



Post-Baccalaureate Certificate in Ayurveda Wellness Practices Course Descriptions

AYUR630 Foundations of Ayurveda (3 credits)

This course provides the history and philosophies that serve as the foundation for Ayurveda. Students will understand the basics of Ayurvedic theory, including the five elements and the doshas, and learn how these theories and principles support the practices of Ayurveda. Basic Ayurvedic anatomy and physiology, concepts of mind body layers, tissues, systems, and channels will be introduced, as well as relevant terms in Sanskrit.

AYUR631 Ayurveda and the Mind (3 credits)

This course introduces Ayurvedic perspectives on the structure and function of the mind, including states of balance and imbalance and the role the mind plays in creating health and wellness. Students learn how awareness of Ayurvedic concepts of the mind can support a shift in one's approach to life's challenges. The importance of Ayurvedic wellness techniques, including daily movement and breathing practices, mantras and meditation, are introduced.

AYUR633 Ayurvedic Nutrition and Herbs (3 credits)

Students learn and practice Ayurvedic approaches to food selection and preparation, understand how personalized food choices can support an individual's health and wellness, and how food energetics are tailored to support the doshas. Students will be introduced to healing properties of culinary herbs, three primary non-culinary Ayurvedic herbs/compounds and the primary media used to deliver herbs for healing. Students will learn to safely and effectively teach others about Ayurvedic approaches to herb selection and food preparation.

AYUR635 Ayurvedic Lifestyle Skills and Self-Care (3 credits)

Students will learn how to design individual plans of care based on the flow of the day and the flow of the seasons using Ayurvedic wellness practices. Limitations of the practices described here will be addressed, and the students will learn how to apply to their studies in their own lives, and in wellness plans with others.