



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 **2023**

Mark Orientation Date: Dec 16, 2022 2:00 - 4:00 pm MT

- **Theory Classes:** *Online Live Webinar – Every Tuesday of the Week and Three weekends - Tuesday, January 17, 2023 through Sunday, May 21, 2023*
- **Hands-on experience:** *At Ayurved Sadhana/Office Evolution in Superior and Louisville, Colorado – Thursday, June 1, 2023 through Wednesday, June 14, 2023*
- **Externship:** *In Local Community – June 15, 2023 through August 31, 2023*

Theory Courses - 2023

1. Ayurvedic Doula - Fundamentals of Ayurveda:

Dates: Classes are Tuesday, January 17, 2023 through Tuesday, February 21, 2023 4:00 pm – 7:30 pm MT.

- Tues, Jan 17, 4:00 pm – 7:30 pm MT
- Tues, Jan 24, 4:00 pm – 7:30 pm MT
- Tues, Jan 31, 4:00 pm – 7:30 pm MT
- Tues, Feb 7, 4:00 pm – 7:30 pm MT
- Tues, Feb 21, 4:00 pm – 7:30 pm MT

2. Maternal Mental Health and Well Being:

Dates: Classes are Saturday, February 11, 2023 through Sunday, February 12, 2023; 10:00 am – 6:30 pm MT.

- Sat, Feb 11, 10:00 am – 6:30 pm MT
- Sun, Feb 12, 10:00 am – 6:30 pm MT

3. Ayurvedic Foundations of Women's Health in Pregnancy and Postpartum:

Dates: Classes are Tuesday, February 28, 2023 through Tuesday, April 4, 2023; 4:00 pm – 7:30 pm MT.

- Tues, Feb 28, 4:00 pm – 7:30 pm MT
- Tues, Feb 14, 4:00 pm – 7:30 pm MT
- Tues, Mar 21, 4:00 pm – 7:30 pm MT
- Tues, Mar 28, 4:00 pm – 7:30 pm MT
- Tues, Apr 4, 4:00 pm – 7:00 pm MT

4. Herbs and Spices Guide for Pregnancy and Postpartum:

Dates: Classes are Tuesday, April 11, 2023 through Tuesday, April 28, 2023; 4:00 pm – 8:30 pm MT.

- Tues, Apr 11, 4:00 pm – 8:30 pm MT
- Tues, Apr 18, 4:00 pm – 8:00 pm MT

5. Ayurvedic Breast Care and Lactation Consultation – Theory:

Dates: Classes are Saturday, April 22, 2023 through Sunday, April 23, 2023; 10:00 am – 6:30 pm MT.

- Sat, Apr 22, 10:00 am – 6:30 pm MT
- Sun, Apr 23, 10:00 am – 6:30 pm MT

6. Calendar of Care:

Dates: Classes are Tuesday, April 25, 2023 through Tuesday, May 16, 2023; 4:00 pm – 8:30 pm MT.

- Tues, Apr 25, 4:00 pm – 8:30 pm MT
- Tues, May 2, 4:00 pm – 8:30 pm MT
- Tues, May 9, 4:00 pm – 8:30 pm MT
- Tues, May 16, 4:00 pm – 8:00 pm MT

7. Doula Self Care:

Dates: Class is Saturday, May 20, 2023; 10:00 am – 6:00 pm MT.

- Sat, May 20, 10:00 am – 6:00 pm MT

8. Doula Self Care:

Dates: Class is Sunday, May 21, 2023; 10:00 am – 2:00 pm MT.

- Sat, May 21, 10:00 am – 2:00 pm MT

Continue to Hands-on Classes Below...

Hands- On Courses – January 2023

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, June 1, 2023 to Wednesday, June 14, 2023**

9. Marma Points for Postpartum Mothers:

Dates: Classes are Thursday, June 1, 2023 through Friday, June 2, 2023; 9:00 am – 5:30 pm MT.

- Thurs, Jun 1, 9:00 am – 5:30 pm MT
- Fri, Jun 2, 9:00 am – 5:30 pm MT

No Class on Saturday, June 3, 2023

10. Mother's Ayurvedic Warm Oil Application:

Dates: Classes are Tuesday, June 4, 2023 through Tuesday, June 6, 2023; 9:00 am – 6:00 pm MT.

- Sun, Jun 4, 9:00 am – 6:00 pm MT
- Mon, Jun 5, 9:00 am – 6:00 pm MT
- Tues, Jun 6, 9:00 am – 6:00 pm MT

11. Infant Ayurvedic Warm Oil Application:

Dates: Class is on Wednesday, June 7, 2023; 9:00 am- 6:00 pm MT.

- Wed, Jun 7, 9:00 am – 6:00 pm MT

No Class on Thursday, June 8, 2023

12. Ayurvedic Cooking for Pregnancy:

Dates: Classes are Friday, June 9, 2023 through Saturday, June 10, 2023; 10:00 am – 6:30 MT.

- Fri, Jun 9, 10:00 am – 6:30 pm MT
- Sat, Jun 10, 10:00 am – 6:30 pm MT

13. Ayurvedic Cooking for Postpartum:

Dates: Classes are Sunday, June 11, 2023 through Monday, June 12, 2023; 10:00 am – 6:30 pm MT.

- Sun, Jun 11, 10:00 am – 6:30 pm MT
- Mon, Jun 12, 10:00 am – 6:30 pm MT

14. Postpartum Oils, Salves, Tinctures, Syrups and Herbal Ghees:

Dates: Classes are Tuesday, June 13, 2023 through Wednesday, June 14, 2023; 10:00 am – 6:30 pm MT.

- Tue, Jun 13, 10:00 am – 6:30 pm MT
- Wed, Jun 14, 10:00 am – 6:30 pm MT

Continue to Externship Below...

Final Externship: June 15, 2023 to August 31, 2023

15. Externship:

Dates: This course must be completed within the following time frame: *June 15, 2023 through August 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.