening, and how to build a clientele. We will end with clients, tending to them physically and emotionally.

Cleansing and nourishing Pancha Karma programs

Take clients through the full Panch Karma process - assessments, pulse, cooking, preparations, remedies and treatments.

Three day final exam during the last class weekend.

All Classes 10am to 5pm

Practicum 11:30-1:30 • Lunch Break 1:30-2:30

Clinical 2:30-5 • Pulse taught throughout class

Payment Plan or Work Scholarship Program available. \$200 discount if registered for all 3 sessions by July 1st. Continue learning with Internships and Advanced classes

DeAnna educates from her heart incorporating 22 years of clinical experience and real life stories. Her sense of humor and clear communication facilitates exciting and smooth understanding of complicated subjects. Her teaching style breaks the boundaries of ordinary textbook education. She believes and lives what she teaches allowing each educational pursuit to become an inspiring journey. DeAnna has a unique ability to blend spiritual alchemy, science and plant medicine. Her passion for understanding how the body works enables her to logically explain science based anatomy, physiology, immune system and tissue function. She educates both her clients and students about self-health, inspiring them to become personally responsible for their own well-being. She provides on-going classes for advanced education and practitioner development through internship opportunities. DeAnna aspires to prepare each student to become an empowered practitioner.



DeAnna Batdorff, founder of the dhyana Center, is an Ayurvedic Practitioner, Massage Therapist, Clinical Aromatherapist, and Nutritionist. She has over 22 years of clinical experience in Therapeutic Massage, Estiology, Herbalogy, Aromatherapy, Tibetan & Ayurvedic Medicine, Childbirth Support, Auto-Immune Conditions and Whole Food Nutrition. DeAnna lovingly credits her many teachers that have guided her on her path. They include: Michael Tierra, Marcel Lavabre, Dr. Lopsang Rapgay, Swami Niranjananda Paramahansa, and Dr. Vasant Lad. DeAnna's vision is to create a harmony between the traditional Medical sciences of the East & the desire to thrive within our lifestyles in the West.

The dhyana Center and its practitioners stress that in the case of ill health, pregnancy, and other serious health conditions, a licensed medical practitioner should be consulted prior to using any product sold by dhyana Therapeutics. Our product information and descriptions of Ayurvedic medicine are in no way intended as a medical claim to cure, treat, or prevent any situation.

internship

Continue your 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 Practitioner Experience

ayurvedic tours of India

Mumbai Tour

Essential Oil Distillation & Plantation tour: from backyards to professional facilities; tour with Ramakant, a famous chemist in India; learn Medicine Making

Southern India Tour

Visit Pancha Karma centers; study with Ayurvedic doctors; learn medicine making; volunteer at an orphanage; visit Hanuman Medicine Mountain, temples & sacred sites.

Northern India/Nepal Tour

Visit Pancha Karma centers; study with Ayurvedic doctors; volunteer at a Nepalese orphanage; visit the Taj Mahal, temples & sacred sites.

2013 TOUR DATES TBA

work scholarship 2012

applications available in May, due early June
scholarships awarded late June

Payment plans available
Please contact us for more information
707-823-8818 / 800-796-6863
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Clinical Programs

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