



Student PROSPECTUS

2024



DIPLOMA

**Ayurvedic Lifestyle &
Nutrition Consultant Course**



Welcome to the Ayurveda Institute UK. We are encouraged and inspired to receive hundreds of enquiries every year from people like you who are asking how they can live better, expand their understanding of life and be of service to humanity through Ayurveda.

The Ayurveda Institute now trains almost 200 students every year as Ayurvedic Consultants, Practitioners and Therapists. The Ayurvedic Clinic treats thousands of patients every year. And the Association of Ayurvedic Professionals UK (AAPUK) represents the interests of many Ayurvedic doctors, practitioners, and therapists. The tripartite Centre works symbiotically to offer an unparalleled level of support for the education of practitioners and to fulfil its mission to raise awareness of Ayurveda for the benefit of the whole human community.

Watch talks, teachings and testimonials here:

- **Facebook page** - [click here](#)
- **YouTube channel** - [click here](#)
- **Website** - [click here](#)

Our range of courses together constitutes a comprehensive Ayurvedic education providing a platform for self-transformation and practice. The whole has been broken down into levels and shorter courses so that you can progress at a pace suitable to you. Wherever you start, you have opened the door to universal science ...

The Ayurveda Institute UK is a space in which teachers of the highest caliber and experience can transmit their knowledge and wisdom to those willing to learn. There is nowhere else where the teaching comes exclusively from doctors in practice in the West for over 25 years.

Our courses are characterized by authenticity, vocational practice through our training clinics, optimum teaching strategies and up-to-date technology. The flexibility of online learning allows you to mould your education around your life.

Comprehensive Ayurvedic Lifestyle and Nutrition Course



The Diploma in Ayurvedic Lifestyle and Nutrition for 2024 offers the equivalent hours of a full-time course. The intensive teaching and practicum hours will significantly enhance students' experience of learning Ayurveda and offer more support for our new practitioners to set up in practice than any other training provider of this kind. The course contains over 700 hours of teaching, training clinics, case studies, tutorials, advisory facilities for practice and forums via social media as well as self-study.

The structure of video e-learning ensures that all the live immersions and tutorial sessions are dedicated to students' individual learning face-to-face with the teacher and hands-on clinical training under expert supervision. This means being able to guide students on their individual case studies and performance in training clinics, and focus on their specific questions in dialogue with the teachers.



LARA ECROYD

This course has given me the knowledge, confidence and support to achieve my intentions of starting my own Ayurveda practice. I will be leaving my job as a Hospital Pharmacist this October and for that I cannot thank them enough. This is not just a course, it's a community and a place I love returning to. I leave each teaching session feeling inspired, educated, cared for and at peace. Thank you to everyone at the institute for everything you do.

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Word from the founders

Welcome to the
Ayurveda Institute UK

Your health is your greatest wealth. A healthy body and mind is the key to understanding your life purpose. Ayurveda teaches us how to gain perfect health by balancing body, mind and consciousness. This vast science offers its profound knowledge to understand our own imbalances and how to re-establish balance through right diet, lifestyle and remedies for our individual needs.

In Ayurveda, treatment of the imbalance is called 'Chikitsā'. 'Chit' refers to the heart or higher consciousness which is the very connection between the healer and the patient. This connection is the key to unlocking the secrets of this ancient science and eliminating suffering.

In this time, as human beings, the responsibility lies with us to reconcile our relationship with the universe, and to heal ourselves in order to help others heal. The true purpose of learning Ayurveda is this.

Who We

Many people – one heart

Are?

Born out of the ever-expanding work of the established Ayurvedic Clinic, the Institute grew to nurture practitioners who carry the light of Ayurveda to many more thousands of people through their own practice and in their own lives.

Dr Deepika Rodrigo BAMS MSc guides an organization of highly experienced Ayurvedic doctors, practitioners and people who are dedicated to the elevation of the individual and collective consciousness through the practice and teaching of Ayurveda.

Each one of us at the Institute and the Clinic holds a wealth of understanding and experience in the practice of Ayurveda in the modern world both with patients and students and in our own lives. Each one of us is deeply connected to the lands where this science originates, and we are always conscious to protect and give back to these cultures which have enriched the lives of millions all over the world. We recognize that Ayurveda requires loving and devoted attention to preserve authentic expression and continue to thrive and offer its benefits to all.

Our lives are infused with the gifts of this ancient science, and it is with gratitude and clarity of purpose that we offer our service to all. Simply, our mission is to raise awareness of Ayurveda for the benefit of the whole human community.

Who is this course designed for?

This course is designed for anyone who wants to learn Ayurveda from an in-depth and practical perspective from the experts in their field. It is ideal for those who want a career change, to earn a qualification as an Ayurvedic Consultant and become part of a growing industry in alternative healing modalities.

It is ideal for those who seek a balanced and healthy life, full of vitality for themselves, families, and friends. Over the years, hundreds of people, including many doctors and registered healthcare practitioners, scientists, those that work in healthcare, alternative health practitioners, yoga teachers, therapists and those currently working as Ayurvedic practitioners have gained enormous benefit from these teachings.

It is tailor-made for those who wish to practice Ayurvedic medicine in the West and is uniquely structured so that students can begin to treat clients in the last quarter of the course and earn while they learn in further studies. It is the first part of a trilogy of diploma courses, each building on the last to deepen students' understanding of science and the art of its practice. Students can expect to begin practice after the first year, whilst continuing to learn in the following years.

The authenticity of this learning

What distinguishes this path of learning from others is that we start with the understanding that you are your own case study. Your own life is your homework. You are the greatest textbook of life. If you were to pause momentarily and study yourself, you would realize that the greatest knowledge of life is contained within you, for we are the microcosm of the macrocosm. This path of study is far beyond an academic qualification; it is for your expansion.

We support this through the teachings and through a deep commitment to your personal journey. Unlike any other place of study, we connect with each student individually. Students have the opportunity to have one-to-one sessions with Dr Deepika Rodrigo and Ajanta Kaza through the year to provide insight, support and reflection for your journey.

Our experience is that these teachings are life changing. Every student who commits to this study emerges from the course having experienced deep personal transformation in all aspects of their lives.

The practice of this ancient science in the West is still a pioneering endeavor. Our teachers are not only highly experienced and highly regarded experts in their field, but also caring and compassionate teachers. Our training has created practitioners who are shaping the future of Ayurveda. For those who have this privilege, the opportunities to create new ways of living using the secrets of this ancient science are limitless.

Here are some examples from our own students and beyond:

- Practice as an Ayurvedic Lifestyle & Nutrition Consultant.
- In the case of healthcare professionals such as doctors and dentists, apply an integrated approach to the treatment of patients.
- Combining Ayurvedic Consultancy with counselling or coaching.
- Combining Ayurvedic Consultancy with massage therapy.
- Massage therapy.
- Join a growing number of healthcare clinics.
- Open an Ayurvedic clinic from home or in premises
- Form a collective of Ayurvedic practitioners.
- Design, produce and sell Ayurvedic products using the knowledge of plants and herbs.
- Teach courses and give talks on Ayurveda generally or talks to specified audiences according to their needs.
- Collaborate with other health care professionals
- Focus on specific disorders.
- Write blogs and articles for the internet & e-books.
- Write books on topics integrating Ayurveda on lifestyle, diet, cookbooks, yoga guides.
- Combine Ayurveda with the practice of other disciplines such as yoga or acupuncture
- Market and sell products, food or other products, specifically for those who wish to follow Ayurvedic lifestyles.
- Organize retreats integrating Ayurveda.
- Food stalls, cafes or restaurants based on Ayurvedic principle.



TISH JOYCE

TLife changing, grateful for the exceptionally high quality of teaching materials, practical work and most importantly compassionate, expert teachers. A lifetime of healing ahead. Having studied Sanskrit from the age of 4 years old and read Sanskrit at Oxford, she is a modern-day master.

What is included in the course?

The Diploma in Ayurvedic Lifestyle and Nutrition for 2024 will begin in September 2024. The main teaching consists of 8 live immersions of 2-3 days duration over the course of the year. The main immersions in November and February will be spread over 5 days (3-day weekend plus the following 2-day weekend). In addition, there are 10 live teaching Q&A tutorials throughout the year. The live teaching is accompanied by a series of e-learning videos and formative assessments to be completed prior to the immersions.

The structure of this course allows us to give much more practical, vocational, and individual training to our students than other course providers. As some of the theory teaching is in e-learning format, it means that more of the live teaching hours are dedicated to live training clinics, practical workshops, shadow consultations and face-to-face tutorials in which students can discuss their questions and their own practice with the teachers.

The course offers the following during the training year:

8 live immersions online (2-3 days duration each)

Full set of e-learning videos & online formative assessments to accompany the immersions (40+ hours of video + formative assessments online with accompanying answers)

Full set of practitioner texts to accompany teaching

Training clinics with 20+ patients with one-to-one feedback from Ayurvedic physicians with volunteer patients

Shadow consultations: watching real consultations led by highly experienced Ayurvedic physicians and analysis & feedback

Q&A live online sessions with highly experienced Ayurvedic doctors and practitioners

Ayurvedic pharmacology expert sessions: to teach and answer student questions on prescribing supplements

Ayurvedic remedy making classes with live online demonstrations and recipes

Sanskrit classes to decode common terms and Sanskrit sloka in Ayurveda

Full set of course notes and PowerPoint presentations to accompany Ayurveda teaching, Ayurvedic pharmacology classes and Sanskrit classes

Access to the recordings of all the live immersions and Q&A sessions and course materials for the whole year in your student portal

Individual one-to-one sessions with Dr Deepika Rodrigo and Ajanta Kaza through the year to offer support, insight and reflection

To support you in practices the AIUK offers:

- Specialist herbal supplements, tonics and herbal oils trusted by the Ayurvedic Clinic for over 25 years to generate an additional income in consultations
- Practice development sessions designed to help set up or develop your practice
- Access to new practitioner advisory services
- Discounted Anatomy and Physiology classes online with associate training provider
- Free student membership to the Association of Ayurvedic Professionals UK for the first year
- Discounts on other courses run by the Ayurveda Institute UK
- Discounts on consultations and medicines as a patient of the clinic throughout the whole year of study
- Certificate
- Access to course materials for a further 6 months after completion of the course



RHEANNA GRIFFIN

This course did really change my life. Not only was I able to get myself on a much healthier path and find my own peace and balance but I have now had the privilege of helping many others too. Ayurvedic medicine is a truly exciting practice where we can delve deeper into who we are and our connection and relationship with the world and each other.

How is the course structured?



The course is a one-year diploma, taught in 8 live online immersions (2-3 days duration). Students watch e-learning video classes and complete formative assessments to prepare for the immersions. Regular Q&A tutorial sessions keeps contact and development between immersions.

The course is divided into Core Ayurvedic components, required for successful completion of the Diploma plus Optional Components.

Together they comprise hundreds of hours of core teaching on Ayurveda, supervised training clinics, case studies, Q&A tutorial sessions, practical pharmacology sessions, medicine classes, Sanskrit teaching, Anatomy & Physiology online study, practice development sessions, home reading & study.

Only the core components of the course are required for successful completion of the Diploma and in addition students can choose to undertake the optional components. Students can also opt for the Personal Programme, without assessments. At the conclusion of the Personal Programme students will obtain a Certificate of Completion.

Our students come from truly diverse professional backgrounds and life styles and connect with us from countries across the world, seeking a deeper and more meaningful purpose for their lives. They range from 25-80 years old. For most, full-time in-person study is not possible because of life commitments. They are looking for a course which offers all of the benefits of live practical training and teaching, without having to attend full time.

We know that those who seek the teachings of Ayurveda in earnest to serve others, are its greatest advocates. We are committed to making these courses accessible to those people at the highest standard as part of our mission to raise awareness of Ayurveda for the benefit of the human community. Every aspect of the course - its online structure, flexibility of e-learning and formative assessments, live online clinics and most of all, the live teaching itself is aligned with allowing access to this precious education.

Core components

Live, online immersions

8 immersions

2-3 day duration each

recorded

E-learning video teaching

40+ hours teaching

by doctors

Formative assessments

core question & answers

online assessment

Regular online Q&A sessions

with experienced doctors

recorded

Training clinics

10-15 consultations

expert supervision

Ayurvedic pharmacology

expert tuition

8 immersion weekends with doctors and practitioners

between 2 to 5-days duration

Approximately 10-15 supervised consultations with real patients from the Ayurvedic Clinic

recorded

Consultations led by Ayurvedic physicians.

Advisory service via social media & teaching weekends

Conducting 2 to 20 client consultations in the final trimester of the year

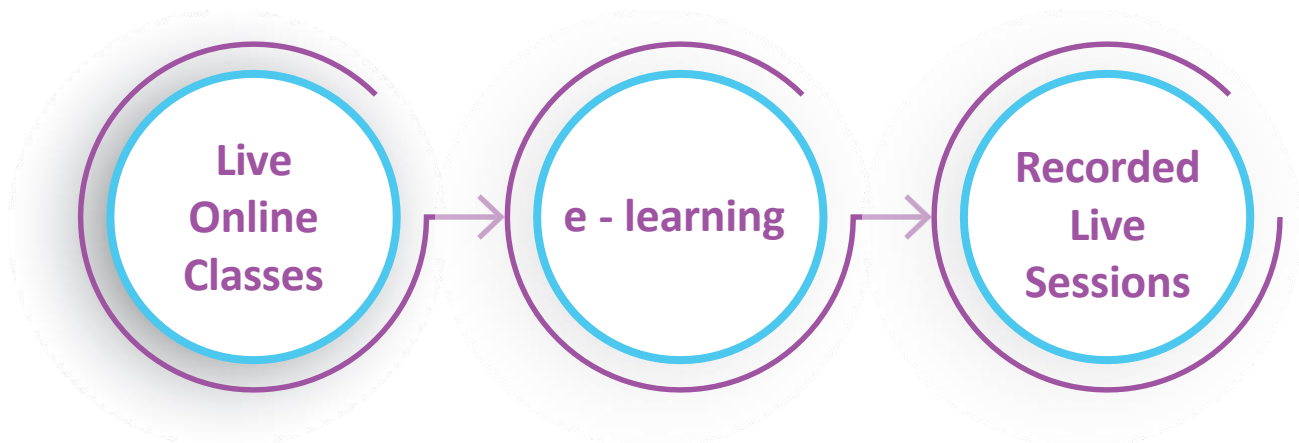
One to one feedback Analysis & feedback

Using specialist practitioner texts from India

Decoding original Sanskrit sloka from ancient Ayurvedic texts

What is the benefit online?

Our courses are designed to be as flexible as possible. Students can tailor the course to fit in with their work, busy lifestyles, childcare commitments using a combination of live, online classes using Zoom, pre-recorded e-learning videos and recordings of all the live teaching.



Our course takes online learning to the next level in interactive, individualized synchronous experience- with many hours of live tutorial sessions with the teachers, live training clinics to practice consultations with 20+ patients, observing live shadow consultations, sampling supplements, oils and products sent to your home, remedy making classes and individual sessions with your teachers.

These fully interactive classes not only support your ability to focus and learn from the comfort of your own home, but also enhance the teacher-student connection in class. Our students have reported that the ability to speak directly one-to-one to the teacher even in a class of 100 students feels intimate and personal. Our students watching the course even as far away as Australia say that because they can communicate with each other, the practitioners online and the teacher whilst the live sessions are going on it feels like “being in the classroom”.

Unlike any other course, your learning experience is intensified with the support, guidance, and knowledge of the dedicated Ayurvedic practitioner who is online with you throughout all the sessions answering your questions and offering individualized help.

What is so unique about this online course?

This online course is like no other. It is designed to connect students to the experience, to the teachers and to the community. Students complete the course feeling like they have a whole new life with a new family. The student family is active, and you will grow, learn and get to know each other very well.

In the new paradigm, online consultations are now at core of most therapeutic practices. At the Ayurvedic Clinic and in the Ayurveda Institute, this online media has been an integral part of the

services we have offered for many years. The online learning facilitates students gaining experience with the skills needed for online and in-person consultations. In training clinics, students conduct consultations with over 20 people in small groups online. Being online allows the teachers to sit in, observe, intervene, and give guidance and feedback to students. The small group consultations allow students to both conduct and observe consultations in a safe learning environment.

For practical classes, such as the taste testing and medicine sampling (for Ayurvedic Pharmacology classes) students receive parcels of 35 samples with instructions so they can have a synchronous experience with each other in alignment with the teaching. For remedy-making classes, students watch live demonstrations of remedies being made by experts in Ayurvedic pharmacology.

A significant proportion of our students who take the course are outside the UK and most students within the UK are located out of London. Over the years, we have had the privilege of connecting hundreds of students from 5 continents in one forum together from countries as far afield as Australia, Canada etc. and from some lesser-known parts of the world. See our e-Learning tab to access the full list of countries. Not only does the online platform mean that the teachings are now available to those who wouldn't have otherwise had access to them, but our practitioners are helping to expand the reach of Ayurveda across the world.

All lectures are recorded and made available to students for the whole year and 6 months after qualification, so students can watch missed lectures and re-view for more in depth learning and revision at their leisure.

Our students have taken the course from all over the world:



What are the immersion dates?

2024

September 14th & 15th

(2 days)

October 12th & 13th

(2 days)

November 16th, 17th & 18th

(3 days)

November 23th & 24th

(2 days)

2025

February – 15th, 16th & 17th

(3 days)

February 22nd & 23rd

(2 days)

May 3rd & 4th

(2 days)

May 31st, 1st & 2nd

(3 days)

What are the dates for the online Q&A sessions?

All Q&A sessions are held on Wednesday evenings 5.30-7.00pm:

September 25th

March 12th

October 23rd

April 9th

December 11th

April 23rd

January 8th

May 12th

January 29th

June 11th

Additional classes in Sanskrit, Kirtan etc. will be notified at the beginning of the year.

E-learning & formative assessment periods:

13th October to 17th November

5 weeks

24th November to 16th February

12 weeks

23rd February to 3rd May

10 weeks



MELANIE ENRIGHT

The staff here really hold everyone, students, and patients in so much love and support it is very unique. As a patient I have literally been saved by this clinic after a life threatening experience in hospital. Joining the courses at this college has literally changed my life and I cannot recommend it as a place of learning and experiencing living Ayurveda enough! Having studied Sanskrit from the age of 4 years old and read Sanskrit at Oxford, she is a modern-day master.



SHIRIN VAN LARE

The Ayurveda Institute helped open the door to a world that has changed my life. I am so grateful for what this Institute has done for me and would recommend this course to anyone. Having studied Sanskrit from the age of 4 years old and read Sanskrit at Oxford, she is a modern-day master.



Student Prospectus 2024



What qualification will I receive at the end of the year?

Upon successful completion of the course, you will obtain a Diploma in Ayurvedic Lifestyle and Nutrition. You will then be qualified to practice as an Ayurvedic Lifestyle and Nutrition Consultant and register as a full practitioner member with the AAPUK (Association of Ayurvedic Professionals UK).

The Association of Ayurvedic Professionals was established to support and represent Ayurvedic Professionals in the UK and overseas. It is a non-profit, voluntary register of Ayurvedic Professionals. It is responsible to raise awareness of Ayurveda through public education and maintains oversight of the standards, conduct and practice of its members.

What will I be qualified to do?

- Consultants will be able to advise on optimising health to reduce or eliminate a range of issues including excess weight, skin disorders, digestive disorders, women's disorders, allergies and food intolerances and other common ailments. Consultants will be able to identify the predominant dosha and imbalances in the body causing the issues. So many of these issues can be eliminated entirely or significantly alleviated using the Ayurvedic dietary and lifestyle approach to health. The unparalleled practicum offered on this course means that students are well equipped to begin consultations with clients even before qualifying. You can visit our website to see testimonials from our practitioners who, even whilst students, have an incredible results helping people.
- Consultants will have the facility of easy access to a high quality and ethically sourced, proprietary range of Ayurvedic herbal supplements, oils, elixirs and jams, designed specifically for practitioners at this level (the more complex formulated herbal medicine can only be prescribed by Ayurvedic physicians and advanced practitioners who have completed a minimum level-2 or level-3 diploma Ayurvedic Practitioner Course). The herbal supplements are carefully sourced from Sri Lanka from a facility dedicated to sustainable, ethical and authentic manufacture of Ayurvedic medicines which are of the highest quality, purity and potency. These are the Ayurvedic preparations used by the Ayurvedic Clinic for over a quarter of a century.
- Consultants are able to help clients by alleviating some of the discomfort associated with chronic disorders using dietary and lifestyle advice and Ayurvedic herbal supplements. Practice at this level of training means the ability to alleviate discomfort and symptoms, advise on long-term prevention and eliminate the causes of the disorder.

Important note: The ability to help alleviate symptoms of disorders at certain levels of acuity depends on the knowledge and experience of the practitioner.

What are the course pre-requisites?

Applicants must meet at least ONE of the following entry criteria:

- At least one GCE A level and three GCSEs
- Overall pass with merit at BTEC National Diploma
- Complementary therapies-based Access course
- NCQ level 3 in the Health and Social care fields
- Science-based Access course

The Directors will consider applications from mature students with life experience or students with alternative backgrounds and experience, for example yoga teacher training or training in alternative therapies.

All applicants must:

- be at least 21 years of age prior to commencing the diploma
- be able to communicate competently in English

Important Note: If you intend to practice as an Ayurvedic Consultant, knowledge of anatomy and physiology arises in practice frequently and so we recommend that students complete a level-3 course. [Click Here for ETS Training Anatomy & Physiology Course](#). This is not a pre-requisite for this course and can be taken at any time.

The Ayurveda Institute is able to offer students of the Diploma course an online course in Anatomy and Physiology in association with our affiliate training body, at the special discounted price.. The promotional code for discounts will be given to students upon registration.

The Level 3 Diploma in Anatomy and Physiology is an FHT accredited Course and is awarded 20 CPD points. The course meets the current national occupational standards and covers all body systems. No attendance is required, and all tutorials and assessments are delivered online, in your own time, from the comfort of your own home.

Key Features of FHT-Approved Level 3 Anatomy & Physiology Online CPD Course:

Core components

FHT-Approved Qualification Course

20 CPD points

Free access to the ETS Resource Centre with links to videos, animation, and other resources to further support your study

Interactive tutorials and online assessments

Immediate online marking of assessments – no written assignments

No required attendance whatsoever.

Guarantee your success.

Start the course whenever you wish.

Home study / distance learning – study in your own home!

Study at your own pace

Comprehensive tutorial written by an e-learning expert to maximise your learning and retention

Continually monitor your progress through self-assessments.

Unlimited e-tutor support

Access to blogs so you can communicate with others if you wish.

Free access to the ETS Resource Centre



Do I need to have prior experience or training in Ayurveda

No prior experience or training is required.



Do I need to do any study prior to the course?

Whilst not a pre-requisite, students can read the following two books prior to the start of the course if they wish:

- Vasant Lad: "Ayurveda, the Science of Self-healing: a Practical Guide"
- Vasant Lad: "The Complete Book of Ayurvedic Home Remedies: A Comprehensive Guide to the Ancient Healing of India"

An understanding of the basic principles of Ayurveda is highly recommended. Prospective students can read "Ayurveda, the Science of Self-Healing" by Dr Vasant Lad as an introduction.



Is the diploma accredited?

The course is accredited by the CMA (Complementary Medical Association). Upon successful completion of the course, students can register themselves as practitioners with the AAPUK and apply for insurance to practice through partner specialist insurers.

The Association of Ayurvedic Professionals was established to support and represent Ayurvedic Professionals in the UK and overseas. It is a non-profit, voluntary register of Ayurvedic Professionals. It is responsible to raise awareness of Ayurveda through public education and maintains oversight of the standards, conduct and practice of its members.



Who are our educators?



Dr Deepika Rodrigo
B.A.M.S., DipHPE

The principle lecturer and a senior Ayurvedic physician, having been extra-ordinarily in continuous clinical practice for almost 25 years. She is widely recognized as a major driving force behind the growing awareness of Ayurveda in the UK. She has 20 years of teaching experience including the post as senior lecturer at the College of Ayurveda, Westminster University, Middlesex University where she trained many of today's leading Ayurvedic specialists. As a director of the Ayurveda Institute UK and the principle lecturer in all courses she conducts, Dr Rodrigo is a prolific teacher investing an enormous number of face-to-face hours with her students.

She has been practicing from her established, London based Ayurvedic Clinic, since 2000 and uniquely amongst her peers, has a wealth of clinical experience to bring to her teaching.



Dr Wathsala Wijesinghe
B.A.M.S., MSc, M.D

A senior Ayurvedic physician, having been in continuous clinical practice for almost 25 years. She has helped thousands of people to prevent, cure or manage a wide range of acute and chronic disorders, including women's disorders, digestive disorders, skin problems and neurological disorders. Her experience has spanned treating people at grass roots level in rural communities to hospitals and private clinics in different countries.

She has been providing her services to the teaching of Ayurveda for 25 years at every level of education from schools to universities and educating rural communities. She has presented and conducted over 20 research works within the scientific community during her career.



Dr Ranjith Gamage
B.A.M.S., MSc

Senior Research and Development Officer for one of the largest and most innovative international companies producing Ayurvedic medicines

Dr. Ranjith Gamage is an Ayurvedic doctor specializing in Ayurvedic Pharmacology. He is senior Research and Development Officer for one of the largest and most innovative international companies producing Ayurvedic medicines. He is an international consultant to the Ayurvedic Clinic and the Ayurveda Institute UK. He is also a member of the Board of Advisors to the Association of Ayurvedic Professionals UK



Dr Sumudu Perera B.A.M.S., MSc

A highly skilled and experienced BAMS (Bachelor of Ayurvedic Medicine and Surgery) doctor with an impressive career spanning 15 years in the field of Ayurveda. Her expertise lies in Panchakarma treatments, a traditional Ayurvedic therapeutic modality. Dr. Sumudu has dedicated a significant portion of her career to working in renowned Ayurvedic hospitals, where she has honed her skills and gained extensive knowledge.



Ajanta Kaza

A Director of the Ayurveda Institute

UK and the Ayurvedic Clinic & General Secretary of the AAPUK. She has contributed a great deal to the growth of the whole Centre for almost a decade and is responsible for the success of the Institute's courses. She is an Ayurvedic Practitioner who has been involved within the Ayurvedic field for many years and brings a wealth of experience and insight to her practice.



Geoff Sewell (Di- pAy-3year)

The President of the AAPUK, co-founder and Director of the Ayurvedic Clinic and the Ayurveda Institute UK. He is an Ayurvedic Practitioner who has amassed decades of knowledge and experience working in the field of Ayurveda.

Having established the Ayurvedic Clinic almost 20 years ago, along with Dr Deepika Rodrigo, he supports the team of highly experienced doctors, therapists and staff who together have treated many thousands of patients. In addition, as a Director of the Ayurveda Institute UK and the AAPUK, his contribution to the growth of Ayurveda in the UK is invaluable.



Gabriella Burnel BA Hons; Oxon) (Sanskrit teacher)

Gabriella is a scholar of the ancient language of Sanskrit and music. She teaches Sanskrit for all levels to decode and attain a deeper understanding of Ayurveda. She has dedicated her life to these disciplines and their capacity to expand consciousness and heal. Gabriella's purpose is to bring an experiential understanding of the beauty in the sounding of the Sanskrit language and the purity of the alphabet.



AYURVEDA
INSTITUTE UK

Other speakers

Other teachers at the Institute include guest Ayurvedic physicians and medical professionals from allopathic and complementary medical disciplines as well as traditionally trained Vaidya's and internationally renowned speakers in the field who contribute their expertise. Guest speakers include those providing advice on practice management, marketing, ethics and legal matters.

Where can I watch videos?

To see video testimonials from students, talks and teaching check out:

Youtube channel:

<https://www.youtube.com/DrDeepikaRodrigo>

Facebook page:

<https://www.facebook.com/ayurvedainstitute.uk/>

Website:

<https://www.ayurvedainstitute.co.uk/>

Instagram page:

<https://www.instagram.com/ayurvedainstitute.co.uk/>



Student testimonials



“ Learning Ayurveda from such an experienced practitioner has added a profound insight into my own understanding of the function of the human body. ”

Rachel Pandit, M.D.

Diplomate, American Board of Family Medicine



“ Dr Deepika not only enabled me to find my way back to health but also encouraged me in my work as an integrative doctor and medical nutritionist. I learned a lot from her and would recommend her to others. ”

Dr Eleni Tsiompanou

Health Being Institute

Physician, Nutritional Medicine, Consultant in Palliative Medicine, Integrative Oncology



“ I completed the lifestyle and nutrition course at the Ayurveda Institute in 2019, and currently I am second-year student on my way to being a practitioner.

I had long been searching for a course that would both inspire and give me the tools and confidence to one day start my own practice. Before enrolling at the Ayurveda Institute I studied western herbal medicine and also completed an Ayurveda course in India. The Institute offers authentic, comprehensive, and practically focused teachings. I knew early on that I had found the course I was looking for and by the end of the 1st year it became more than I could have ever imagined.

Lara xx

Dr Deepika teaches from the heart. Through her own experiences and real-life stories, she brings love, care and passion to every teaching. The learning is not regurgitated from books or lecture slides, it is invaluable career and life-long wisdom from an expert in their field. The books, resources and course material are there to refer back to at my own pace.

This course has given me the knowledge, confidence and support to achieve my intentions of starting my own Ayurveda practice. I will be leaving my job as a Hospital Pharmacist this October and for that, I cannot thank them enough.

This is not just a course, it's a community and a place I love returning to. I leave each teaching session feeling inspired, educated. Thank you for the institute.

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AYURVEDA
INSTITUTE UK

“ I've studied with The Ayurveda Institute UK completing Year 1 Ayurveda Lifestyle and Nutrition Course and Year 2- Ayurveda Practitioners Course. I love the flexibility of going the Institute to study, meeting others on the course and all the wonderful supportive staff, to being able to study online. This flexibility was important to me. Dr Deepika's knowledge and experience is inspirational. I could listen to her talk for hours. I'd leave feeling even more excited about Ayurveda each time. I love seeing the results I'm getting from my own clients and know I have the support of the Institute and the other students on my journey. I'm excited for year 3 to continue my studies.

Joann Buchan



AYURVEDA
INSTITUTE UK

“ I have been studying with the Ayurveda Institute now for a few years, starting with the Massage Therapy course and currently in the second year of the Lifestyle & Nutrition Practitioner course.

Dr Deepika and the amazing team have touched my heart, and I can honestly say I will be a lifelong student of Ayurveda. The course content has been amazing, so much deeper than I had expected, or that you will find on any other course. The teaching style suits me perfectly and it is so beneficial to hear real practical experiences and situations, from knowledge that they have been built-up over decades. We are given all the theory but the difference with this course is the practical learning that we gain. There are plenty of shadow consultation opportunities and we are encouraged and supported to learn the real Ayurveda for ourselves, with our own case studies and therapeutic trials. This has meant that already I have been able to build-up a small business, with paying clients who seem extremely happy with my knowledge, and I am gaining positive results in helping them to heal. Massage clients return time-and-time again, loving the deeper-layered treatments I am able to offer. If you are looking for a course in Ayurveda, this institute is the very best!

Sarah Swindells



AYURVEDA
INSTITUTE UK

“ I researched heavily to find an Ayurvedic School to assist me on my journey of healing and education and The Ayurvedic Institute helped open the door to a world that has changed my life.

I have just completed Year 1 of the Lifestyle & Nutrition Practitioner course and it is an in-depth and intensive program with practical and theory covered. Dr Deepika shares her vast knowledge through lectures, recorded classes, practice consultations with real patients, Q&As, directed reading, Sanskrit classes and practical remedy-making and tasting sessions. It's a university standard of teaching and knowledge gained. The fact that the course is so well organized and equipped for online study makes it all the better, as it creates so much more flexibility in studying.

I am so grateful for what this Institute has done for me and I would recommend this course to anyone.

Shirin Van Lare



AYURVEDA
INSTITUTE UK

“ I have studied with the Ayurvedic Institute UK now for a number of years, completing both the Ayurvedic Nutrition and Lifestyle and Ayurvedic Massage Therapy course. I am currently working towards completing the 2nd Year Ayurvedic Practitioner course. This is an incredible place of both learning authentic Ayurveda and living Ayurveda. The format is succinct with complicated knowledge broken down into modules each month with both a live teaching session and Q & A session after each course weekend. The live patient case study workshops are an invaluable practical part of the course. Dr. Deepika and Dr. Wathsala teach from a solid foundation of over 20+ Years clinical practice and it is this knowledge and daily clinical patient practice which makes their teaching so rich and especially valuable as they have both practiced in Sri Lanka and in the West. This unique experience lends itself to intricate knowledge of how-to best use Ayurveda to treat patients, with differing environments, challenges and thus imbalances. Hands down this is the most supportive environment I have ever experienced both as a patient and as a student. The staff here really hold everyone, students, and patients in so much love and support it is very unique. Deepika and her team teach from the heart and have a style of imparting complicated knowledge in a story telling oratory way which makes it relevant and easy to understand relating to the here and now. This may be a challenge for those who are used to more traditional teaching methods. As a patient I have literally been saved by this clinic after a life-threatening experience in hospital. If you join the Ayurvedic Institute as a student you will for sure not just gain a qualification, but you will gain an Ayurvedic family, whom help and support each other again more than any place I have experienced. Joining the courses at this college has literally changed my life and I cannot recommend it as a place of learning and experiencing living Ayurveda enough!

Melanie Enright



AYURVEDA
INSTITUTE UK

“ I wish I could give 10 stars as five isn't enough! I have just completed my first year of the diet and lifestyle course where the teaching style is amazing, it combines structure with fluidity and provides learning through many mediums e.g. lectures, video lectures, books, Sanskrit, practical remedy making and tasting sessions. Right from the beginning of the course you are applying your knowledge to patients/ volunteers using the ayurvedic way of practicing the healthcare system to incorporate mind body, and spirit. I was so grateful for the help and support of 2 amazing doctors, Dr Deepika, Dr Wathsala, and other staff Ajanta, Melani, Geoff, Gabriella and Sachi who are always open to answer any questions and assist in any way they can. The institute is a kind and loving place, just like a real family where the learning environment is optimal, and the course is flexible to fit in with Western living and work. I was going to go to India to learn to be an Ayurvedic doctor but I am elated to learn from these masters who pour out their hearts and knowledge to all who cross their paths. Already I have changed within myself and have begun my own Ayurvedic practice in Brighton using their modern technique of an ancient healthcare system. My clients have already seen amazing results. I can't wait to start year 2 to deepen my knowledge and to evolve with these wonderful teachers.

Lisa Parsons



AYURVEDA
INSTITUTE UK

“ I studied the Nutrition and Lifestyle course, Advanced Practitioner and Massage Therapy course at the Ayurveda Institute. The whole experience has transformed my life both on a personal level, and in that I now have a whole new career, in which I'm able to help people to heal from some quite serious and debilitating conditions, which is really rewarding. If you are looking for a very traditional style of teaching then you may be disappointed however, if you are willing to be a little flexible then you will have the chance to learn directly from a Doctor who has healed thousands of people and brings all of this experience into her teachings with passion and charisma. The courses seem to attract people from all walks of life and it is a great community to be a part of once you finish the course with the chance to learn more about Buddhist philosophy and take part in Kirtan. The Clinic also provides trained students with high-quality herbs so that you can set yourself up to practice with confidence. Jessica Sherlock Life changing, grateful for the exceptionally high quality of teaching materials, practical work and most importantly compassionate, expert teachers. A lifetime of healing ahead.

Tish Joyce



AYURVEDA
INSTITUTE UK

“ I was very fortunate to come across Ayurvedic Institute. Ayurveda is not a simple subject to teach, its a life long learning and definitely cannot be thought in 2-3 years and you need to put a lot of hours outside the classes to succeed, but its possible when you love the subject. Dr Deepika had great way of teaching and creates an opportunity for everyone to learn their way, after 25 years of running successful clinic, she shares very practical advise on how to treat disorders, which I found extremely useful. We have medicine classes, clinic days, Sanskrit classes, shadow consultation, classes where you learn Ayurvedic perspective on pathogenesis of most common diseases and many more. The course is amazingly structured, you have a support from the clinic whenever you are stuck with your own case studies. At the beginning of my second year, I started seeing patients 1 day a week, I have a great success treating them and using the knowledge for myself. I cannot Thank enough to the Institute for inspiring and providing us with the knowledge to become an Ayurvedic Practioner. If you are serious about Ayurveda and want to learn the authentic way- Ayurveda Institute UK is the place.

Jelena Balabanova



AYURVEDA
INSTITUTE UK

“ This course is life-changing and is aimed at bringing genuine Ayurvedic healthcare to life in the West. Dr Deepika is one of the most wise and compassionate women I have ever met and an absolute inspiration. Dr Wathsala's knowledge of the medicines, coupled with her gentle humor and kindness, is incredible and together they make an amazing team. The course has been deep, on all levels, and you 'receive' these teachings as much as study the information in an academic way. What we have learned is enabling us to help people with disorders that western medicine has said cannot be cured and it is a great privilege to have learned about the power of Ayurvedic herbal medicine alongside the common-sense, pure wisdom of the dietary and lifestyle advice we are taught. Couldn't recommend this course more. And as said, in other reviews, finding the Clinic and the Institute is like a home-coming, a real family has been born during the last two years which is very special. If you want to learn genuine Ayurveda, not Westernised Ayurveda, this is the course to do.

Sarah Ann Bovill



AYURVEDA
INSTITUTE UK

“ I am currently a student at the Ayurveda Institute UK pursuing the Ayurvedic Practitioners Course. My decision to enroll at the institute was life-changing and the whole experience has been extremely rewarding. I am from India. The courses at the Ayurveda Institute UK are as thorough and comprehensive as the BAMS degrees taught in India IF not more. Dr Deepika and Dr Wathsala are two of the kindest people I have met, and they give everything to their students in their teaching. You will learn real Ayurveda here and get to work with real patients. If you want to study Ayurveda, look no further.

Akanksha Kalra



AYURVEDA
INSTITUTE UK

“ Having been a patient of Dr Deepika for 18 years, I decided to embark on my own journey of Ayurveda to become a practitioner. The wealth of knowledge shared the practical experience, the support, and the feeling I've found “home” are second to none. The balance of understanding that everyone “learns” in a different way is reflected in all the teaching of the course. It provides an academic, practical, and visual approach to suit all styles of learning requirements. The beautiful approach to the learning of the Sanskrit language leaves one feeling mesmerized and feeling a hunger to know more. An absolute joy to be in an environment where people work from the heart and are free to share their love and knowledge with all who care to partake! Wonderful!

Joanne Forbes



AYURVEDA
INSTITUTE UK

“ This course really did change my life. Not only was I able to get myself on a much healthier path and find my own peace and balance but I have now had the privilege of helping many others too. Ayurvedic medicine is a truly exciting practice where we can delve deeper into who we are and our connection and relationship with the world and each other.

Dr Deepika teaches in a beautiful way. She lets her knowledge flow through you freely, gradually, and gently giving you the tools to share this knowledge with others. Dr Deepika and the other staff at the institute have so much experience in this field and you can really tell when they teach and answer questions. Dr Deepika always gives brilliant and insightful examples to help support learning points. Her knowledge is expansive, and she guides students in a very natural and clear way, giving her whole self to everything she does. I also did the massage course which I really enjoyed and now regularly practice massage. The course as a whole has definitely equipped me with the knowledge to practice in a confident and authentic way and I couldn't be happier with what I have gained from this. I can't wait for year 3!

Rheanna Griffin



AYURVEDA
INSTITUTE UK

“ The Ayurveda Institute is an incredible place. The doctors, teachers, therapists and other staff are the most generous, caring and kind people I have met. I feel so lucky to have learnt, deeply, the true essence that ayurveda offers, here with Dr Deepika. The course itself takes you on a journey of self-discovery, from vata, pitta and kapha, to the deep understanding of diseases and illnesses, what causes them and how to heal them. It's unbelievably fascinating and taught with such undeniable passion and compassion.

Layla Justice



AYURVEDA
INSTITUTE UK

“ My education background is in Allopathic medicine (MBBS) and Medical Research (MMedRes) specifically research in areas of mental health and suicide. I've also been fortunate to complete a science Bachelors with double majors in Macro-molecular/Cellular Biochemistry and Molecular Biology. I'm nearly done with Level 1 of the Ayurveda Lifestyle and Nutrition Course and cannot wait to start Level 2 in September 2020!!

When I wanted to study Ayurveda, I wanted a different approach to learning. After years of tertiary schooling , teaching at medical institutions and learning at different universities, I was way over and quite frankly, very fatigued with the approach we were expected to learn or our students to learn- Systems in place for learning were highly intellectualized which was a good thing, but overtly 'cold' in nature with superficial connections between all parties involved, overly well- structured which was to some extent also very good, but there was no room for parties to learn to develop a much deeper "creative and intuitive" understanding of knowing, healing and connecting to patients. So, a product from these highly sought-after learning institutions would be many extremely sophisticated intellectual beings of tremendous scientific knowledge but, "robotic and mechanics " in their physical, mental and spiritual composition, with little or no understanding of things like Compassion and if their is compassion it won't be the first on the list.

So anyway, when I wanted to study Ayurveda, I was looking for something different, a teaching institution that could teach to the soul and not just to my brain. I attended local Ayurvedic College Open days, many online Ayurveda webinars, lectures locally and around the world including India, Greece and USA. Sadly, how Ayurveda was taught in all these spaces I attended, I personally felt I was again attending, just another medical school.

One last stop, one last hope was the Ayurveda Institute UK. In her first lecture, I attended trial out the program, the very first thing that Dr Deepika said was- that for a healer or a doctor to treat patients, FIRST they must COMPASSION!!!!...and that was it!!!! I had tears in my eyes knowing right there, that I've now completed my long search. I decided no more questions, uncertainties or any analytical analysis of the situation, there was no statistical formula, no p values to be considered, nor statistical assumption to be calculated to the situation. this is it and I signed up right away.

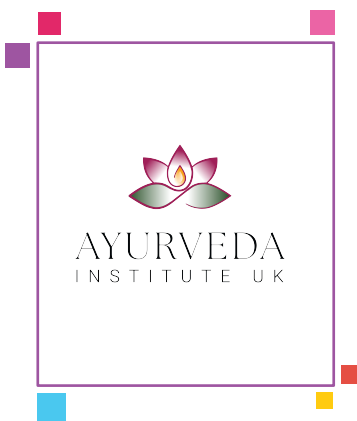
Taralina

I cannot describe how much this course and the teaching methods of Dr Deepika and Dr Wathsala and all the staff at Ayurveda Institute UK has re-invigorated, refreshed and re-illuminated my love, heart and once more- Trust in the Art of Medicine. Once upon a time, medicine was this- where the whole patient was considered, where the physical, mental and above all, the spiritual entities of health were woven together onto the prescription pad, not just my long list of medications where I would prescribe those for treatment and then add a few more to treat the side-effects. It all makes sense! This and more. It just all makes sense.

A wise Master called Abdul-Baha once said "The intellect is good but if it does not serve the heart, it is of no avail" Thank you Dr. Deepika and Dr. Wathsala and all staff of Ayurveda Institute UK for all your hard work and dedication to the wellness, welfare and well-being of humanity. It was worth the trip from across the world to see you all in person, and I am pretty sure there will be more in the near future.

Looking forward to starting Level 2 with you. My love and respect to you all !!!

Taralina



“ I’ve enjoyed the ALNC course immensely and have found the teachings of Dr Deepika to be very practical in their content, whilst being more relevant than ever for today’s modern world. Dr Deepika has a wonderful way of making these time-honored principles completely accessible to everyone. I’ve especially valued her extensive experience gained from almost 20 years of working with patients in private practice, which she shares in everything she teaches. The breadth and detail of the course syllabus, along with Dr Deepika’s passion, enthusiasm and humility for Ayurveda were all major factors in my decision to embark on this course. I would (and have!) recommend it to anyone. ”

Claire Sparks

Australia



“ I can honestly say that Dr Deepika has been a significant influence in turning my life around. Her profound experience and understanding of the philosophy, the science, and the application of Ayurveda to everyday life is shared with great enthusiasm and an adaptability to the individual. As a student, I felt that I was learning what’s applicable in a western society, without compromising the authenticity or beauty of its tradition. The classes were incredibly interactive and informative. ”

Laura Hancock



AYURVEDA
INSTITUTE UK



Two words describe what the course is for me, 'Spiritual Nourishment'. This must be said to all the students, that Dr. Deepika did not choose Ayurveda, Ayurveda choose Dr. Deepika.

Therefore we are learning from one of the best. I have never know anyone to have such passion and compassion about all who come her way, patients, students, friends, and family, she really cares about us all.

The understanding of Ayurveda flows out of her. We, her students and patients are so fortunate that Dr. Deepika came to the West to pass on this rich and centuries old information to us, even as far as Canada in my little town of 5,000 people, that is really something.

The more knowledge I gain on this subject, the more I realize how little I know about this vast subject. I began to realize the importance of being true to oneself and to keeping the knowledge of Ayurveda that is being passed down to us through Dr. Deepika as pure, and true as it has been passed down centuries ago. We practice Ayurveda for the good of all living beings and things.

I would like to thank Dr. Deepika, Geoff, Ajanta and Sachi for all their hard work in making this course happen, and to reach people like myself who live in a small remote area, in the forest of Canada possible, and to be part of this life changing experience, and help me on my spiritual journey. Thank you all. ””

Corinne Hapak

Canada



AYURVEDA
INSTITUTE UK



The knowledge I have taken away certainly helps me have a greater understanding of myself and other people. I would highly recommend Dr Deepika's courses whether it's an area of personal interest or you're looking to become a professional practitioner. I don't know anywhere else in the world that offers such a relaxed and professional course.

David Packard



AYURVEDA
INSTITUTE UK

“ This course has changed my life. Both personally as I have greatly improved my own health but also on a wider scale as I have never felt so passionate about sharing information and helping others before. I think it is because now I really feel like I have the tools to do this and that’s so exciting! Ayurveda is a whole new way to see the world, a holistic, real and compassionate way encompassing the earths natural qualities which are within us all in order to change and enhance our lives, connecting us to nature once more. In this day and age when drug companies profits are the main thing fueling our health care system each person is given the same generic pill to mask their pain, Ayurvedic medicine provides a completely personalized and in depth look in to who we are including our mental health, lifestyle, diet and environment in order to improve our health. I was constantly amazed at how many ‘chronic’ and long term conditions which the Western health system fails to address can be completely turned around with Ayurveda. It’s given me a real purpose and I can’t wait to start the second year. Dr Deepika is an incredible teacher with so much real-world experience and knowledge to back up her lessons. The whole team at the institute are so kind, understanding, supportive and passionate and I feel honored to have taken part in this course. ”

Rheanna



LAYLA JUSTICE

The Ayurveda Institute is an absolutely incredible place. The doctors, teachers, therapists and staff are the most generous, caring and kind people I have met. I feel so lucky to have learnt, deeply, the true essence that Ayurveda offers, here with Dr Deepika.

Do I have to attend all sessions live?

Our courses are designed to be flexible and able to accommodate busy lifestyles. Students can tailor the course to fit in with professional and personal commitments using a combination of live, online sessions and e-learning videos and formative assessments.

You are required to attend a minimum of 70% of the live immersions online in real-time.

All live sessions are recorded so that you can catch up on anything missed. Review of all live sessions is recommended as this teaching holds a wealth of knowledge that reveals its depth with time.

All materials and recordings are made available to students for the whole year and beyond to support your development even into practice.

Should you have a non-negotiable commitment simultaneous to the live immersions, you can notify the Institute in advance.

What is the time commitment needed to complete this course?

The course duration is 11 months. Live teaching takes place in 8 separate immersions plus tutorial sessions. E-learning and formative assessments are completed between these immersions.

Depending on the student's prior medical knowledge, students are required to undertake a minimum of 5-6 hours of home study per week in addition to the immersion and tutorial hours. The home study hours will include watching e-learning videos, completing formative assessments, directed reading from course materials and reference books and case studies.

What support do I have in learning?

At the Ayurveda Institute we aim to offer students unparalleled learning support that will help them take the leap to practicing even while learning.

The vocational training we provide is critically focused on real-life practice and giving students access to over 25 real patients during this Level 1 course alone. The training is followed by individualized feedback and analysis from the teachers. After decades in the field we know that our in-house vocational training is without equal.



Live online immersions act as an experimental platform for students to embody the material. Each immersion includes intensive learning experiences that allow the student to excavate, discover and integrate who they are and what they can bring to the practice of Ayurveda.



Q&A tutorial sessions with our experienced Ayurvedic physicians. These sessions focus on student's questions, analysis, and student's own case studies. This provides a level of individualized tutoring and guidance not provided in any other school.



Training clinics offer the greatest practical learning available. Students conduct 20+ supervised consultations with real patients. The consultations are accompanied by guidance, feedback, and analysis from our teachers. This exponentially increases student's skills and knowledge as well as providing the critical confidence they need to start practicing.



Case studies. Students conduct consultations of their own in the final trimester of the year. They benefit from advice and guidance to support their internship practices from our highly experienced Ayurvedic doctors.



Online advisory service.



Facebook closed group learning support for students to discuss their case studies and other topics.



WhatsApp community thread for students to keep in touch with each other.

What support do I have to practice?

We understand that one of the biggest challenges facing students is taking the leap into practice. Every aspect of this course has been designed to make Ayurveda a living, breathing science that is practiced personally and for the benefit of others in a professional context:

● Syllabus & teaching

The whole of the syllabus is designed to give students all the knowledge they need to actually treat clients with great success. Drawing from the key concepts of the BAMS degree (Bachelor of Ayurvedic Medicine and Surgery) and from the decades of clinical practice in the UK, our doctors have put together the best of their knowledge and tried and tested methods.

● Vocational training

The in-course internship, involving training clinics with supervised consultations and case-by-case advice and feedback on case studies and shadow consultations, is an unparalleled level of practical training to launch students from the platform of their knowledge into practice. The aim is to comprehensively prepare students for practice by the time they qualify.

● Supplements, tonics & oils

Recognizing that there is an enormous disparity in the quality of Ayurvedic supplements available on the market, the Institute is committed to providing supplements, oils, and products to its own practitioners at a cost that allows them to profit. They are specially designed for practitioners at each level and are of the highest quality, purity, and potency, sourced from the same trusted specialist facility which has been supporting the Ayurvedic Clinic for over 25 years.

● Practice development sessions.

We have pooled advice on setting up a practice both from external experts and our own practitioners to give students the most critical advice on how to start and how to thrive in practice. The sessions include advice on legal, financial, marketing and personal psychology of practice.

● Continued free access to teaching after qualification.

Free of charge access to all the materials, e-learning videos, and recordings of live sessions well beyond qualification. Free of charge access to the live-streamed Q&A sessions every month for a year after qualification. Free continuing participation in the online Facebook closed group forum and WhatsApp group.

What support do I have for myself?

What distinguishes this path of learning from others is that we start with the understanding that you are your own case study. Your own life is your homework. You are the greatest textbook of life. If you were to pause momentarily and study yourself, you would realize that the greatest knowledge of life is contained within you, for we are the microcosm of the macrocosm.

This path of study is far beyond an academic qualification; it is for your expansion.

We support this through the teachings and through a deep commitment to your personal journey. Unlike any other place of study, we connect with each student individually. Students have the opportunity to have one-to-one sessions with Dr Deepika Rodrigo and Ajanta Kaza through the year to provide insight, support and reflection for your journey.

These sessions are deeply personal and given with love and the intention that it supports a deep personal transformation in all aspects of your life. This is the experience we have had over many years and the reason we continue to offer our services.

The practice of this ancient science in the West is still a pioneering endeavor. Our teachers are not only highly experienced and highly regarded experts in their field, but also caring and compassionate teachers. Our training has created practitioners who are shaping the future of Ayurveda. For those who have this privilege, the opportunities to create new ways of living using the secrets of this ancient science are limitless.

● Membership of AAPUK

Membership of Association of Ayurvedic Professionals UK (AAPUK), the home-grown community and support group for students and professionals. We are the fastest growing professional association for Ayurvedic practitioners and offer expert talks and events online every month in addition to the many benefits of membership. Members can take advantage of significant discounts for insurance and be a part of the Association.

● Access to advisory services from highly experienced doctors

Options for receiving further specific advice on cases in practitioner clinics and practitioner group consultations.

● Discounted rates for other courses at the AIUK

Diploma courses in Ayurvedic Abhyanga Marma Massage Therapy and Panchakarma Technician Training which are offered to students of the Diploma course at significantly discounted rates.



LARA ECROYD

I had long been searching for a course that would both inspire and give me the tools and confidence to one day start my own practice. The Institute offers authentic, comprehensive and practically focused teachings. I knew early on that I had found the course I was looking for and by the end of the 1st year it became more than I could have ever imagined.

What is the course Syllabus?

The core Ayurvedic syllabus is drawn directly from the 6-year BAMS degree (Bachelor of Ayurvedic Medicine and Surgery) which is required to qualify as an Ayurvedic Physician. The key concepts have been carefully chosen for this intensive course and critically focus on a student's ability to learn, use and practice Ayurveda successfully in any part of the world. The result is an intensive vocational course with enormous depth and breadth.

This is combined with additional modules relating to counselling, therapeutic skills, Sanskrit, practice management and more to propel students into practice.

01 Introduction to Ayurveda

- History of Vedic Science & Ayurveda (Ayurvedic Ithihas)
- The Samkhya philosophy of creation (Padartha vijnana)
- An overview of Ayurvedic classical texts
- The universal nature of Ayurveda, its aim and features
- Eight specialized branches of Ayurveda (Astanga)
- The qualities of a student of Ayurveda~

02 The fundamentals of Ayurveda

- The four aspects of Therapeutics
- The Theory of Panmahabutas in Ayurveda
- The Tri-Dosha Concept
- Main Attributes of Vata

03 Vata dosha

- The five sites of Vata
- Functions of Vata
- Causes of imbalance
- Disorders caused by aggravated and vitiated Vata
- Treatment of Vata imbalances

04 Pitta dosha

- The five sites of Pitta
- Functions of Pitta
- Causes of imbalance
- Disorders caused by aggravated and vitiated Pitta
- Treatment of Pitta imbalances

05 Kapha dosha

- The five sites of Kapha
- Functions of Kapha

- Main Attributes of Pitta
- Main Attributes of Kapha
- Causes of imbalance
- Disorders caused by aggravated and vitiated Kapha
- Treatment of Kapha imbalances

06 Sites of the dosha

- The five sites of Vata
- The five sites of Pitta
- The five sites of Kapha

07 Constitution and imbalances

- How to identify an imbalance of Dosha
- Importance of Dosha with reference to lifestyle

08 Prakriti – Ayurvedic constitution

- Principal factors in determining the bodily constitution.

09 The seven tissues (Dhatus)

- Identification of the seven tissues in the body
- The nature and function of the Dhatu
 - Imbalances of the Dhatu
 - Plasma (Rasa)
 - Blood (Rakta)
 - Muscles (Mansa)
 - Fat layer (Medas)
 - Bone (Asthi)
 - Bone marrow (Majja)
 - Seminal fluid (Sukra)

10 Channels of circulation (Srotas)

- Functions of the 13 Srotas

11 Digestive fire (Agni)

- Agni as enzymes or transformative energy
- The three groups of Agni
 - Jathara-agni
 - Pancha bhuta-agni
 - Dhatu-agni
- Correct & incorrect function of Agni

12 Mala-Excretory System (the effect of waste products from the body)

- Urine (Mutra)
- Stool (Sakrt)
- Sweat (Sveda)

13 Examination of the patient & identification of the disorder (Roga-Rogi Pariksha)

- Clinical examination (Rogi Vigyana Upaya)
- Three fold method of clinical examination (Trivida Pariksha)
- Eight fold method of clinical examination (Ashta vida Parisksha)
- Diagnosis of the disease
- Identification of the stage of the disease and doshic imbalance

14 Examination and diagnosis of the patient

- Pulse diagnosis (Nadi Pariksha)
- Urine examination (Mutra Pariksha)
- Stool diagnosis (Mala Pariksha)
- Tongue diagnosis (Jihva Pariksha)
- Root, passage and opening of the Srotas
- Causes of vitiation of the Srotas

- Sounds diagnosis (Shabda Pariksha)

- Signs and symptoms of vitiation

- Examination of the eyes (Druck Pariksha)

- Dosha Imbalance (Akruti Pariksha)

- (Akruti Pariksh)

15

Nidhana Panchaka – 5 Therapeutics of Ayurveda Overview

- Purva Rupa – Pre-Sign and Symptoms
- Rupa - Actual-Sign and Symptoms
- Therapeutic Trails and Pathogenesis (Samprapti)

16

Common disorders of the dosha & their causes

- Vata roga
- Pitta roga
- Kapha roga

17

Ayurvedic Pharmacology (Dravya Guna Vijnana)

- The qualities of Ayurvedic herbal medicine
 - Taste (Rasa)
 - Attribute (Guna)
 - Potence (Veerya)
 - Post digestive effect (Vipaka)
 - Special potency (Prabava)
- Portrayal of the six tastes in Ayurveda

18

Prevention of diseases

- Use of a balanced diet (Ahara)
- Leading a balanced lifestyle (Viharana)
- Remedy (Oushada)
- How to balance the Doshas

19

Medicine Classes (Dravya Guna)

- Remedy Making Classes
- Ayurvedic Formulated Herbs and Remedies

20

Therapeutics (chikitsa)

- Prevention (Swastha Parayana)
- Treating the illnesses (Athura Parayana)
- Shamana (introduction to Pacifying Treatment)
- Shodhana (introduction to Purifying treatment i.e. Panchakarma)
- Vajikarana and Rasayana (Introduction)

Sanskrit classes

We delve into the ancient language of Sanskrit to decode and unveil the deeper concepts within Ayurveda. This science was first codified and committed to text thousands of years ago in the form of Sloka or Sanskrit verse. Contained within this verse are the secrets and pure principles of the science which remain intact and applicable today. We teach and practice Ayurveda staying always faithful to these original principles.

Sanskrit is taught by Gabriella Burnel (BA Hons in Sanskrit, Oxf) who has been teaching Sanskrit for many years. Sanskrit is in her blood, having begun learning at the tender age of four. It is the language in which she teaches, chants and sings. Gabriella has been drawn to the beauty in the sounding of the Sanskrit language and the purity of the alphabet.

"I enjoy the challenge of teaching Sanskrit to beginners and showing that it is a simple, natural, musical and beautiful language. Having studied Sanskrit since the age of 4, I have found it has helped me focus, shown me the joy of sound, and opened up a whole new world waiting to be discovered, for every time you study it, you realize how much more there is to learn. Also, the Sanskrit chants are one of the unfailing keys to the power of the language. Well taught, the simple sounding brings inner peace and harmony, without any extra effort or knowledge."

- Gabriella Burnel -

Sanskrit is taught predominantly in e-learning video format, with accompanying optional Sanskrit kirtan sessions.

Sanskrit Syllabus and aims.

The aim of learning Sanskrit

By the end of Level 1 and 2, students will feel familiar with the Sanskrit language, become accustomed to the sounds and be able to read Sanskrit joyfully without doubts or hesitation. There will be confidence in the language as it is a natural extension of our own sound. The study of Sanskrit can enlighten our understanding of Ayurveda and perhaps more!

- To enable students to understand and define Ayurvedic terminology.
- To enable students to read and understand the Sanskrit Ayurvedic slokas or texts with ease and confidence.
- To unearth the deep knowledge of Ayurveda through the understanding of Sanskrit language and uncover the joy of using Sanskrit.

Sanskrit Alphabet

Students will learn to sound and write the whole Sanskrit alphabet (writing will be of secondary importance as this is primarily a Sanskrit in conjunction with the Ayurveda course, and primarily Sanskrit is a language of sound, embedded in the aural tradition)

Grammar & declensions

- Nouns (cases and meanings)
- Key Verb tenses
- Basic vocab
- Basic sentence construction
- Adjectives and adverbs
- Principles of Sandhi (union of sounds)
- Voices- active/passive

Glossary

Learning the most important words in Ayurveda- going into the depth and meaning of the essence of the words through understanding of their roots.

Sanskrit sloka (verses)

The slokas contain the universal principles of Ayurveda; by discussing and looking into the meaning of the words within the slokas, it will help us understand the principles in the practice of Ayurveda; the sounding of the slokas will greatly elevate our consciousness so that we become one with what we sound and one with our understanding of it.



What written course materials are provided?

For each module students are provided with:

- Written materials – comprehensive, tailor-made notes to accompany teaching comprising:
 - Course notes
 - PowerPoint presentations
- Directed reading lists from textbooks and reference books.
- Set of e-learning videos to watch in preparation for Immersions (November and February only)
- Online formative assessments to complete after watching e-learning videos (November and February only) to assist students with their learning, with answers provided

All materials are provided in electronic version and can be downloaded from the student's private portal on the website.

What are the required reference books?

The Ayurveda Institute commissions the printing of the Ayurveda reference books from one of the oldest specialist publishers in India. They are the practitioner's bibles and are to be treasured for life. As these are expensive and difficult to source, they have been included in the course fees.

- 01 Dr P.Himasagara Chandra Murthy: "Ayurvedic Clinical Diagnosis (Based on Madhava Nidana) Volumes 1 and 2"
- 02 Vaidya Bhagwan Dash: "A Handbook of Ayurveda"
- 03 P.V.N.R. Prasad: "Bhaisajya Kalpana Vigyan"
- 04 Translated by Prof. K. R. Srikantha Murthy: "Vagbhata's Astanga Hridayam Volumes I, II & III"
- 05 Vidyasagara K.L.V. Sastri: "Sanskrita Baladarsa (Infant reader)"

What are the required textbooks?

Students are required to purchase the text-books themselves which are available either in hard copy or Kindle edition on Amazon. Students can also purchase used copies on Amazon for a fraction of the new price.

- 01 Vasant Lad: "Ayurveda, the Science of Self-healing: a Practical Guide"
- 02 Vasant Lad: "The Complete Book of Ayurvedic Home Remedies: A Comprehensive Guide to the Ancient Healing of India"
- 03 Vasant Lad: "Textbook of Ayurveda: the Fundamental Principles of Ayurveda. Volume 1"
- 04 Vasant Lad: "Textbook of Ayurveda: the Complete Guide to Clinical Assessment. Volume 2"



How is the student assessed?

Our assessments are directed at preparing students to apply the knowledge they have gained effectively to real life situations and professional practice as the course is vocational.

Formative Assessments

This is an extremely effective learning method for theoretical study in which students watch ~~of~~ e-learning videos and answer a series of questions to help review their understanding and highlight areas for further discussion.

Students are required to complete formative assessments prior to the November and February immersions. These assessments do not form part of the final assessments but are required for certification.

Final theory written assessment.

End of year, online theory assessment consisting of problem questions, MCQs and short essay questions. This part of the assessments constitutes 60% of the overall final mark.

Final theory practical assessment

End of year, online consultation with a volunteer patient or an assesment of a pre-recorded consultation with an experienced doctor. This part of the assessments constitutes 40% of the overall mark.



Case studies

Students submit two completed case studies one month after the completion of the theory and practical assessments. A case study is a consultation / series of consultations with their own patient. Case studies do not form part of the final mark but are required for certification.



Second wave assessments

Students who are unable to undertake the assessments at the end of the year may defer (upon request) until the second wave of assessments which takes place approximately 5 or 6 months after the first set of assessments. There is an additional fee payable for this service of £150.00.



Personal programme

Students can undertake the course for their personal knowledge only. This is the greatest value of this teaching to enhance their own health and care for their family and community. For those not intending to qualify as a professional Ayurvedic consultant, and not take the assessments, a certificate of completion is awarded.



What is the total investment?

The total investment is £4,000.00 + £800.00 (VAT)
Secure your place with a £500.00 registration deposit (non- refundable)



Can I pay in instalments?

Yes. Students can either pay:

- in full
- in three installments payable as follows:
 - 4-part payment plan to spread the investment (total investment £4,854.00 incl. 1.5% fee charged by Go Cardless for 3 further instalments £1,218.00 in December 2024 and March and June 2025)
 - In alternate payment plans (available at the discretion of the Institute)



Are there any discounts for early registration?

Students can benefit from a number of discounts:

- Early bird discounts are available for students who make an initial £500.00 registration deposit as soon as possible before 1st July 2024
- Early bird discount of 10% for payment in full by 1st July 2024 (total investment is £4,320.00)
- Early bird discount of 5% for payment by instalments, full deposit to be paid by 1st July 2024 (total investment is £4,611.30 incl. 1.5% fee charged by Go Cardless for 3 further instalments of £1,157.00 in December 2024 and March and June 2025)

- Scholarships of £3,000.00 per year. There are four scholarships available. Aimed at students with a 'genuine financial need' and who can show 'a demonstrable commitment to Ayurveda and its practice for the community'.
- (Cost of course is only £1,800.00)
- Scholarship application form to be completed

Can I speak to someone about the course?

To explore how this course could work for you and your life, follow these steps:

- Join in our small group Q&A sessions with the Course Director to get an intimate view of the course
- Download the application form from our website and submit
- Book your free one-to-one session (20-30 minutes) with the Course Director. This session is to discuss your own journey and ensure that this is the right course for you. This is not a sales call and there is no obligation to register.

How do I register for the course?

To explore how this course could work for you and your life, follow these steps:

- As places fill up quickly, you can secure your place by putting down a £500.00 registration deposit (non-refundable).
- Join in **the small group...** etc
- Complete the online application form on our website or by clicking here

Please note that if you wish to apply for the scholarship, there is a separate application form which you are required to complete and return by 1st July 2024.

Please email us for a copy of the scholarship application form.

Withdrawals and refund fees

- If you wish to withdraw from the course you must apply in writing to the Directors.
- The £500 registration deposit is non-refundable

For students who have paid the full course fees:

- For withdrawal before the first immersion, you are entitled to a full refund less 10% of the full cost of the course for administrative costs.
- For withdrawal before the second immersion, you are entitled to a refund less 25% of the full cost of the course.
- For withdrawal between the second and third immersions, you are entitled to a refund of 50% of the full cost of the course.
- After the third immersion weekend, no refunds can be made.

For students who are paying in installments:

- For withdrawal before the first immersion, you are entitled to a full refund of the deposit less 10% of the full cost of the course for administrative costs.
- For withdrawal before the second immersion, you are entitled to a refund less 25% of the full cost of the course.
- After the second immersion, no refunds can be made.





“Looking forward to sharing this journey with you”

Student Prospectus

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