



**Ayurved Sadhana**

Healing Begins Here...

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

## **Ayurvedic Doula Nutrition and Support Program** **2021-2022**

**Mark Orientation Date: July 30, 2021 2:00 - 4:00 pm MT**

- **Theory Classes: *Online Live Webinar – Every Tuesday of the Week and one weekend in November - Tuesday, August 10, 2021 through Tuesday, Dec 14, 2021***
- **Hands-on experience: *At Ayurved Sadhana, Superior, Colorado – Thursday, January 6, 2022 through Saturday, January 22, 2022***
- **Externship: *In Local Community – February 1, 2022 through May 31, 2022***

# Theory Courses - 2021

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

**Dates: Classes are Tuesday, August 10, 2021 through Tuesday, September 7, 2021 5:00 pm – 8:30 pm MT.**

- Tues, Aug 10, 5:00 pm – 8:30 pm MT
- Tues, Aug 17, 5:00 pm – 8:30 pm MT
- Tues, Aug 24, 5:00 pm – 8:30 pm MT
- Tues, Aug 31, 5:00 pm – 8:30 pm MT
- Tues, Sept 7, 5:00 pm – 8:00 pm MT

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

**Dates: Classes starting Tuesday, September 14, 2021 through Tuesday, October 12, 2021; 5:00 pm – 8:30 pm MT.**

- Tues, Sept 14, 5:00 pm – 8:30 pm MT
- Tues, Sept 21, 5:00 pm – 8:30 pm MT
- Tues, Sept 28, 5:00 pm – 8:30 pm MT
- Tues, Oct 5, 5:00 pm – 8:30 pm MT
- Tues, Oct 12, 5:00 pm – 8:00 pm MT

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

**Dates: Classes starting Tuesday, October 19, 2021 through Tuesday, October 26, 2021; 5:00 pm – 8:30 pm MT.**

- Tues, Oct 19, 4:00 pm – 8:30 pm MT
- Tues, Oct 26, 4:00 pm – 8:00 pm MT

## **4. Ayurvedic Breast Care and Lactation Consultation – Theory:**

**Dates: Classes starting Tuesday, November 2, 2021 through Tuesday, November 9, 2021; 4:00 pm – 8:30 pm MT.**

- Tues, Nov 2, 4:00 pm – 8:30 pm MT
- Tues, Nov 9, 4:00 pm – 8:00 pm MT

## **5. Maternal Mental Health and Well Being:**

**Dates: Classes starting Friday, November 12, 2021; 5:00 pm – 9:00 pm, and Saturday, November 13, 2021 through Sunday, November 14, 2021; 10:00 am – 6:30 pm MT.**

- Fri, Nov 12, 5:00 pm – 9:00 pm MT
- Sat, Nov 13, 10:00 am – 6:30 pm MT
- Sun, Nov 14, 10:00 am – 6:30 pm MT

## **6. Calendar of Care:**

**Dates: Classes starting Tuesday, November 16, 2021 through Tuesday, December 14, 2021; 4:00 pm – 8:30 pm MT.**

- Tues, Nov 16, 4:00 pm – 8:30 pm MT
- Tues, Nov 30, 4:00 pm – 8:30 pm MT
- Tues, Dec 7, 4:00 pm – 8:30 pm MT
- Tues, Dec 14, 4:00 pm – 8:00 pm MT

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

## Hands- On Courses – January 2022

**ASV:** 2082 Grayden Court Superior CO 80027

**Office Evolution:** 357 McCaslin Blvd Suite 200, Louisville, CO 80027

**Doula Hands-on Training Classes are from  
Thursday, January 6, 2022 to Saturday, January 22, 2022**

### **7. Marma Points for Postpartum Mothers:**

**Dates:** Classes starting Thursday, January 6, 2022 through Friday, January 7, 2022; 9:00 am – 5:30 pm MT.

- Thurs, Jan 6, 9:00 am – 5:30 pm MT
- Fri, Jan 7, 9:00 am – 5:30 pm MT

### **8. Ayurvedic Cooking for Pregnancy:**

**Dates:** Classes starting Saturday, January 8, 2022 through Sunday, January 9, 2022; 10:00 am – 6:30 MT.

- Sat, Jan 8, 10:00 am – 6:30 pm MT
- Sun, Jan 9, 10:00 am – 6:30 pm MT

**No Class on Monday, Jan 10, 2022**

### **9. Mother's Ayurvedic Warm Oil Application:**

**Dates:** Classes starting Tuesday, January 11, 2022 through Thursday, January 13, 2022; 9:00 am- 6:00 pm MT.

- Tues, Jan 11, 9:00 am – 6:00 pm MT
- Wed, Jan 12, 9:00 am – 6:00 pm MT
- Thurs, Jan 13, 9:00 am – 6:00 pm MT

### **10. Infant Ayurvedic Warm Oil Application:**

**Dates:** Class is on Friday, January 14, 2022; 9:00 am- 6:00 pm MT.

- Fri, Jan 14, 9:00 am – 6:00 pm MT

## **No Class on Saturday, Jan 15, 2022**

### **11. Postpartum Oils, Salves, Tinctures, Syrups and Herbal Ghees:**

**Dates:** Classes starting Sunday, January 16, 2022 through Monday, January 17, 2022; 10:00 am – 6:30 pm MT.

- Sun, Jan 16, 10:00 am – 6:30 pm MT
- Mon, Jan 17. 10:00 am – 6:30 pm MT

### **12. Doula Self Care and Business Setup Guidelines:**

**Dates:** Class is on Tuesday, January 18, 2022; 9:00 am – 6:30 pm MT.

- Tues, Jan 18, 9:00 am – 6:30 pm MT

## **No Class on Wednesday, Jan 19, 2022:**

### **13. Ayurvedic Breast Care and Lactation Consultation:**

**Dates:** Class is on Thursday, January 20, 2022; 10:00 am – 6:30 pm MT.

- Thurs, Jan 20, 10:00 am – 6:30 pm MT

### **14. Ayurvedic Cooking for Postpartum:**

**Dates:** Classes starting Friday, January 21, 2022 through Saturday, January 22, 2022; 10:00 am – 6:30 pm MT.

- Fri, Jan 21, 10:00 am – 6:30 pm MT
- Sat Jan 22, 10:00 am – 6:30 pm MT

Continue to Externship Below...

# Final Externship: Feb 1, 2022 to May 31, 2022

## **15. Externship:**

**Dates:** This course must be completed within the following time frame: *February 1, 2022 through May 31, 2022*

*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-lead 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.