



## 2018 – 2019 Ayurvedic Lifestyle Consultant Certification

Activity		Hours
Webinars 10	Each 2 hours	20 hours
Client assessment and case presentation 50	Each 2 hours	100 hours
Follow-up client assessment 10	Each 1 hour	10 hours
Practical Hands-on Training 12 days	Each 8.5 hours	100 hours
Home Study	Each day 1 hour	280 hours
Q & A	About 100 questions	100 hours
<b>Total</b>		<b>600 Hours</b>

### Webinars – 2 hours each Sunday Evenings: 5:00 PM to 7:00 PM (EST)

Date	Topic	Instructor
September 16, 2018	Doshas and Sub-doshas & their clinical application	Dr. Vijay Jain, MD
October 21, 2018	Srotas and their application	Dr. Vijay Jain, MD
November 18, 2018	Introduction to Jyotish, sister science of Ayurveda	Penny Farrow, B.S., MS., Jyotish Consultant
December 9, 2018	Introduction to Vastu, sister science of Ayurveda	Michael Mastro, Vastu Consultant
January 13, 2019	Senses – Aromatherapy, color therapy, music therapy	Dr. Vijay Jain, MD
February 10, 2019	Daily Routine and clinical application	Dr. Vijay Jain, MD
February 17, 2019	Seasonal Routine and clinical application	Dr. Vijay Jain, MD
March 17, 2019	Sattva, Rajas and Tamas, Gunas and clinical application	Dr. Vijay Jain, MD
April 21, 2019	Eating out on the road and still stay in balance	Dr. Vijay Jain, MD
May 5, 2019	Prenatal, natal and Postnatal care of a pregnant patient	TBD

\*Topics of Webinars subject to change based on availability of Instructors.