



Ayurveda Counselor Program (ACP)

600 Hours

*An integral Ayurvedic counseling program
for yoga teachers, healers and lifestyle enthusiasts.*

Catalog
2021/2022





About Dancing Shiva

The Dancing Shiva center that began in Los Angeles, California in 2001 has now extended its focus into numerous affiliations through out the southern California area and internationally. This includes an active presence (yoga classes and programs) in Los Angeles, Orange and San Diego counties as well as Asia, India, Mexico and Europe. Additionally, the Dancing Shiva school and brand shares numerous affiliations with Yoga centers, philanthropic organizations aligned with health & wellness, animal advocacy, children's education and the propagation of Hindu-Vedic values (dharma).

Dancing Shiva is committed to improving the quality of life in all individuals regardless of race, religion or cultural diversity through the universal teachings of integral yoga practice, Ayurveda lifestyle, Vedic counseling, therapies and the basic principles of astrology. Our focus is based on a three-fold approach of education, practice and lifestyle of Vedic wisdom integrated into modern day living.

Our vision is to bring practical Ayurvedic wisdom into daily mainstream living to eradicate the chronic health issues of today, as well as to inspire individuals to live with a spiritually harmonious attitude. Through its public yoga classes, workshops, certification programs, private counseling and lifestyle retreats, Dancing Shiva aims to provide an integral approach to personal healing and social transformation. Dancing Shiva endorses Ayurveda as a real health-care reform that is capable of bringing the mind-body complex into living a natural and balanced lifestyle. We believe in Yoga as the most complete system of holistic healing that fosters simple living and high thinking as the best solutions to the apparent individual and societal crisis.

The term-name of the school "Dancing Shiva" is not related to any particular form of dance in the literal sense. As told in the Hindu mythological wisdom, Shiva in the "dancing" form, reflects the bliss that one experiences when one practices integral yoga, through the awakened supreme consciousness within our individualized being.

Soul of Yoga (SOY) & Dancing Shiva (DS) Affiliation

Both of these schools have embraced an affiliate relationship to offer the 600 Hour Ayurveda Counselor program based on their original influence of the integral lineage teachings of Paramahansa Yogananda. DS and SOY recognize the importance of approaching healing in an integral manner as per the wisdom of the Vedas. The director of Dancing Shiva, Mas Vidal continues to offer workshops and specialized yoga classes at SOY as part of supportive relationship to promote health and wellness to all receptive souls.

Training Location

Onsite Modules must be attended in person at Soul of Yoga Institute 162 Rancho Santa Fe Rd. Suite A70 , Encinitas, CA 92024 (unless COVID regulations do not permit and then the modules will be live streamed)

Inquiries

For questions regarding the program please email: programs@dancingshiva.com.

To apply please fill out form located on www.soulofyoga.com/600-hour-ayurveda-counselor-program/



Program Details

Ayurveda Counselor Program (ACP)

(600 Hour Certification)

This integral certification program is focused on prevention of health related issues and the promotion of ayus or longevity through a balanced and healthy life. The course seeks to improve the mind-body relationship through the wisdom of ayurveda and its themes of seasonal synchronicity (ritucharya), detoxification (pancha karma) and with a strong emphasis on psychology (manasa shastra). The program also holds to a sound foundation of therapeutics combined with spirituality as found in the traditional form of Ayurveda taught in India. The ACP provides a well-rounded educational experience in Ayurveda's fundamental principles that embraces counseling, therapeutics and lifestyle.

Today, more and more yoga teachers are looking to expand their teaching skills beyond just postural practices and thus, this program was designed to help bridge the mind-body relationship, which is often absent from commercial yoga asana training programs.

The ACP also provides alternative health practitioners a broader approach to healing through Ayurvedic lifestyle enhancement principles. ACP follows an energy-based approach to health and wellness that is designed to integrate well with any methodology of healing.

1. FOUNDATIONS STUDIES: The 50 Hour Ayurveda Foundations Program is offered online through the Dancingshiva.com E-Learning system. The foundation's program can be taken at any time according to the person's schedule and is required to complete the 600 Hour Ayurveda Counselor Program. In other words, the fifty hours of foundations study is counted as part of the total 600-hour program. The foundation's course can be completed while the student has already begun the Ayurveda Counselor program. The online Foundations program is a fully edited HD quality production that includes captivating lectures with our director Mas Vidal and faculty, a fascinating panel discussion, and a short online quiz. Students are encouraged to take the Ayurveda Foundations course prior to beginning the Counselor program or simultaneously. Whatever works best for the student's personal schedule. All the video lectures can be viewed as much as necessary to gain a sound understanding of Ayurveda's primary principles. Students are given three months to complete this program, however, if additional time is necessary as a result of unexpected circumstances, you can email us at programs@dancingshiva.com and we will extend the term by additional three months or longer depending on the circumstances.

Once payment and registration have been completed our program coordinator will email you a username and password so that you can log in to our E-Learning system on dancingshiva.com

2. PART ONE: This 160 hours of study is eight months in duration and includes one month for special assignments.

- The core structure includes: Four 4-day modules offered every other month with meetings taking place Thursdays – Sundays. Note: Each of the four day modules will cover content from the course curriculum in the order listed in this catalog. Thus each four-day module will cover three topics as listed below:

- ~ DSA 101-103 will be taught in Module A.
- ~ DSA 104-106 will be taught in Module B.
- ~ DSA 107-109 will be taught in Module C.
- ~ DSA 110-112 will be taught in Module D.

*Note: A portion or 25% of each four-day module is dedicated to hands on practical exercises and integration of the principles through collaborative group and individual learning sessions.



3. PART TWO: Interactive Home study with faculty accounts for 240 hours of study

*Online class Schedule

- Core Curriculum ~ 1st 4 Weds of the Month 5-7pm
- Self-Care Regimen ~ 1st & 3rd Tues of the Month 5-7pm

*These take place through the Zoom video format and before each meeting students will be sent a link to access the class.

- Reading material and home study.
- Special presentation research and workshop.
- Online Testing: Mid term and Final examination.

4. PART THREE: India Ayurveda Immersion is 15 days in duration totaling 150 hours (See India details listed in this catalog)

*Foundations Program plus parts 1,2 & 3 Totals: 600 Hours.

PREREQUISITES & REQUIREMENTS FOR COMPLETION OF THE AYURVEDA COUNSELOR PROGRAM

- Students should have a High School diploma or equivalent and Dancing Shiva also recommends basic anatomy and physiology however it is not required for enrollment. Although anatomy and physiology may be a requirement for students choosing to further their education in Ayurveda.
- We also recommend having completed some basic yoga certifications or even the Dancing Shiva 200 hour Yoga and Ayurveda online program, although this is not required to register for this program it will be very helpful and can be taken in tandem with the Ayurveda Counselor Program if you prefer?
- Students are required to attend a minimum of 70% of live classes and should only resort to live streaming or prerecorded classes as a compliment to their studies when actual participation in class may not be possible.
- Foundations of Ayurveda course at the Soul of Yoga (not required to register but required for completion of the ACP course).

Range of Practice

Upon completion students will be able to counsel clients towards a life of health and wellness.

Ayurvedic Consultants will:

- Determine a persons constitution and imbalances
- Learn to acquire notes and intake a persons history
- Recommend dietary changes according to the principles of ayurveda
- Recommend daily and seasonal practices
- Recommend lifestyle changes as per a persons age range
- Suggest use of oils for external application
- Offer cooking recipes or give classes on applying ayurvedic principles when cooking
- Give counseling on improving the mind-body relationship
- Provide insight towards doshic patterns in emotional behavioral patterns that may be the root cause of disease
- Recommend a yoga practice that is suitable for the clients constitution
- Recommend specific postures and pranayama techniques according to a persons dosha type.
- Teach beauty care practices to enhance skin, digestion, hair and overall luster of the body
- Suggest pranayama and meditation practices as per the dosha type and to enhance a person-clients well being

Ayurvedic Consultants should not:

Obviously, exceptions would be made for individuals with existing credentials from other medical or healing fields.

- Diagnose diseases
- Treat diseases and disorders
- Prescribe herbal medicines-formulas
- Prescribe or perform Pancha Karma
- Diagnose a person through use of pulse



PART ONE

Ayurveda Consultant Program

Each section includes reading assignments, home exercises and special projects. Testing is taken at mid-term and then a final exam. Intensive classes provide theoretical knowledge combined with techniques and training. Each day also accounts for reading and special homework exercises.

Main Curriculum_____Total 160 Hours

The material in the main curriculum is presented in a live classroom setting.

DSA 101: History and Foundations of Ayurveda _____one day/10 hours
(Veda, Samkhya and Sharir)

The Background and History of Ayurveda
Historical and Philosophical perspectives its interesting Cosmology
Samkhya and the Five Elements
Three Gunas
Doshas and Gunas
Laws of Karma
Four Aims of Life: Kama, Artha, Dharma and Moksha
Themes of ayurvedic thinking and approach to life

DSA 102: Ayurvedic Anatomy & Physiology _____one day/10 hours
(Dosha, Dhatu Mala, Vigyan)

Nature of the Elements (pancha maha bhutas)
Doshas (vata, pitta, kapha)
Seven Dhatus and the Malas (waste materials)
Sub doshas (Fifteen forms of the doshas)
Ama (undigested material)
Actions, Sites of disorder and Aggravation
Twenty attributes or qualities
Body Channel Pathways (Srotas)
Natural Urges
Organs-Doshas and the Spine
Organs and Doshas (General anatomy and the doshas)
Dhatus (Tissues) and Systemic functions.

DSA 103: Ayurvedic Psychology _____one day/10 hours
(Manasa Shastra)

Spiritual Components of the Mind-Body-Soul Relationship
Understanding the Functions Of The Mind
Bhagavad Gita and the Two aspects of the Mind
Patanjali's Yoga Darsana and the Ayurvedic Mind
Gunas and the Mind, Emotions and Ego
Tools of Yogic Psychology as samsara, samkara and vasana
Understanding the Astral Body
Chakras and Nadis and Koshas
Pranayama and Meditation for Balancing the Mind



DSA 104: Ayurvedic Nutrition & Cooking_____ one day/10 hours
(Ahara Vigyan)

What is Health

Principles of Nutrition according to Ayurveda

Six Tastes and Five Elements and Five Senses

Principles and Practices of Ayurvedic Nutrition

Dosha Diets Foods

Traditional and Modern Concepts of Foods (Fruits, Vegetables and other Food Types (Grains, Vegetables, Nuts, Dairy & Animal Products, Oils).

Ayurveda and Yoga Diets – Differences and Similarities

Diet and its role in Detoxification

DSA 105: Constitutional Analysis_____ one day/10 hours
(Prakriti-Vikriti and Agni)

Determining the Dosha type and Imbalances

Exploring the 7 Different Constitutions

Gunas and Doshas

Aggravation of Doshas

Agni (Digestive fire)

The Thirteen Agni's

DSA 106: Hatha Yoga Therapy and Prana Chikitsa_____ one day/10 hours
(Yoga and Prana Vigyan)

Postural Yoga and the Spine

Asanas, Doshas and Dhatus

Prana and its Five Forms for Healing through Poses

Untying the Three Knots of Consciousness

Marmas (acupressure points) Contact healing

Kundalini and the Doshas

DSA 107: Herbology_____ one day/10 hours
(Dravya Guna Shastra)

Use of Herbs

Herbs For Digestion

Herbs for Digestive Strength

Learning about the tastes, potency and post digestive affect of herbs

Herbal combinations, formulations and recipes

Medicated Aloe

Use of Honey

Herbal medicines in different forms and uses



DSA 108: Detoxification and Purification_____ one day/10 hours
(Pancha Karma)

Body Work and Steam Therapy (Snehana-Swedhana)
Shirodhara (Mind Therapy)
Rakta Moksha (Blood Letting)
Basti (Enemas)
Therapeutic Vomiting (Vamana)
Rejuvenation and Tonification Protocols and Treatments

DSA 109: Preventative Medicine_____ one day/10 hours
(Svastha Vritta)

Introduction to the science of Ayurvedic preventative medicine
Living A Healthy Lifestyle
How Doshas Affect the Day
Seasons and Entire Life Cycle
Ayurvedic Skin Care
Mouth & Eye Care
Healthy Relationships & Intimacy
Pregnancy (Pre & Post Natal)

DSA 110: Disease Pathology and Management_____ one day/10 hours
(Roga Nidan & Kaya Chikitsa)

Disease Pathology (Roga Nidan)
The Process of Disease (Doshas, Seasons, Timings, Climates)
Stages and Prognosis of Disease
Methods, Techniques of How to Analyze Systemic functions and Identify Physical Signs: Tongue, Pulse, Abdomen, Skin, Eyes, Nails.
How Disease Evolves through the Stages of the Doshas
The Etiology of Dosha, Dhātu and Mala
Genetic and Karmic Influences on Disease
Managing the Signs and Symptoms of Disease
Approaching Disease with Palliative (Shamana) and Purification (Shodhana) Therapies

DSA 111: Sister Sciences: Integral Yoga and Vedic Astrology_ one day/10 hours
(Raja Yoga and Jyotish)

What is Yoga (5 branches)
Raja Yoga and its relationship to Ayurveda
Ayurveda, Yoga and Jyotish for Healing Body, Mind and Soul
Introduction to Jyotish
The nine major planets
12 houses
12 signs of the zodiac
Importance of the rising sign (lagna)
Core Factors of Medical Astrology



DSA 112: Integration & Lifestyle Counseling _____ one day/10 hours

Introduction to the art of Vedic counseling
Core components to Determine the Dosha Type
General Categories of Ayurvedic Counseling
Etiological Factors, the three causes of disease
Pacification of the Doshas, Tonification Therapies
Soma in Ayurveda and Yoga, Psychology in Ayurveda
The Role of Meditation in Ayurvedic Healing
The Role of Devotion in Ayurvedic Healing
Methodology of Ayurvedic Wisdom for Healing

PART TWO

Ayurveda Consultant Program

Outside Class Studies _____ Total 240 Hours

Weekly Online Classes – 60 Hours

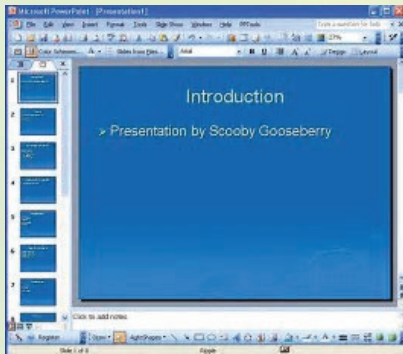
Students are required to participate in these live-streamed classes or there will also be the option to view these from archives in the classroom library. Classes will take place weekly and the schedule is subject to change as per holidays and other factors. Students are required to attend these two-hour online classes, which will take place four Wednesdays per month from 5pm – 7pm PST and begin during the inaugural month of the program. Online classes are focused on core curriculum content as listed in the curriculum and expand on the content covered during the module meetings

Ayurvedic Self Care Regimens Classes – 50 Hours

A good foundation in Ayurvedic wellness requires the student establish an integral approach to self-care that integrates daily, seasonal and life long adaptive therapies and disciplinary practices. This includes practices given during the live module classes and other wellness practices mentioned by our faculty and others included in these online classes. To support this, students will be asked to document their daily (dinacharya) and seasonal (ritucharya) routines. Each class will discuss and explore the various methods of Ayurvedic health and wellness. The emphasis is on promoting self-care specific to your constitution and as per the various cycles. Students are required to attend these online self care classes will take place on the first and third Tuesdays of every month from 5-7pm PST.

Special Presentation – 35 Hours

Students are required to prepare a special presentation to be presented to fellow classmates or friends, family and to the public. This requires choosing a topic to speak on which should be submitted to the program director or coordinator for approval and comments. This is to be completed after the last weekend intensive according to your schedule.



Basic structure to include:

- PowerPoint
- Minimum of 20 slides
- Should include images, descriptions and charts and references (bibliography)
- Presentation should be a minimum of hour in duration
- The file should be submitted to the program director or coordinator after the public presentation has been completed.

Patient Encounters – 50 Hours

In these intimate sessions we will review actual client case studies to provide you with an opportunity to understand how the principles and practices of Ayurveda are being integrated into actual real life cases. As the faculty members present the case files; students can reference certain topics and principles in their books and notes to support understanding how theoretical teachings are applied into practice. Different personalized techniques as per the experience of the teacher is given to students during these sessions to strengthen their understanding of how to apply the wisdom of Ayurveda into actual people. These sessions will be offered in live online meetings and during weekend module classes. These sessions are called patient-client encounters.

Three Forms of Patient-Client Encounters

- Patient encounters are consultations that provide students the experience of ayurvedic counseling with direct, hands on contact with people. This includes observing the teacher (practitioner-doctor) working with the patient-client to provide a multitude of learning solutions.
- Students will also work with patient-clients either one on one or in small groups of two or three with direct supervision and input from the teacher.
- Complete private intakes will also be done between the students and patients to build the students confidence and explore greater rapport with the patient. Students of the program will be instructed to gather five individuals that you will work with to document your counseling session and the outcome of each session.



Patient-client sessions will be completed during the live weekend module meetings, during a supervised internship and during the India intensive. Again, students will be required to arrange 5 private patient sessions with three encounters for each patient. Another 5 patient sessions (three encounters for each patient) will be done with teacher supervision during the live weekend module classes and during online classes. The remaining 20 hospital encounters will be experienced during the India portion of the program.

Each session requires performing a comprehensive intake, note taking, creating a summary of facts and information, determine a persons constitution and imbalances, create a diet plan, lifestyle plan, yoga program and then present materials for review by the program director and board members. Time spent with each patient includes the initial session, re-editing notes taken during the initial session, researching and categorizing the findings, follow up to give the client plan for implementation and then a third follow up to assess the improvements etc... This provides the initial foundation for developing a counseling practice.



Pulse Log – 15 Hours

Students of the ACP will learn the basics of nadi-pariksha or pulse for determining the constitution (prakriti) and the patient-clients imbalances (vikriti). Students will be required to perform a minimum of twelve pulse sessions with friends, family and those willing to support your studies. The details of this sacred practice will be taught in the program and these sessions will be discussed and reviewed in class with the teacher or director of the program.

PART THREE



India Ayurveda Immersion 150 Hours

This 15-day intensive takes place at our affiliate Institute in Pune, India. For decades the Dancing Shiva School has established a close working relationship and affiliation with the International Academy of Ayurveda (IAA) and we also share a close affiliate relationship with D.Y. Patil University's School of Ayurveda (DPU). D.Y. Patil University's School of Ayurveda (DPU). Our program students will experience the unique opportunity of participating in specialized classes provided by the IAA and DPU faculty and Mas Vidal. The material covered in the program classes includes expansive (more advanced & in-depth) coverage of the material listed in the main curriculum.

The experience and knowledge gained from participating in Motherland studies are substantial. Firstly, to study at a premier Indian Ayurvedic University and at the TanMan Research Centre is unique to our affiliation as this is not commonly permitted at Indian institutes. As international students, you receive the direct cultural experience, classes given by an Indian faculty, the experience of observing actual patient cases (encounters) in an ayurvedic clinic and hospital and access to an extensive library and dedicated departments for each main topic of Ayurvedic education. Those interested in attending this program who have not completed our course are welcome to join us.

PLEASE NOTE: The dates for this retreat have been postponed. We will NOT be booking the dates until there are 15 people enrolled. Once enrollment has hit 15 we will book the dates 3-4months later. We anticipate the trip to be October 2021. Please contact info@dancingshiva.com for questions.

DSA 113: Integrative Clinical Orientation_____ one day/10 hours

The program begins with an orientation and tour to observe how education takes place at an Ayurvedic uni-versity, with students acquiring in depth knowledge of the main branches (departments) of the school to gain greater insights of the integral process of Ayurveda.



DSA 114: Preventative Medicine (Svastha Vritta)_____two days/20 hours

~ Combines lectures, practicals and patient encounters

This section covers more advanced perspective on ayurvedic preventative health care as seen from the lens of Indian clinicians to provide cultural perspectives of how adaptation of ayurvedic principles and practices can vary between different cultures, constitutions and gender.

DSA 115: Disease Pathology and Management_____ two days/20 hours

(Roga Nidan & Kaya Chikitsa) ~ Combines lectures, practicum and patient encounters

DSA 116: Detoxification and Purification_____ two days/20 hours (Pancha Karma)

~ Combines lectures, practicum and patient encounters

DSA 117: Ayurvedic Nutrition & Cooking_____ two days/20 hours

(Ahara Vigyan) ~ Combines lectures, practicum and patient encounters



DSA 118: Herbology_____ two days/20 hours

(Dravya Guna Shastra) ~ Combines lectures, practicum and patient encounters

DSA 119: Integrative Clinical Conclusion_____one day/10 hours

On this final day an overview of the main themes of the program are covered including the opportunity to answer any questions. On this final day we will provide a special Q & A round table discussion to review essential counseling skills, pacification therapies, brimhana (tonification) therapies, rasayanas for longevity and general childrens health and family wellness.

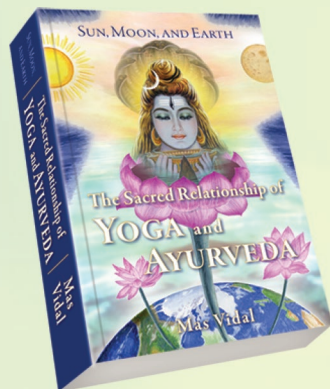
Out of Class Assignments – 30 Hours

The Pune region in the state of Maharasta is rich in Ayurvedic culture with a multitude of clinics, hospitals and university's. Arrangements will be made to visit specific places to enhance your educational experience.

- Reading – Handouts will be given during each section to support the lecture topics. This material should be reviewed and read after classes and for supplementation of your studies once you return home.
- Testing – A cumulative take home exam is given to validate the efficacy of your ayurvedic studies. This includes multiple choice, short answer and true-false choices.
- Graduation and Certification – A formal event is organized at the university, which brings together the entire program faculty to honor your merits as an Ayurvedic Wellness Consultant.



Recommended & Required Reading List



Note: Some sections from these texts will be required reading and will be assigned as homework or supplemental reading by our faculty. Required books are listed red text.

- **Text Book of Ayurveda:** Volumes 1 & 2 by Dr. Vasant Lad
- **Vedic Counseling** by David Frawley & Suhas Kshirsagar
- Yoga & Ayurveda by David Frawley
- **Ayurvedic Healing** by David Frawley
- **Sun, Moon and Earth** by Mas Vidal
- **Natures Medicine** by David Frawley and Subhash Ranade
- Yoga and Vedic Astrology by Sam Geppi
- Ayurveda: A Quick Reference Handbook by Manisha Kshirsagar
- Ayurvedic Nutrition and Cooking by Sunanda Ranade
- Enchanting Beauty: Ancient Secrets to Inner, Outer & Lasting Beauty by Manisha Kshirsagar

Program Faculty



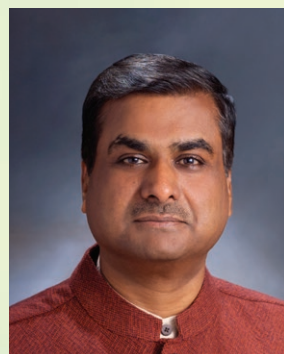
Mas Vidal – Yogi, mystic and practitioner of Ayurveda, Mas has become one of the most influential yoga and ayurveda teachers in the world. He has created five original programs including the first yoga and ayurveda courses in addition to the first university based Ayurvedic studies program offered at an Indian University. He enjoys teaching Hatha-Raja yoga classes and workshops that embrace core Ayurvedic principles. His work is largely influenced by the teachings of Paramahansa Yogananda founder of Self Realization Fellowship and Swami Jyotirmayananda, the last direct disciple of the Sivananda lineage. As an ayurvedic practitioner he maintains an active counseling practice that also includes yoga therapy and medical Vedic astrology as part of counseling for health and wellness. He is the founder/director of Dancing Shiva Yoga Ayurveda since 2001, an international non-profit educational organization and center based in southern California.



Yogini Johanna Bennett - Johanna is a Yoga and Ayurveda teacher based in Los Angeles, California. She is trained at the 200-hour level from the Center for Yoga/Yoga Works and at the 500-hour level from Dancing Shiva Yoga and Ayurveda. She also carries certification from the American Institute of Vedic Studies as a Yoga and Ayurveda Therapist. In addition, Johanna is also a certified Pancha Karma therapist having completed training and clinical internship at Dancing Shiva Yoga and Ayurveda. Johanna has a BA in Religious Studies and Asian Studies, and a MA degree in Asian Studies. She is a student of Sanskrit and jyotish and has studied at LMU translating devotional Tamil Alwar poetry.



Dr. Subhash Ranade - Is one of the foremost experts on Ayurveda. He is a leading academician and physician in the field of Ayurveda and an author of countless books on Ayurveda, Yoga, diet and much more. These books have been published in Marathi, Hindi, Malayalam, English, French, Czechoslovakian, German, Greek, Italian, Japanese, Korean, Polish, Portuguese, Russian and Spanish languages. He has worked as Prof. and Head, Dept. of Interdisciplinary School of Ayurveda and Prof. and Head, Dept. of Ayurveda Pune University and Principal of Ashtang Ayurveda College, Pune, India. Dr. Ranade has been a faculty member of Dancing Shiva since the inaugural year and has served on our advisory board. He and his wife Dr. Sunanda Ranade founded the International Academy of Ayurveda (IAA), which hosts the Dancing Shiva programs in India. The Ranade's have worked closely with Mas Vidal on numerous educational projects both in the USA and India.



Dr. Suhas Kshirsagar – Is a classically trained Ayurvedic physician and a gold medalist from prestigious Pune University. A Rig Vedic Bramhin by tradition and an accomplished Clinician by training adds tremendous value to his clients and students alike. He is an insightful Medical Astrologer and Vedic Counselor. He worked with His Holiness Maharishi Mahesh Yogi for over 10 years. During these years he and his wife Dr. Manisha, traveled extensively all around the world, teaching Ayurvedic Medicine, Jyotish, designing courses & curriculums, directing Ayurvedic Clinics and helping design new Ayurvedic formulations. He was the Chairman for Maharishi College of Vedic Medicine, a Professor at Maharishi University of Management and the Medical Director, at the Raj Pancha-Karma center in Fairfield IA. He is an insightful Medical Astrologer and Vedic Counselor and motivational speaker, presenting Ayurvedic Wisdom and sharing stage with Deepak Chopra, Tony Robbins, Wayne Dyer and many other leaders in the field.



Dr. Manisha Kshirsagar - Manisha graduated from Pune University, India with a Bachelors degree in Ayurvedic Medicine and Surgery. She is also trained at the Indian College of Naturopathy and qualified as a Yoga Instructor from the renowned Kaivalyadham University in India. Dr. Manisha has been teaching Ayurveda ,yoga for more than 10 years. She specializes in women and infant health, skin care and natural beauty treatments. She offers regular workshops on Ayurvedic nutrition and cooking, Panchakarma and Herbology.



Dennis M. Harness, Ph.D. - Ph.D. - is a professional astrologer who holds a doctorate degree in Counseling Psychology. For more than twenty five years, Dennis has studied both Eastern and Western techniques of astrology. Dennis teaches workshops on Vedic Astrology and Transpersonal Psychology throughout the world. He is the author of The Nakshatras: The Lunar Mansions of Vedic Astrology, which is published by Lotus Press.



Vijaya Stern, Ayurvedic Naturopath, CMT is a well recognized teacher and practitioner of Ayurveda, since 1984. She has served as a Board of Director for the California Association of Ayurvedic Medicine. As a graduate of the Ayurvedic Institute in Albuquerque, NM with Dr. Vasant Lad, and Clayton College of Natural Healing, Vijaya has also studied with several Indian Vaidyas in the U.S. and India. Vijaya's teachings and services are offered throughout the US and abroad including Ayurveda, Pulse Diagnosis, PanchaKarma (ayurvedic rejuvenation). Enrollment Essentials



Dr. Ram Tamang is a licensed Ayurvedic Doctor (BAMS) in India and Nepal from a prestigious MGR Medical University at Coimbatore, India. Dr. Ram also holds a Certificate as a Master Herbalist from GCNM, USA. In addition, Dr. Ram teaches Yoga for your body type as well as for specific mind/body imbalances. Dr. Ram headed a Panchakarma (traditional Ayurvedic cleansing programs) Center at Ayurveda Retreat in India and worked side by side with Allopathic Doctors, before coming to the United States. As a Partner with the Healing Gardens of Ayurveda, Dr. Ram has helped build and sustain a growing community of people passionate about the value of Ayurvedic Medicine.

Enrollment Essentials

- Read and review the course catalog and all its details prior to registering.
- Complete a brief registration form online
- Phone interview with Dancing Shiva Program Coordinator
- Accepted registrants will be contacted by Kei Colby, Assistant Director of the Soul of Yoga, who will arrange tuition payment.
- You will receive a welcome packet and essential program details prior to the start of your course.

Tuition and Fees

- Foundations of Ayurveda Course ~ Fees included in tuition for Parts 1 & 2
- Parts 1 & 2 ~ \$5850
 - Discounts: \$250 Paid in Full or \$250 Previous grads of min of 100Hr training with Dancing Shiva or Soul of Yoga
- Financing available for Parts 1 & 2 for up to 12 months. Requires a 25% Non-refundable deposit and 8% financing fee. Fees must be paid in full by end of training & prior to Certificate being issued.
- Part 3 ~
 - \$3,100 for Dormitory (4-7 person in large style dormitory, shared bath)
 - \$3,350 for Shared (two-per room, private bath)
 - \$3,750 for private (single person-per private cottage, private bath)
 - All options include lodging, meals & course work in India
 - Airfare & ground transportation extra
 - \$750 Holds your spot!

India Deposits and fees paid in advance are non-refundable unless trip is cancelled by Soul of Yoga or Dancing Shiva.



REFUND POLICY FOR TRAINING PROGRAMS:

Notice of Cancellation or Withdrawal from any training or portion of training must be submitted in writing or email. Students canceling registration prior to attending first day of training will be liable for: 1) the non-refundable deposit valued at 25% of total tuition and 2) payment plan administrative fees when applicable. Students withdrawing from training prior to completing 50% of the training program will be liable for: 1) withdrawal fee of 50% of total tuition 2) payment plan administrative fees when applicable 3) A La Carte tuition for all courses taken. Students withdrawing after completing over 50% of the training program shall be charged 100% of tuition for that program.

REFUND AND RESERVATION CANCELLATION POLICY FOR TRAINING COURSE/MODULE/SESSIONS:

Notice of Cancellation or Withdrawal from any training or portion of training must be submitted in writing or email. Students cancelling registration more than 45 days before the first day of training are liable for 1) the non-refundable deposit valued at 25% of the total tuition 2) payment plan administrative fees when applicable. Students cancelling registration less than 45 days before the first day of training are liable for 100% of the a la carte tuition for that program and a \$25 late cancellation fee. In some cases the student may be able attend the training at a later date although the Soul of Yoga cannot guarantee this privilege. The course may not be rescheduled, the teacher may not return, the teacher may not grant permission, the course may be full and/or other events may occur which will prevent The Soul of Yoga from granting a reschedule. Reschedule permission is granted on a case by case basis.



Professional Affiliations

The two main third party Ayurvedic organizations based in the United States is the National Ayurvedic Medical Association (NAMA) and the other is the Association of Ayurvedic Professionals of North America (AAPNA). Each of these associations provides membership based on their own criteria and standards measured by the number of hours of study as well as areas of study. The NAMACB is currently the only association offering professional certification exams and certificates in the Ayurvedic field in the United States.

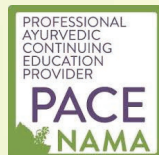
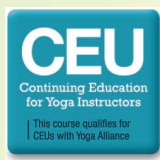
Once you have completed the requirements for the Dancing Shiva program (including attending the India studies portion) you will receive a certificate of completion for 600 hours, and a transcript for the full Ayurvedic Counselor Program (ACP) will be available upon request.

If you are interested in becoming a member of these organizations, this is your own decision and should be done at your own discretion. Dancing Shiva will provide all the paperwork necessary to submit for students who wish to take the NAMA Certification Board (NAMACB) exam if you decide you want to become a member of their organization. Passing the NAMACB exam qualifies you to apply for NAMA Professional Membership and be listed on the NAMA website along with several other benefits. Many of our ayurvedic faculty are members of the above-mentioned organizations. The Dancing Shiva School of Ayurveda and Yoga is not responsible for paying any fees or offering any additional support for registering with any third-party organization.

You are not required to affiliate with any third party Ayurvedic associations and there are no limitations to applying the knowledge and experience gained from our program in your work or your own personal life. Being recognized and certified through third-party organizations such as NAMA or AAPNA can be an added benefit to your ayurvedic-yogic profession and may provide a distinguished credential and separate you from those that do not go through the process to become members. Some may view it as an added mark of your professional status in the field. We encourage you to become acquainted with these organizations and explore the option of enhancing your Ayurvedic career.

Continuing Education

Professional Ayurvedic Continuing Education (PACE) credits are required for NAMA professional members and to maintain certification status. Details of continuing education are provided on the NAMA website <https://www.ayurvedanama.org/pace>. Additionally, the Dancing Shiva ACP hours can also be applied as continuing education credits with the Yoga Alliance (YA). Continuing Education credits with Yoga Alliance would fall under the “yoga philosophy” category, which requires a bare minimum of 30 hours over a three-year period. You might find some of the below FAQ’s helpful. Additional charges and course work may be required by these organizations, please check with each organization for specific details on these matters.





FAQ

Frequently Asked Questions

1. Is Ayurveda a legal or licensed medical system in the USA?

Recently, a bill was passed in ten states stating that residents of those states can approach non-licensed healing practitioners or counselors with informed consent. These states are (Rhode Island, Oklahoma, California, Arizona, Colorado, Idaho, Louisiana, Minnesota, Nevada, New Mexico). Currently, Ayurveda is not a licensed medical system in the USA.

2. Is Ayurveda regulated in any manner by each State or local governments?

No, it is not. Ayurveda is not at all regulated or licensed in the USA at any level, state or federal. There are basic competency standards set by private schools that have received state approval. In this regard practitioners are advised how to legally practice within a certain scope of practice that has limitations.

Certain aspects of ayurvedic clinical practice may fall into the scope of professions like Traditional Chinese Medicine or Massage therapy. It is advised that Dancing Shiva students of Ayurveda not casually cross over into a profession that is regulated. This will vary on a state by state or city by city basis and you might consider exploring such details for the area which you live.

3. Are there any educational requirements to take this Ayurveda program?

Not really much because we feel that anyone can benefit from taking such a course. However, we do ask that registrants have at least attained a High School diploma and we also suggest some basic study either personally or through local college in Anatomy and Physiology. Although anatomy and physiology may be a requirement for students choosing to further their education in Ayurveda or test for NAMA.

4. Does Dancing Shiva offer complimentary courses or programs that would support this Ayurveda program?

Yes, through out the year we offer a number of specialized workshops and intensives on various topics that will support and deepen the major topics in the ACP curriculum. These special classes will be mentioned on our website www.danc-ingshiva.com and will also be advertised through our newsletter of which you can sign up on the home page of the website.

5. What can I do with the certification from this program when I am completed?

You have many options especially if you are already a yoga teacher or in the healing field. This wisdom can also be integrated into your current career regardless of what you do. Many of our students offer counseling sessions at health and fitness centers, at schools, spa, resorts and many others. The hours completed in this course will allow you to register with NAMA at the Ayurvedic Health Counselor level and provides the foundation to becoming an ayurvedic practitioner. Consultants are considered to be at the first level of registration as recognized in the field of ayurveda by two of the main associations in the USA (NAMA & AAPNA). Each has their own structures for giving credit for certification courses such as this one.



6. Can I combine my hours from this certification course with those from a yoga certification course?

Yes. On an educational level its very effective and many people today take multiple certification courses to compliment their teaching and healing work. With regards to registering hours from an ayurveda course with a yoga association like Yoga Alliance it's highly unlikely unless they are for CEU's, which you can do. Yoga and Ayurveda are separate teachings according to most all organizations and each organization presents distinct criteria on how they view the efficacy of the practice. We are beginning to see some crossover with certain organizations like NAMA, which is accepting hours towards a Yoga-Ayurveda Therapist as a new category. Which association you align with does not really matter much at all with regards to your ability to practice. These associations simply provide a body that is endorsing efficacy of practice and support of professional standards.

7. Does this Ayurveda program require testing? I have never felt comfortable taking tests and this might discourage me from registering as I often feel much pressure when I have to study or prepare for an exam.

Yes, currently the program requires you take a mid-term and a final exam. These exams are take-home and open book. We want you to learn this information and enjoy the process of researching, reading and reviewing your notes so that can integrate these teachings into your life. What we have learned is that the most successful student is the one who lives the principles of ayurveda. In this manner they become the best teachers, counselors and healers because they have experienced it on them selves.

8. Is attendance mandatory? How important is it that I attend all the meetings? I have some things on my calendar later in the year that may conflict but at same time I do want to complete the course and get my certification.

Attendance to all meetings is required however you will be able to view any live classes that you have missed online and this would suffice as a make up. What you put into this course is what you will get back from it. The power of community is often irreplaceable and absorbing such ancient wisdom may not be as enjoyable.

9. Do you offer counseling services so I can make a decision on which of your programs is best suitable for me?

I'm really interested in Ayurveda but I feel that the topic is very deep or advanced for me to learn right now. The director of Dancing Shiva (Mas Vidal) has specialized in Vedic counseling for many years and has provided sessions for most of the students registered in these courses. If its just a few simple questions he often makes himself available to everyone. However, for a complete integral analysis a session must be booked for a complete review of your astrology and educational and health history. In cases where a new student has no experience or education in the vedic sciences we often recommend taking the 200 hour online yoga and ayurveda program as this provides an excellent foundation for any course and especially for someone wanting to take the Ayurveda Wellness-Consultant program. Again, taking another course is not required it may be something we will recommend if you are wanting to move forward into a field of health and healing.

10. Where is the training located?

Onsite Modules must be attended in person at Soul of Yoga 627 Encinitas Blvd., Encinitas, CA 92024 (unless COVID regulations do not permit and than the modules will be live streamed.)

Namaste!