



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 **2020-2021**

- **Theory Classes: *Online Live Webinar – Only one weekend in a month - Saturday, August 8, 2020 through Friday January 8, 2021***
- **Hands-on experience: *At Ayurved Sadhana, Superior, Colorado – Saturday, January 9, 2021 through Monday, January 24, 2021 and Friday, June 4 through Thursday, June 10, 2021***
- **Externship: *In Local Community – Monday, February 15, 2021 through Monday, September 30, 2021***

Theory Courses – 2020/2021:

1. Doula Fundamentals of Ayurveda:

Dates: Classes are Saturday August 8, 2020 through Sunday August 9, 2020 10:00 am-6:30pm MT.

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

2. Ayurvedic Foundations of Women’s Health in Pregnancy and Postpartum:

Dates: Classes starting Saturday, September 12, 2020 through Sunday, September 13, 2020; 10:00 am – 6:30 pm MT.

- Sat, Sept 12, 10:00 am – 6:30 pm MT
- Sun, Sept 13, 10:00 am – 6:30 pm MT

3. Herbs and Spices Guide for Pregnancy and Postpartum:

Dates: Class is Saturday October 10, 2020; 10:00 am – 6:30 pm MT.

- Sat, Oct 10, 10:00 am – 6:30 pm MT

4. Ayurvedic Breast Care – Theory:

Dates: Class is Sunday, October 11, 2020; 10:00 am – 6:30 pm MT.

- Sun, Oct 11, 10:00 am – 6:30 pm MT

5. Maternal Mental Health and Well-being:

Dates: Classes starting Friday, November 6, 2020; 5:00 pm – 9:00 pm, and Saturday, November 7, 2020 through Sunday, November 8, 2020; 10:00 am – 6:30 pm MT.

- Fri, Nov 6, 5:00 pm – 9:00 pm MT
- Sat, Nov 7, 10:00 am – 6:30 pm MT
- Sun, Nov 8, 10:00 am – 6:30 pm MT

Remaining Class and Exam:

- Dr. Vaidya: Ayurvedic Approach for Maternal Mental Health: Friday, January 8, 2021-12:00 – 4:00pm

6. Calendar of Care:

**Dates: Classes starting Saturday, December 12, 2021 through Sunday, December 13, 2021;
10:00 am – 6:30 pm MT.**

- Sat, Dec 12, 10:00 am – 6:30 pm MT
- Sun, Dec 13, 10:00 am – 6:30 pm MT

Hands- On Courses – January 2021 and June 2021:

ASV: 2082 Grayden Court Superior CO 80027 – Online Zoom – January 2021
Office Evolution: 357 McCaslin Blvd Suite 200, Louisville, CO 80027 – In-Person
June 2021

Doula Hands-on Training Classes
Saturday, January 9, 2021 to Monday, January 24, 2021
and
Friday, June 4 through Thursday, June 10, 2021

Session 1 - January, 2021 Classes:

1. Ayurvedic Doula Cooking for Pregnancy: Live Streaming:

Dates: Classes starting Saturday, January 9, 2021 through Sunday, January 10, 2021; 10:00 am – 6:30 MT.

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

No Class on Monday, Jan 11, 2021

2. Ayurvedic Breast Care and Lactation Consultation: Live Streaming:

Dates: Classes starting Tuesday, January 12, 2021; 10:00 am – 6:30 pm MT.

- Tues, Jan 12, 10:00 am – 6:30 pm MT

No Class on Wednesday, Jan 13, 2021

3. Doula Self Care and Business Setup Guidelines: Live Streaming:

Dates: Class is Thursday, January 14, 2021; 10:00 am – 6:30 pm MT.

- Thurs, Jan 14, 10:00 am – 6:30 pm MT

No Class on Friday, Jan 15, 2021

4. Ayurvedic Doula Cooking for Postpartum: Live Streaming:

Dates: Classes starting Saturday, January 16, 2021 through Sunday, January 17, 2021; 10:00 am – 6:30 pm MT.

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

No Class on Monday, Jan 18 and Friday, Jan 22, 2021

5. Postpartum Oils Salves and Herbal Ghees: Live Streaming:

Dates: Classes starting Saturday, January 23, 2021 through Sunday, January 24, 2021; 10:00 am – 6:30 pm MT.

- Sat, Jan 23, 10:00 am – 6:30 pm MT
- Sun, Jan 24, 10:00 am – 6:30 pm MT

Session 2 - June 2021 Classes – In-Person at Colorado:

6. Mother's Marma for Pregnancy and Postpartum at Office Evolution:

Dates: Classes starting Friday, June 4, 2021 through Saturday, June 5, 2021; 9:00 am – 5:30 pm MT.

- Fri, June 4, 9:00 am – 5:30 pm MT
- Sat, June 5, 9:00 am – 5:30 pm MT

No Class on Sunday, June 6, 2021

7. Mother's Ayurvedic Warm Oil Application Instructions at Office Evolution:

Dates: Classes starting Monday, June 7, 2021 through Wednesday, June 9, 2021; 9:00 am- 6:00 pm MT.

- Mon, June 7, 9:00 am – 6:00 pm MT
- Tue, June 8, 9:00 am – 6:00 pm MT
- Wed, June 9, 9:00 am – 6:00 pm MT

8. Ayurvedic Infant Warm Oil Application Instructions at Office Evolution:

Dates: Class is Thursday, June 10, 2021; 9:00 am- 6:00 pm MT.

- Thurs, June 10, 9:00 am – 6:00 pm MT

9. Externship:

Dates: This course must be completed within the following time frame: *Monday, February 1, 2021 through Monday, September 30, 2021*

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