



“Approved and Regulated by the Colorado Department of Higher Education, Private Occupational School Board.”

## **Ayurvedic Doula Nutrition and Support Program 2024**

**Mark Orientation Date: Dec 15, 2023, 2:00 - 4:00 pm MT**

- ***Theory Classes: Online Live Webinar – Every Thursday of the Week and Three weekends - Thursday, January 18, 2024, through Sunday, May 5, 2024***
- ***Hands-on experience: At Ayurved Sadhana/Office Evolution, Superior, Colorado – Friday, May 10, 2024, through Thursday, May 23, 2024***
- ***Externship: In Local Community – June 1, 2024, through August 31, 2024***

# **Theory Courses - 2024**

## **Ayurvedic Doula - Fundamentals of Ayurveda**

**Dates:** Class is starting Thursday, January 18, 2024, through Thursday, February 15, 2024, 4:30 pm – 8:00 pm MT.

- Thurs, Jan 18, 4:30 pm – 8:00 pm MT
- Thurs, Jan 25, 4:30 pm – 8:00 pm MT
- Thurs, Feb 1, 4:30 pm – 8:00 pm MT
- Thurs, Feb 8, 4:30 pm – 8:00 pm MT
- Thurs, Feb 15, 4:30 pm – 8:00 pm MT

## **Maternal Mental Health and Well Being**

**Dates:** Class is starting Saturday, February 17, 2024, through Sunday, February 18, 2024; 10:00 am – 6:30 pm MT.

- Sat, Feb 17, 10:00 am – 6:30 pm MT
- Sun, Feb 18, 10:00 am – 6:30 pm MT

## **Ayurvedic Foundations of Women's Health in Pregnancy and Postpartum**

**Dates:** Class is starting Thursday, February 22, 2024, through Thursday, March 21, 2024; 4:30 pm – 8:00 pm MT.

- Thurs, Feb 22, 4:30 pm – 8:00 pm MT
- Thurs, Feb 29, 4:30 pm – 8:00 pm MT
- Thurs, Mar 7, 4:30 pm – 8:0 pm MT
- Thurs, Mar 14, 4:30 pm – 8:00 pm MT
- Thurs, Mar 21, 4:30 pm – 8:00 pm MT

## **Herbs and Spices Guide for Pregnancy and Postpartum**

**Dates: Class is starting Thursday, April 4, 2024, through Thursday, April 11, 2024; 4:30 pm – 9:00 pm MT.**

- Thurs, Apr 4, 4:30 pm – 9:00 pm MT
- Thurs, Apr 11, 4:30 pm – 9:00 pm MT

## **Ayurvedic Breast Care and Lactation Consultation**

**Dates: Class is starting Saturday, April 13, 2024, through Sunday, April 14, 2024; 10:00 am – 6:30 pm MT.**

- Sat, Apr 13, 10:00 am – 6:30 pm MT
- Sun, Apr 14, 10:00 am – 6:30 pm MT

## **Calendar of Care**

**Dates: Class is starting Thursday, April 18, 2024, through Thursday, May 2, 2024; 4:30 pm – 9:00 pm MT.**

- Thurs, Apr 18, 4:30 pm – 9:00 pm MT
- Thurs, Apr 25, 4:30 pm – 9:00 pm MT
- Thurs, May 2, 4:30 pm – 9:00 pm MT

## **Doula Self Care**

**Dates: Class is starting Saturday, May 4, 2024; 10:00 am – 5:30 pm MT.**

- Sat, May 4, 10:00 am – 6:00 pm MT

## **Business Setup Guidelines**

**Dates: Class is starting Sunday, May 5, 2024; 10:00 am – 3:00 pm MT.**

- Sun, May 5, 10:00 am – 3:00 pm MT

**Continue to Hands-on Classes Below...**

## **Hands- On Courses – May 10 to May 23, 2024**

**ASV:** 2082 Grayden Court Superior CO 80027  
**Office Evolution:** 357 McCaslin Blvd Suite 200, Louisville, CO 80027

### **Doula Hands-on Training Classes are from Friday, May 10, 2024, to Thursday, 23, 2024**

#### **Mother's Ayurvedic Warm Oil Application**

**Dates:** Classes starting Friday, May 10, 2024, through Sunday, May 12, 2024; 9:00 am- 6:00 pm MT.

- Fri, May 10, 9:00 am – 6:00 pm MT
- Sat, May 11, 9:00 am – 6:00 pm MT
- Sun, May 12, 9:00 am – 6:00 pm MT

#### **Infant Ayurvedic Warm Oil Application**

**Dates:** Class is on Monday, May 13, 2024; 9:00 am- 6:00 pm MT.

- Mon, May 13, 9:00 am – 6:00 pm MT

#### **Marma Points for Postpartum Mothers**

**Dates:** Classes starting Tuesday, May 14, 2024, through Wednesday, May 15, 2024; 9:00 am – 6:00 pm MT.

- Tues, May 14, 9:00 am – 6:00 pm MT
- Wed, May 15, 9:00 am – 6:00 pm MT

### **No Class on Thursday, May 16, 2024**

#### **Doula Vital Signs and Assessments**

**Dates:** Classes starting Saturday, May 17, 2024; 10:00 am – 5:30 pm MT.

- Fri, May 17, 10:00 am – 5:30 pm MT

## **Ayurvedic Cooking for Pregnancy**

**Dates: Classes starting Saturday, May 18, 2024, through Sunday, May 19, 2024; 10:00 am – 6:30 MT.**

- Sat, May 18, 10:00 am – 6:30 pm MT
- Sun, May 19, 10:00 am – 6:30 pm MT

## **Ayurvedic Cooking for Postpartum**

**Dates: Classes starting Monday, May 20, 2024, through Tuesday, May 21, 2024; 10:00 am – 6:30 pm MT.**

- Mon, May 20, 10:00 am – 6:30 pm MT
- Tues, May 21, 10:00 am – 6:30 pm MT

## **Postpartum Oils, Salves, Tinctures, and Syrups**

**Dates: Classes starting Wednesday, May 22, 2024, through Thursday, May 23, 2024; 10:00 am – 6:30 pm MT.**

- Wed, May 22, 10:00 am – 6:30 pm MT
- Thurs, May 23, 10:00 am – 6:30 pm MT

## **Final Externship: June 1, 2024, to August 31, 2024**

### **Externship**

**Dates:** This course must be completed within the following time frame: *June 1, 2024, through August 31, 2024*

**Note:** *All the Externship forms required to complete this Course will be provided by Ayurved Sadhana during the Externship Orientation.*

Here is the homework for Doula **Hands-on classes** and **Externship**:

1. Give 5 Mothers Warm Oil Applications
2. Teach 3 Parent-led Infant Warm Oil Application Instructions
3. Prepare 9 Postpartum Dishes, as per Ayurveda
4. Prepare 3 kinds of Medicated Ghee
5. Prepare 1 Postpartum Salve
6. Offer 3 client-led Breast Care Instruction Sessions
7. Offer 3 Mothers Marma points practice.
8. Prepare 9 Pregnancy Dishes, as per Ayurveda
9. Create a document for Doula Self-care techniques which you are practicing.
10. Complete Daily Client Intake Evaluations (for all days interned)
11. Write a 3-5 pages Research paper on a postpartum topic of your choice.
12. Write a 1-page paper reflecting on your experience throughout the externship.
13. Prepare Community Resources document.
14. Meet with designated school supervisor for final evaluation and interview.

**Note:** Upon completion of all online exams and all of the above requirements for Ayurvedic Doula – Nutrition and Support course, Ayurved Sadhana will issue the certificate.

### **Homework Checkpoints Dates:**

- **Homework Checkpoint:** *June 15, 2024*
- **Homework Checkpoint:** *June 30, 2024*
- **Homework Checkpoint:** *July 15, 2024*
- **Homework Checkpoint:** *July 31, 2024*
- **Homework Checkpoint:** *August 15, 2024*
- **Essay and Final Docs Due:** *August 31, 2024*



