



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

## Ayurvedic Doula Nutrition and Support Program 2025

**Mark Orientation Date: Dec 15, 2024, 2:00 - 4:00 pm MT**

- **Theory Classes: *Online Live Webinar – Every Thursday of the Week and Three weekends - Thursday, January 16, 2025, through Thursday, May 8, 2025***
- **Hands-on experience: *At Ayurved Sadhana / Office Evolution, Superior, Colorado – Monday, May 12, 2025, through Sunday, May 25, 2025***
- **Externship: *In Local Community – June 1, 2025, through Sept 30, 2025***

### **1. Complete Doula Program**

#### **a. Structure:**

1. Theory Classes:
  - Format: Online live webinars
  - When: Three weekends and every Thursday, January 16 – Thursday, May 8
2. Hands-on Classes:
  - Format: In-person at Ayurved Sadhana and Office Evolution in Superior, Colorado
  - When: Friday, May 12 – Sunday, May 25
3. Externship:
  - Format: In your local community
  - When: May 26 – September 30

#### **b. Cost:**

**Payment plan over 9-10 months available**

1. Non-refundable Application and Registration Fee: **\$150**
2. Non-refundable Tech Fee: **\$150**
3. Total Tuition cost: **\$5,500.00**
4. Early Bird Total Tuition Cost: **\$5,000.00 (with enrollment before December 10, 2024)**

## **2. Individual Modules:**

Enrollment is subject to prior Ayurvedic or doula experience and training.

### **a. Ayurvedic Bodywork/Care Module Structure:**

The module is designed for previously trained doulas to broaden the scope of professional hands-on services offered to their clientele. A glimpse of Ayurveda and its benefits without the full program commitment.

1. Fundamentals of Ayurveda Class
  - Format: Online live webinar
  - When: Thursday, January 15 – Thursday, February 20
2. Mother's Ayurvedic Warm Oil Application Class
  - Format: In-person at Ayurved Sadhana and Office Evolution in Superior, Colorado
  - When: Tuesday, May 12 - Wednesday May 14
3. Infant Ayurvedic Warm Oil Application Class
  - Format: In-person at Ayurved Sadhana and Office Evolution in Superior, Colorado
  - When: Tuesday, May 15
4. Marma Points for Postpartum Mothers Class
  - Format: In-person at Ayurved Sadhana and Office Evolution in Superior, Colorado
  - When: Tuesday, May 20 - Wednesday May 21

### **b. Ayurvedic Diet and Nutritional Support Module Structure**

The module is designed for previously trained Doula to broaden the scope of diet and nutritional support offered to their clientele in both pregnancy and postpartum timeframes. A glimpse of diet and nutrition through the lens of Ayurveda without the full program commitment.

1. Ayurvedic Doula - Fundamentals of Ayurveda
  - Format: Online live webinar
  - When: Thursday, January 15 – Thursday, February 20
2. Herbs and Spices Guide for Pregnancy & Postpartum
  - Format: Online live webinar
  - When: Thursday, April 3 - Thursday, April 10
3. Ayurvedic Cooking for Pregnancy
  - Format: In-person at Ayurved Sadhana and Office Evolution in Superior, Colorado
  - When: Saturday, May 24 - Sunday, May 25

4. Ayurvedic Cooking for Postpartum
  - Format: In-person at Ayurved Sadhana and Office Evolution in Superior, Colorado
  - When: Saturday, May 17 - Sunday, May 18
5. Postpartum Oils, Salves, Tinctures, and Syrups
  - Format: In-person at Ayurved Sadhana and Office Evolution in Superior, Colorado
  - When: Thursday, May 22 - Friday, May 23

## c. Individual Module Costs:

**Payment plan over 4-6 months available.**

1. Ayurvedic Bodywork/Care Module: **\$1950.00**
2. Ayurvedic Diet and Nutritional Support Module: **\$1950.00**

# Spring 2025 Live-Webinar Online Classes

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

**Dates:** Thursday, January 16 – Thursday, February 20

**Time:** 4:30 pm – 8:00 pm MT

- Thursday, Jan 16
- Thursday, Jan 23
- Thursday, Jan 30
- Thursday, Feb 6
- Thursday, Feb 13
- Thursday, Feb 20

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

**Dates:** Saturday, February 17 – Sunday, February 18

**Time:** 10:00 am – 6:30 pm MT

- Saturday, Feb 17
- Sunday, Feb 18

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

**Dates:** Thursday, February 27 – Thursday, March 27

**Time:** 4:30 pm – 8:00 pm MT

- Thursday, February 27
- Thursday, March 6
- Thursday, March 20
- Thursday, March 27

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

**Dates:** Thursday, April 3 – Thursday, April 10

**Time:** 4:30 pm – 9:00 pm MT

- Thursday, April 3
- Thursday, April 10

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

**Dates: Saturday, April 5 – Sunday, April 6**

**Time: 10:00 am – 6:30 pm MT**

- Saturday, April 5
- Sunday, April 6

## **5. Calendar of Care**

**Dates: Thursday, April 17 – Thursday, May 1**

**Time: 4:30 pm – 9:00 pm MT**

- Thursday, Apr 17
- Thursday, Apr 24
- Thursday, May 1

## **6. Doula Self Care**

**Date: Saturday, April 26**

**Time: 10:00 pm – 5:30 pm MT**

- Saturday, April 26

## **7. Business Setup Guidelines**

**Date: Sunday, April 27**

**Time: 10:00 pm – 3:00 pm MT**

- Sunday, April 27

# Spring 2025 Hands-On Classes

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

**Dates: Monday, May 12 – Sunday, May 14**

**Time: 9:00 am- 6:00 pm MT**

- Monday, May 12
- Tuesday, May 13
- Wednesday, May 14

## **2. Infant Ayurvedic Warm Oil Application**

**Date: Monday, May 15**

**Time: 9:00 am- 6:00 pm MT**

- Thursday, May 15

## **3. Marma Points for Postpartum Mothers**

**Dates: Tuesday, May 20 – Wednesday, May 21**

**Time: 9:00 am – 6:00 pm MT**

- Tuesday, May 20
- Wednesday, May 21

## **4. Doula Vital Signs and Assessments**

**Dates: Class Saturday, May 19**

**Time: 10:00 am – 5:30 pm MT**

- Monday, May 19

## **5. Ayurvedic Cooking for Postpartum**

**Dates: Saturday, May 17 – Sunday, May 18**

**Time: 10:00 am – 6:30 pm MT**

- Saturday, May 17
- Sunday, May 18

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

**Dates: Thursday, May 22 – Friday, May 23**

**Time: 10:00 am – 6:30 pm MT**

- Thursday, May 22
- Friday, May 23

## **7. Ayurvedic Cooking for Pregnancy**

**Dates: Saturday, May 24– Sunday, May 25**

**Time: 10:00 am – 6:30 MT**

- Saturday, May 24
- Sunday, May 25

# Spring 2025 Final Externship

**Dates: Externship must be completed between May 26, 2025 – August 31, 2025**

## **Assignments:**

- a. Complete daily client intake evaluations (for all days interned)
- b. Create a document for the doula self-care techniques you are practicing
- c. Create community resources document
- d. Provide 3 mothers Marma Point sessions
- e. Provide 3 client-led Ayurvedic breast care instruction sessions
- f. Provide 5 mothers warm oil applications
- g. Provide 3 parent-lead infant warm oil application instruction sessions
- h. Prepare and provide 9 pregnancy dishes, as per Ayurveda
- i. Prepare and provide 9 postpartum dishes, as per Ayurveda
- j. Prepare and provide 3 kinds of medicated ghee
- k. Prepare and provide 1 postpartum salve
- l. Write a 3–5-page research paper on a postpartum topic of your choice
- m. Write a 1-page reflection paper about your experience throughout your doula externship
- n. Meet with the designated school supervisor for a final evaluation and interview