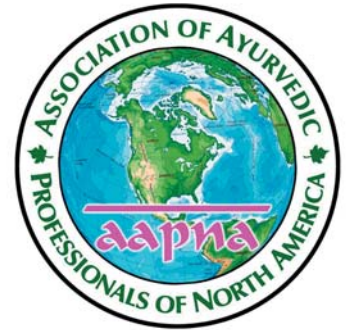




Become an Ayurvedic Lifestyle Consultant in 2015

The Amrit Yoga Institute and the Amrit Ayurveda Institute are proud to announce new Ayurveda certification programs for Yoga Teachers, Massage Therapists, and other Health Care Professionals. This training is based on international guidelines and benchmarks from around the world and is approved by the Association of Ayurvedic Professionals of North America (AAPNA) with a unique opportunity to study with Dr. Shekar Annambhotla; founder of OJAS and AAPNA and Dr. Vijay Jain, MD, Medical Director and Integrative Medicine Specialist at Amrit Ayurveda for Total Wellbeing.



Ayurveda is the sister science to Yoga and literally means "science of life". It is an approach to living in harmony with the universe, the seasons and nature in order to achieve optimal health and sustained well-being. Developed around 1500 BC, this ancient science is built on solid theoretical and experiential foundations which provide a profound understanding of the physical and biological laws that govern human physiology.

The Ayurvedic Lifestyle Consultant Certification Program is a 500-hour course divided into six modules, over a period of seven months combining classroom and home study. Upon completion of this certification:

- You will have the knowledge of the basic principles of Ayurveda and how to apply them in your own life.
- You will be able to make recommendations to clients regarding modifications in their lifestyle, exercise routine, yoga practice and nutrition, according to their constitution, to bring a state of balance in their lives.
- You can apply these credits toward the upcoming Certified Ayurvedic Practitioner course in 2016 which requires a total of 1000 hours of Ayurvedic study and clinical internship.
- You can apply these credits towards Yoga Therapy Certification as determined by the International Association of Yoga Therapists.

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i n s t i t u t e

23855 NE County Road 314 • Salt Springs, FL 32134
352.685.3001 • www.amrityoga.org • www.facebook.com/amrityogainstitute

The Ayurvedic Lifestyle Consultant Course:

MODULE 1 & 2

January 22 – 29, 2015

- Introduction to Ayurveda
- History of Ayurveda
- Philosophy of Ayurveda
- Anatomy & Physiology of Ayurveda

MODULE 3 & 4

April 8 - 15, 2015

- Dinacharya - Ayurvedic lifestyle
- Ayurvedic Diet
- Digestion and Nutrition
- Pulse examination

MODULE 5 & 6

August 5 – August 12, 2015

- Ayurvedic Psychology
- Spiritual Aspects of Ayurveda
- Ayurveda as Yoga Therapy

This program will provide 200 hours of classroom and 300 hours of home study, assignments, projects and exam's complying with the requirements of the Certificate Course in Ayurvedic Lifestyle Consultant as outlined by AAPNA.

Prerequisites – To ensure understanding of the basic fundamental principles of Yoga, completion of the Integrative Amrit Method of Yoga Teacher Training Level 1 OR certification in a Yoga Alliance approved 200-hour Teacher Training is required.



APPLY TODAY!

Apply online: www.amrityoga.org - <https://www.formstack.com/forms/?1670137-IWolyfAY6Y>

Registration Deadline: January 3, 2015

Location: Amrit Yoga Institute, 23855 NE County Rd 314, Salt Springs, FL 32134

Tuition: \$1,600 for each weekly session (two modules per week)

\$4,800 for the full program - \$800 discount if paid in full prior to start of program.

Tuition includes: meals and accommodations, round trip transportation from Orlando Airport (MCO)

Does not include additional costs of textbooks - Approximately \$150.

Deposit: A \$500 deposit is required and if not accepted your deposit will be refunded.

For questions or information: Email: michelejain@amrityoga.org or call 270-566-1745.

This program is guided by **Yogi Amrit Desai**, an internationally recognized authority on yoga and holistic living.

Facilitating Doctors and Staff include:

Dr. Shekar Annambhotla, BAMS, MD (Ayurved), LMT, ERYT-500, RAS - Dr. Vaidya Shekar Annambhotla has been practicing and teaching Ayurveda worldwide since 1988. Dr. Shekar is the Founding Director of Ojas, LLC, Ayurveda Wellness Center, in Pennsylvania, USA. He is the Founding Director and President of Association of Ayurvedic Professionals of North America (AAPNA).

Dr. Vijay Jain, M.D., R.A.C. Dr. Vijay Jain brings more than 38 years of experience in General Surgery and 17 years of focused study of Integrative medicine. He lectures on Ayurveda Principles and Practices, and how to create Optimal Health. His main interest is in the science of graceful aging as it relates to holistic medical practices. Dr. Jain is presently Medical Director of the Amrit Ayurveda for Total Well-being Center in Salt Springs, FL, where he conducts Panchakarma programs.

Kamini Desai, PHD Director of Education - Kamini develops the core program curriculum for the Amrit Yoga Institute and teaches around the world. Trained at the Kripalu Center for Yoga and Health, with degrees from Smith College and La Salle University, Kamini is certified in contact partner yoga, yoga therapy, yoga nidra, massage therapy, Danskinetics, and holistic health education.

Michele Jain, RYT, PYT, CHC Administration – Michele has her degree in Business Administration. In addition to her business expertise, Michele has several Yoga Teacher Training Certifications, Professional Yoga Therapy Certification, Amrit Method of Yoga Nidra Facilitator Certification and is also a Certified Health Coach. Michele has been teaching yoga since 2001 and currently manages the Ayurveda Programs offered at the Amrit Yoga Institute.