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## British Wheel of Yoga Ayurveda Module Level 1 Tarik Dervish and Cathy Mae

### Introduction

Welcome to the world of Ayurveda!

Ayurveda is a fascinating system of healing that goes back thousands of years. It shares a common language with and is a close relative of Yoga. This course is for anyone interested in the basic principles of Ayurveda, its system value and power, and its application in today's modern world. Translated as the "science of life", Ayurveda offers a deep appreciation of the fundamental components of living holistically in accordance with the principles of nature. Working conscientiously through this course offers insight into your life and the opportunity to introduce changes for the better. You will examine your own life under an Ayurvedic microscope bringing light to daily routines, thought patterns and activities that no longer serve you, with options to introduce changes.

This course can be used to for both personal and professional development.

**Yoga Practitioners** will be able to adapt their own practices in accordance with Ayurvedic principles which address seasonal and life changes.

**Yoga teachers** will be able to apply these principles to their course plans and lesson plans when considering their aims and objectives. They will also gain insight into the temperament of their students reflected in the way they practice in class.

### Entry requirements

1. Due to constant references to Yoga, applicants need at least 6 months' experience of Yoga practices (including Asana and Pranayama) to benefit from this course.
2. A good level of English is important to undertake reading and writing course tasks.
3. Membership of the British Wheel of Yoga is required. You can join the Wheel at [www.bwy.org.uk](http://www.bwy.org.uk)

### Assessment and Evaluation

#### Worksheets

At the end of each day, a worksheet will be handed out and used as a basis for discussion and activities in the following session. This will involve a couple of hours' worth of work between sessions to remain up to speed with the course.



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### **Sessional Quizzes**

Each weekend will include a fun quiz to revise themes from previous sessions and recap difficult topics. These provide feedback on comprehension and will inform the planning of subsequent sessions.

### **Final Test**

On the penultimate course day, you will sit a short test. The pass mark is set at 50%. Certification for the course will be awarded on successful completion of all worksheets and the final test.

### **Evaluation**

A full course evaluation will be undertaken at its conclusion to help us assess your experience and improve delivery for future students.

### **Attendance**

An 80% attendance rate is required for successful completion of the course. While full attendance is ideal, this amounts to missing only one course day.

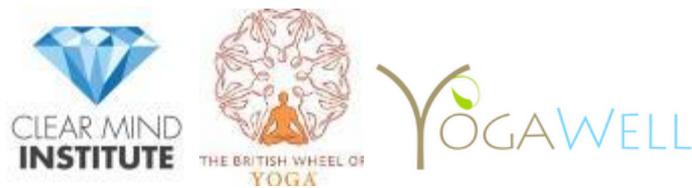
### **Progression**

This course has been designed to allow you to progress to becoming an Ayurvedic Yoga Teacher. Should you opt for this, your training will seamlessly progress with us within months of completion of this Module.

Alternatively, you may decide that you wish to continue your journey with Ayurveda on its own. This course is an ideal foundation in the Basic principles of Ayurveda so you may go on to do a Diploma or a deeper level of study with us at Level 2. More information on these will be given at the end of the course.

Please note that you will **not** be qualified to practice Ayurveda or Yoga Therapy on others after this course. It is designed as a Foundation for professional courses in Ayurveda and Yoga Therapy or for Personal development only.

However, your family and friends and students will benefit from your new insights and remedial toolkit! For more information on progression routes in Ayurveda see the website for the Ayurvedic Professionals Association ([www.apa.uk.com](http://www.apa.uk.com))



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## Aims, objectives and outcomes

### The Module aims to:

1. Present a structured guide to the basic principles and applications of Ayurveda with special reference to yoga;
2. Provide BWY teachers and students sufficient insight into the fundamentals of Ayurveda to allow them to incorporate these into their yoga programmes, both personal and taught;
3. Encourage yoga practitioners to consider personal dietary and lifestyle adjustments in accordance with Ayurveda;
4. Equip yoga teachers to understand their students from an Ayurvedic perspective through applying a basic Ayurvedic approach and to equip all practitioners with enhanced self-understanding;
5. Utilize yogic practices with greater insight from Ayurveda to restore balance.

### By the end of the course, participants should be able to:

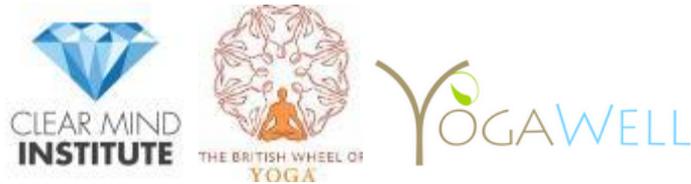
1. Understand and apply basic Ayurvedic principles
2. Offer a more in-depth understanding of Samkhya philosophy
3. Appreciate the complexity of reading an individual both in balance and out of balance at the levels of bodily and mental constitutions
4. Apply yogic therapies to help restore balance
5. Enhance own yoga training or those of students by integrating Ayurvedic perspectives on health restoration and maintenance
6. Have a more informed understanding of themselves and their particular dispositions to move into and out of balance, as well as an understanding of how to restore harmony.

### By the end of course, participants will have:

1. Advanced their understandings of themselves. The yogic principles of self-study and reflection would thus be achieved in the very process of learning.
2. Learnt about the practicalities of applying Ayurvedic principles and, in the process, come to appreciate the complexities of taking account of many variables in considering diet and lifestyle.
3. Considered the interplay of yoga and Ayurveda as sister sciences giving expression to this in their consideration of their yoga programmes.

### The Module will cover:

1. Philosophical roots of Ayurveda
2. The Panchamahabhutas (5 great elements)
3. The three Doshas (Vata, Pitta and Kapha)
4. Dinacharya and Ritucharya : the seasonal and daily routines recommended by Ayurveda
5. Key concepts of Agni, Aama, Prakruti and Vikruti and Ojas
6. The 7 dhatus (tissues)
7. Theories of digestion and nutrition
8. Ayurvedic detoxification and Shatkarmas
9. Prakruti (Personal constitution) and Vikruti
10. Key Marma points



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## Course Details

### Cost

The course cost is **£600** plus BWY registration fee (**£60**) totalling **£660**. We are offering a **10% discount** on **early-bird applications** reducing the overall cost from £660 to **£600 to be paid in full by Dec 31<sup>st</sup> 2017**. **£100 deposit** is due upon application and is non-refundable less than 6 weeks prior to the start of the course. Payment is due via bank transfer. Details will be provided once your application has been successful. The **remaining fees** (for those applying after the early-bird deadline) are due by **March 15<sup>th</sup> 2018**.

### Venue

The course will be held at Hazelwood Nursery:

Hazelwood Nursery  
19 Bluehouse Lane  
Oxted  
RH8 0AA

A map of the location can be found [here](#):

The closest station is Oxted, a 5-minute walk from the venue.  
Free parking available.

### Course dates and times, 2018:

3 weekends (6 days) Saturdays (10-6pm) and Sundays (10-6pm)

**APRIL 21<sup>st</sup> and 22<sup>nd</sup>**

**MAY 12<sup>th</sup> and 13<sup>th</sup>**

**JUNE 9<sup>th</sup> and 10<sup>th</sup>**

### Structure of the course

This 48-hour module covers the basic principles of Ayurveda. There will be a balanced blend of practical and experiential work incorporating philosophy and theory. The 6-day course is spread over 3 months with one weekend per month comprising 7-hour days on both Saturday and Sunday. You will have a month following the final course day to complete the essay and any outstanding course work.

### Set books

The two set books are:

1. Frawley, David, (1999). *Yoga and Ayurveda: self-healing and self-realisation*. Wisconsin: Lotus Press.
2. Lad, Vasant.(1990). *Ayurveda: the science of self-healing: a practical guide*. Wisconsin: Lotus Press.

## Complaints Procedure

### Modular courses

1. In the event of a complaint being raised about the content or a tutor on a BWY Modular course, in the first instance, it is desirable that the complainant raise the matter with us the tutors running the course and the matter be resolved at this level.
2. If this is not possible, or this has been tried to no avail, the matter should be brought to the attention of the Module's officer, in writing. The Module's officer will mediate in consultation with the Education Committee Chair. The complainant will be informed of the decision taken and any measures decided upon as soon as possible.
3. Written records of all data and correspondence involved in the complaint to be retained by the Module's Officer.

### Reading list

Lad, Dr Vasant. (1984) <u>Ayurveda: The Science of Self Healing</u> , Santa Fe, Lotus Press.
Lad, Dr Vasant.(2002) <u>Textbook of Ayurveda: Fundamental principles</u> , Albuquerque, The Ayurvedic Press.
Lad, Dr Vasant.(1997) <u>Ayurvedic cooking for Self Healing</u> , 2 <sup>nd</sup> edition. Albuquerque, The Ayurvedic Press.
Lad, Dr Vasant and Frawley David. (1986) <u>The Yoga of Herbs</u> , Santa Fe, Lotus Press.
Morrison Judith. (1985) <u>The Book of Ayurveda: A Holistic Approach to Health and Longevity</u> . New York. Simon & Schuster Inc.
Svoboda, Robert E. (1992) <u>Ayurveda. Life, Health and Longevity</u> . Penguin: London.
<b>Svoboda, Robert E. (1998) <u>Prakruti: Your Ayurvedic Constitution</u>. 2<sup>nd</sup> ed. Lotus Press: Twin Lakes.</b>
Sharma, Priyavrat V. editor- translator. <u>Caraka Samhita</u> . 4 vols. Chaukhamba Sanskrit Series Office: Varanasi, India.
Lad, Dr Vasant.(1998) <u>The Complete Book of Ayurvedic Home Remedies</u> . New York: Harmony Books.
Vagbhata. <u>Ashtanga Hridayam</u> , translated by K.R. Srikantha Murthy. 2 vols. Krishnadas Academy: Varanasi, India, 1991-1992
<b>Frawley, David and Kozak, Sandra. (2001) <u>Yoga for your Type</u>. Twin Lakes. Lotus Press.</b>
<b>Frawley, David. (2003) <u>Ayurveda and Marma Therapy</u>. Twin Lakes. Lotus Press.</b>
Frawley, David. (1999) <u>Yoga and Ayurveda</u> . Twin Lakes. Lotus Press.
<b>Bold= particularly recommended for this course</b>

If you are further enquiries about the course, please email Tarik and Cathy at [Tarik@yogawell.co.uk](mailto:Tarik@yogawell.co.uk)



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**British Wheel of Yoga  
Ayurvedic Yoga Therapy Module**

**Application Form**

Name:	BWY Membership No:	
Date of Birth:	Time of Birth (if known):	Place of Birth:

Address:
Tel:
Email address:

Do you have any pre-existing medical conditions? Please state below.
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How much Yoga have you done and in what style?
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Why would you like to learn about Ayurveda? Tell us about yourself (150 words)
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I hereby confirm that I have read and understood all the information provided on the Ayurveda Module and understand that Certification is dependent on successful completion of the course. I confirm payment of the non-returnable deposit of £100 to secure a place. I agree to pay the remaining fee (£500/£560) by 15<sup>th</sup> March 2018.

Signed ..... Date.....

Please send your completed application electronically to **Tarik and Cathy** at [tarik@yogawell.co.uk](mailto:tarik@yogawell.co.uk)