

Study guide
2024 - 2025

Ayurveda Practitioner Studies

Nutrition & Lifestyle Counselor



**Ayurveda
Academy**
The Netherlands



Ayurveda Academy

The Netherlands

Ayurveda Academy The Netherlands

Study guide 2024 -2025

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Ayurveda Practitioner Studies

A four-year 200 EC study program
with Bachelor-level accreditation

Ayurveda Nutrition & Lifestyle Counselor

A two-year 70 EC study program

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Life changing education

We develop study programs in response to global demands: the need for a natural, holistic approach towards health care, and a growing demand for ayurveda practitioners.

Foreword

Welcome

With heartfelt gratitude, we are pleased to share the Ayurveda Academy The Netherlands study guide. With a rich 20-year history in providing ayurveda programs, the Academy proudly presents its four-year, 200 ECT accredited study program, organised in three levels. This program is accredited at the Bachelor level (HBO) and is an important component of the professional licence required to practise ayurveda.

Are you considering studying medicine that supports life in all its facets? Check our website for the dates and come meet us during one of our open days, where you will learn more about our programs! We look forward to meeting you!

On behalf of the whole team,



Martine van Beusekom AP
(Co-founder & managing director)

Coen van der Kroon AP
(Co-founder & program director)

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Abbreviations

APS	Ayurveda Practitioner Studies
AP	Ayurveda Practitioner
NLC	Nutrition & Lifestyle Counselor
BAMS	Bachelor of Ayurvedic Medicine and Surgery
CRKBO	Centraal Register Kort Beroepsonderwijs (Central Register Short Vocational Education)
FONG	Federatie van opleidingen in de natuurlijke geneeswijzen (Federation for Natural Medicine Training)
LMS	Learning Management System
SNRO	Stichting Nederlands Register voor Opleidingen (Dutch Register for Education)

Our Ayurveda Practitioner Studies program

1

Ayurveda is a multidimensional system of healing that defines life as the conjunction of body, mind, and spirit. Ayurveda states that the purpose of life and the way to stay healthy is to realise our true nature. As a complete science, ayurveda has its foundations in a thorough cosmivision about the universe and about the creation. At the same time, it offers very simple and common-sense guidelines and remedies for daily living and for sustaining our health, still valid for our modern, western lives of today. In our study program, the whole scope of philosophical, scientific, spiritual, and practical parts of ayurveda are integrated.

The APS is a serious, in-depth study program, covering all major aspects of ayurveda, in a steady and disciplined rhythm. The APS program is for anyone who wishes to learn the ancient knowledge of ayurveda and become a professional in applying the science to cure others. In this profession, you are devoted to supporting humanity in healing itself. In current times, the need for putting ourselves and others on the path of health and wellbeing seems more relevant than ever.

Being a student at the Ayurveda Academy The Netherlands means choosing one of the most complete curricula found outside India. The study program covers all relevant parts of ayurvedic medicine. It has its foundation in the ancient ayurvedic texts but at the same time connects to modern society. The program is built on three relevant pillars for the future Ayurveda Practitioner: solid theory, a variety of skills, and experience-based education.

Our faculty consists of a team of experienced and skilled teachers, most of which work as Ayurveda Practitioners and physicians. This further helps to guide our students towards a solid, safe, and practical approach to the treatment of clients within our western framework.

Our vision, mission, and objectives

Our vision for the Academy involves seamlessly incorporating ayurvedic medicine as a valuable and legitimate system for enhancing health and addressing human ailments into our society. This assimilation of ayurvedic medicine becomes achievable only through practitioners adeptly utilising the tools provided by this system. Thus, our mission is to provide top-notch ayurvedic education that authentically and contemporarily trains health professionals at different levels of application. We aspire to cultivate the finest ayurveda health experts who can adeptly contribute to advancements in the health and wellbeing of their clients.

We cater to those seeking solid professional training in the field of ayurveda. We develop study programs in response to these modern global demands: the need for a natural, holistic approach towards healthcare and a growing demand for Ayurveda Practitioners.

Our story

Our story began in 2004 with the Academy of Ayurvedic Studies, founded by Coen van der Kroon. After working independently for 12 years, we became part of Delight Group in 2016. At that time, Martine van Beusekom joined the Academy as accreditation-responsible, teacher and later, managing director, where Coen's role became program director. Together, we built a flourishing Academy, supported by a team of teachers and office staff. Delight Academy | Ayurveda eventually changed over in the Ayurveda Academy The

Netherlands, founded by Coen and Martine. Under this new name we are now continuing to offer and further develop the high-quality education that we had been working on in the previous years.

Why study with us

More and more people are looking for an ayurveda training which is comprehensive, authentic, and pays attention to all aspects of ayurveda. You will find this with us. To truly support future clients on their path to wellbeing, it is necessary to have a good understanding of the basics of ayurveda, while also being able to translate these into Western standards. Only then will your approach be successful. We have extensively worked on achieving a balanced program, and we distinguish ourselves in the following ways:

- The Academy has more than 20 years of experience in ayurveda education
- For the past 6 years we have been accredited on the Bachelor level
- We work with a large network and an experienced team of teachers from various parts of the world
- Our teachers are practitioners and physicians who practise ayurveda daily in a clinical setting
- We offer blended learning and flexibility in our programs
- We present a broad spectrum of programs, continued education, and specialised programs for general health care practitioners
- We are always developing and adapting in order to cater to changing educational needs and requirements



Introduction to Ayurveda Practitioner Studies (APS)

2

The Academy offers two main study paths to students wishing to apply ayurveda in the field of modern natural healthcare modalities.

- I **Ayurveda Nutrition & Lifestyle Counselor** - Level I of the Ayurveda Practitioner Studies (APS) constitutes the first two years of the program. Students completing this level will obtain the "Ayurveda Nutrition & Lifestyle Counselor" (NLC) diploma.
- II **Ayurveda Practitioner** - our four-year Bachelor-level accredited degree, with which students can treat clients within the boundaries of the relevant professional associations. In order to obtain the degree, completion of all four-years of the APS, and applicable additional requirements are required (read further in the Study Guide).

Path I: Ayurveda Nutrition & Lifestyle Counselor

Level 1 of the APS program (Year 1 and 2) leads to the Ayurveda Nutrition & Lifestyle Counselor Diploma. Completing this part of the program will grant students the possibility to give simple nutrition and lifestyle advice to clients. Although the emphasis is on nutrition and lifestyle, various other topics will also be covered, including but not limited to yoga and pranayama; meditation; simple herbal remedies; women's issues.

It is essential to differentiate this two-year NLC program from the full four-year APS program. It is only in the latter where ayurvedic pathology will be taught, based on which complex herbal remedies and treatment plans can be developed. NLCs are required to refer clients with complex pathologies to certified practitioners or physicians.

The 'Massage Module Professional' and 'Ashtanga Hridayam Module' are optional for students wishing to obtain the NLC diploma (see below in the Study Guide).



Path II: Ayurveda Practitioner

Completing the full APS program will lead to an accredited, Bachelor-level Ayurveda Practitioner (AP) Diploma. Practitioners will study ayurvedic pathology and treat their clients along the required protocols.

The program is divided into three levels:

Level 1	Year 1 and 2
Level 2	Massage Module Professional & Ashtanga Hridayam Module
Level 3	Year 3 and 4

More details further in the Study Guide.



Accreditations

Bachelor studies

The Ayurveda Practitioner Studies is granted a Bachelor level (HBO-niveau) accreditation by the SNRO. That entails quality control, ensuring that the study program is carried out at a professional level, meeting all Bachelor-level requirements. Students study in line with future professional tasks, Bachelor competencies, and SNRO requirements.

CRKBO

Ayurveda Academy The Netherlands also meets the quality requirements of the CRKBO and is granted accreditation.

FONG

Ayurveda Academy The Netherlands is a member of this organisation of educational institutes in complementary medicine, which provides quality support in several fields.

Class Attendance and Online Participation

We use a blended learning method where in-person classes are combined with online lectures and individual study of pre-recorded material. Engaging the students with online content via our Learning Management System, ensures that the in-person classes are as practical and applied as possible.

Students are expected to attend all on-location classes in person, due to their interactive setup. Most of our on-location classes take place in Weesp (Achtergracht 16a). A notable exception is the Residential Module in Year 1, which takes place in the Dutch countryside at the Leonardushoeve (Belfeld, Limburg).

The full four-year APS program also includes an internship in India, for which in-person participation is mandatory.

Where possible, on-location classes will be streamed/recorded for those not able to participate in person due to an exceptional circumstance. Certain study modules will not be streamed.

Certain elements of the program will be taught fully online and only the students' online presence is then required. Examples for such modules are Ashtanga Hridayam, certain theory and cooking classes, and Research Paper guidance meetings.

Upon signing up, students will receive a detailed study schedule, where the nature of each class will be specified.

Students interested in signing up for any of our programs but doubting whether they will be able to fulfil the participation requirement, should send us an email in order to discuss the possibilities. More about these policies is also to be found in our Student Statute.



Language

English is the official language

All information, study materials, and lectures of the APS and NLC are in English.

Dutch as a speaking language

Considering that several of our instructors are Dutch speakers and many students will eventually engage with Dutch-speaking clients, there is sufficient opportunity for Dutch to also be utilised as a practical or spoken language.

Sanskrit as a scientific language

Sanskrit is the chosen scientific language for ayurveda. Even restricted knowledge of this language ensures a common ground of understanding within the quickly expanding global community of ayurveda professionals. The Academy does not require students to learn Sanskrit but does introduce a set of ayurvedic Sanskrit terminology and key Sanskrit sutras that students are required to learn.

Study material

Online Learning Management System

The Academy makes use of an online Learning Management System (LMS) where all study material is centralised and where students can keep track of their study progress. Correction of assignments and tests often also take place via the LMS.

Readers & manuals

All printed copies of the required readers and manuals are provided by the Academy. The cost of these books will be charged at the beginning of each study year. All other printed material is kept to a minimum and instead made digitally available in the LMS. Students are asked to think about the environment before printing non-essential material.

Literature

Next to the readers & manuals, the Academy provides a mandatory reading list for all the consecutive years. Purchasing these books is the student's responsibility and their price is not included in the yearly tuition fee.

Our ideal student

Our ideal student possesses a genuine passion for holistic health and a deep curiosity about ayurveda. They are open-minded, eager to learn, and committed to personal growth. They demonstrate a strong work ethic, dedication, and perseverance in their studies.

Additionally, our ideal student exhibits excellent communication skills, both verbal and written, allowing them to effectively engage with clients and peers. They exhibit empathy and compassion, demonstrating a profound sense of understanding and care for others.

The APS in-depth

Ayurveda: Prevention and medicine

Ayurveda is a traditional medical science originating in India that has been used as a preventive health care system for thousands of years. Besides focusing on maintaining balance in life in general, this system is also applied specifically to restore health in cases of disease. The wisdom, knowledge, and practical tools of ayurveda are increasingly applied and used in the modern Western world. The system places great emphasis on creating a natural and healthy balance in people's lives while stating that every individual has a unique constitution.



About our curriculum

Our ayurveda study programs are designed with simplicity and practicality in mind, ensuring an accessible and comprehensive learning experience. Our curriculum is carefully structured, covering essential topics and subjects to guide students through a step-by-step learning journey. Drawing on over 20 years of teaching ayurveda in the Western context, our curriculum reflects a deep understanding of the unique challenges and needs of our students.

Our curriculum strikes a harmonious balance between theory, concepts, and hands-on clinical skills. As students progress through the program, there is a deliberate shift from personal application to the mastery of concrete clinical skills and actions. This progression is designed to foster a comprehensive understanding of ayurveda, preparing students for practical applications in a clinical setting.

The program has its foundation in the classical texts but with a strong focus on application in modern times. This gives students a clear insight in the authority and the clinical value of ayurveda for their future profession.

Structure and Content

Level 1 (70 EC) Nutrition & Lifestyle Counselor

- Year 1 (35 EC)
- Year 2 (35 EC)
- Diploma

Level 2 (30 EC) Intermediate level

- Two additional modules (optional & deepening; mandatory to enter Level 3)
1. Massage Module (15 EC)
 2. Asthanga Hridayam Module (15 EC)
- Certificates

Level 3 (100 EC) Full APS

- Year 3 and 4 (100 EC)
- Includes Clinical Blocks, Research Paper & Internship
- Bachelor-level certified diploma

LEVEL 1 - year 1

Basic & Advanced Principles

Year 1 & 2 – Ayurveda Nutrition & Lifestyle Counselor Diploma

This diploma enables graduates to provide general advice in the field of ayurvedic nutrition and lifestyle.

Although the first two years are part of a four-year accredited program, the NLC diploma itself is not SNRO-certified.

Study Year 1

Basic foundations and embodying these in your own life

Live classes 18 days, 108 hours

Online cooking 2 days, 8 hours

Pre-recorded lessons 60 hours

General overview

In the first year, the student will learn about the basic ayurvedic principles and lay a solid foundation in the field of anatomy, physiology, philosophy, ayurvedic nutrition, daily routine, lifestyle, meditation & mindfulness.

The student will also gain insight into a substantial amount of familiar ayurvedic healing herbs, to be used in the kitchen and your own home pharmacy. Basic information on Western anatomy and physiology is provided, bridging Western medical concepts and ayurvedic basic principles. The focus of the first year is equally divided between theory, practical, and treatment skills plus experience-based teachings. An introduction to the classical texts is given.



Overview of Year 1 modules

Module 1 - Basic principles and modalities

This module introduces fundamental principles in ayurveda. Ayurveda is presented as a comprehensive traditional medicine system, emphasising its modern meanings, objectives, and timeless nature.

Module 2 - Bioengineering life, health, and disease - doshas and subdoshas

This module explores the doshas as key managers of biology, physiology, and psychology. It introduces subdoshas and highlights the importance of working with gunas or attributes as the backbone of ayurvedic science.

Module 3 - Ayurveda and nutrition - a prime health tool for life

Focusing on maintaining balance with nutrition, this module covers the workings of agni, the concept of vitality, and the use of kitchen herbs. It introduces the six tastes as essential tools for balance and provides an overview of ayurvedic cooking. Nutrition's classical and modern roles in ayurveda are discussed, along with food rules.

Online cooking class

An online cooking class guides participants in tridoshic cooking for dosha balance.

Module 4 - Individual constitution and personalised health approach

This module delves into the concept of constitutions using vata, pitta, and kapha, exploring their application in a client context. Students learn a step-by-step constitution assessment and explore Ayurgenomics and modern personalised medicine.

Module 5 - Ayurveda and Health Routine - A Necessary Tool for Stability and Balance

Emphasising the importance of a healthy routine, this module provides practical strategies for clients.

It explores synchronising life with natural rhythms, developing beneficial habits for different doshas, and managing Vata and stress. The module also covers ayurveda, chronobiology and health.

Module 6 - Ayurvedic anatomy & physiology - engineering tissues and systems

Focusing on the foundations of ayurvedic anatomy and physiology, this module covers doshas, dhatus, and malas. It includes assessment, remedies, and treatment, providing insights into advanced ayurvedic physiology and its application in understanding and reversing diseases.

Module 7 - Restoring health with nutrition, lifestyle, and specific diets

This module covers tailored nutrition for client complaints, the use of diets, treatment of indigestion, and the formation of ama. It explores ayurveda's unique approach to engineering biology through nutrition for both prevention and curative purposes. The module also introduces pulse and tongue assessment.

Online cooking class

An online cooking class guides participants in dietary cooking for personalised diets.

Module 8 - Residential with multi-modality approach and community experience

This four-day immersion into ayurveda includes an exploration of consciousness, psychology, and philosophy.

This module is based on the paradigms forming the foundation of ayurveda (Shad Darshana). A case study project integrates all study topics of Year 1. Personal connections and student community activities are emphasised.

LEVEL 1 - year 2

Basic & Advanced Principles

Year 1 & 2 – Ayurveda Nutrition & Lifestyle Counselor Diploma

This diploma enables graduates to provide general advice in the field of ayurvedic nutrition and lifestyle.

Although the first two years are part of a four-year accredited program, the NLC diploma itself is not SNRO-certified.

Study year 2

Understanding imbalance: exploring disease and how to approach imbalance in an ayurvedic way

Live classes 18 days, 108 hours

Online cooking 2 days, 8 hours

Pre-recorded lessons 60 hours

General overview

The second year revolves around the advanced principles of ayurveda with an emphasis on ayurvedic nutrition and lifestyle, while the student slowly develops tools to become a counselor in these fields. Students continue to expand their database of simple ayurvedic herbs and remedies. There is an additional focus on the qualities required of an ayurveda counselor, guiding students to become proficient in evaluating and advising clients. Students will start to work with practical cases and real clients.



Overview of Year 2 modules

Module 1 - Advanced ayurvedic physiology: how our body works - systems & organs

This module explores advanced ayurvedic physiology, focusing on the intricate body system network called “srotamsi.” Students learn about organ functions, interconnections, and ayurvedic herbology (dravyaguna).

Module 2 - Ayurveda and food groups, simple and accessible herbal remedies

Advanced ayurvedic nutrition takes centre stage, with an in-depth discussion of various food groups and the customization of diet plans based on individual constitutions and context. Students will learn the theory and practice of tongue evaluation and pulse assessment.

Online cooking class

An online cooking class guides participants in dietary cooking for personalised diets, fine tuning of ingredients, and understanding the use of specific kitchen herbs and spices.

Module 3 - Properly ‘managing’ the Vata Dosha - a specialised practical approach

This module offers a practical weekend focused on Vata dosha management. Students will engage in customising exercise and sports choices and planning, explore ayurvedic yoga therapy (ayur-yoga), and learn to modify other life choices aligned with ayurvedic principles. The module also covers personalised stress management strategies and how to advise these to clients.

Module 4 - Ayurveda and (simple) imbalances and complaints

Understanding how imbalances occur and lead to illnesses (samprapti) is the central theme of this module.

The step-by-step process, from identifying causes to the manifestation of diseases, will be explored.

Objectifiable steps in maintaining and losing balance will be discussed, providing a comprehensive understanding of the disease development process.

Module 5 - Nutritional advice and clients

This module focuses on developing therapeutic skills in nutritional advice. Students will engage in practical exercises related to planning and delivering nutritional advice. Assessment, evaluation, and counseling will be covered, along with planning follow-ups and ethical considerations. Best practices for effective counseling will be emphasised.

Module 6 - Understanding Ayurveda and treatment planning

Taking logical steps in treatment planning (chikitsa) is the focus of this module. The concept of yukti - a logical consideration of client, complaints, context, and ‘treatment’ options will be explored. Treatment options, including lifestyle, nutrition, massage, and herbal supplements, will be discussed in-depth.

Module 7 - Project and Theme Module - clients clinic

This module involves the practical application of Ayurveda Nutrition & Lifestyle Counselor skills.

Students will participate in a client clinic, providing supervised nutrition and lifestyle advice to clients.

This hands-on experience enhances their practical expertise.

Module 8 - Integration Weekend - towards a successful counseling practice

The final module includes a practice weekend, case studies, and exam preparation. Remaining questions will be addressed, and tips on starting a successful Ayurveda Nutrition and Lifestyle Counselor practice will be shared.

This integration weekend also is a comprehensive review and preparation for the final exam.

LEVEL 2

Massage module and Ashtanga Hridayam module

Level 2 consists of two separate modules that must be completed before starting Years 3 & 4. These modules can be taken during the first or second year, and it's also possible to take them afterward. For NLC'S these modules give an added layer of knowledge, so are recommended but optional.

Massage

Massage Module Professional (on-location program)

Live classes 8 days, 48 hours

Pre-recorded lessons 15 hours

This module is centred around the fundamentals of ayurvedic massage for both prakruti and vikruti. It consists of two four-day on-location teaching blocks, supported by additional study materials.

Block 1

The block encompasses the execution of a full-body abhyanga, covering essential materials and communication with the client. It delves into the definition, qualities, and types of snehana dravyas. The module also explores the benefits, indications, and contra-indications of abhyanga. Additionally, it focuses on tailam vijana, emphasising knowledge of oils, including their qualities, indications, contra-indications, and uses per dosha.

Block 2

This block involves the execution of a full-body udvartana and its practical preparation. It covers customised abhyanga and udvartana, considering factors such as dosha, vikruti, side position, Udara, pristha vamsa, and differentiation. The module also dives into the knowledge of oils and herbs (taila & dravya), including indications and contraindications. Assessment of various client conditions and understanding the concepts of 'safe environment' and 'safe touch' are explored.

Ashtanga Hridayam

Ashtanga Hridayam Module (Chapters 1 - 15) (online program)

Live lessons online 15 hours

Pre-recorded lessons 60 hours

This module focuses on the significance of the first 15 chapters of the Ashtanga Hridayam, offering valuable insights for personal life and as a foundation for ayurvedic clinical practice. The module is designed for those eager to understand how to interpret the Ashtanga Hridayam in a modern and applicable manner, apply its principles, advise its contents, and integrate this knowledge into day-to-day clinical practice. This module highlights the potential benefits of reconnecting with the authentic classical principles of ayurveda to address modern challenges, offering a meaningful contribution to prevention, health, and treatment in our contemporary era.



LEVEL 3 Years 3 & 4

General overview

The third and fourth years of our program take a significant step towards a clinically focused structure, encompassing a comprehensive blend of ancient ayurvedic texts and sutras, and contemporary scientific sources. This unique integration aims to provide students with a holistic and advanced understanding of ayurveda, positioning them as adept practitioners in the field.

Year 3 & 4 focus on the dhatus, the srotas, and their associated diseases, encompassing comprehensive treatment options. A significant portion of the program comprises practical clinical training conducted in both India and the Netherlands. The clinical modules are predominantly pre-recorded, and supplemented with online guidance.

The program dives into more advanced principles that are essential to evaluate and ayurvedically assess clients as a practitioner. The student will start working at a clinical level with practical cases and real clients. In Year 4, the student will work towards completion of the training to become an Ayurveda Practitioner. The focus is on bringing theory into practice, through practical modules and assignments, a final paper, and exams.

Regarding treatment modalities, there is in this stage more emphasis on ayurvedic herbal remedies and treatment as an important part of the treatment plan. Herbal remedies and cleansing treatments are considered to be stronger and more temporary interventions. A deeper understanding of contraindications and red flags is required here. These more powerful clinical interventions are an integrated part of the curriculum and hands-on training. Due attention is given to the when-to-treat and when-to-refer questions, which is an important part of the professional practice.

In the last study year, the student will write a clinical paper on a specific ayurvedic subject as a thesis project. This process is guided and supported by the teachers and is supposed to reflect both content proficiency as well as the responsible, clinical, and professional attitude of the student.

During these years, the student will also develop their therapeutic skills as well as business skills, guiding them to tap into their true potential as a practitioner. In essence, the third and fourth years of our program are designed to not only deepen theoretical understanding but also to cultivate advanced clinical skills, foster research capabilities, and prepare students for the multifaceted challenges of practising ayurveda in a contemporary context.



Key components of the Level 3 (Years 3 and 4) curriculum

1. Advanced ayurvedic clinical principles

This segment delves into intricate ayurvedic clinical principles, combining traditional knowledge with modern scientific advancements. Students gain insights into diagnostic methods, etiology, disease progression, and advanced therapeutic approaches.

2. Advanced ayurvedic clinical skills

Building upon foundational skills, this module hones students' abilities in clinical assessment, patient interaction, and effective communication. Advanced clinical skills form the bedrock of competent ayurvedic practitioners.

3. Advanced clinical ayurvedic herbology

With a focus on herbal medicine, this component explores advanced applications of ayurvedic herbs in clinical contexts. Students learn to formulate and prescribe herbal remedies tailored to individual constitutions and specific health conditions.

4. Advanced clinical ayurvedic treatments

Practical training in advanced ayurvedic treatments is a key focus, allowing students to master therapeutic interventions, including Panchakarma, and other specialised treatment modalities.

5. Therapeutic skills, intervision, business, and marketing

This multifaceted segment covers the practical aspects of ayurvedic practice, including therapeutic skills development, intervision for collaborative learning, and essential knowledge on managing the business side of an ayurvedic practice, along with effective marketing strategies.

6. Research paper writing

A crucial element of the curriculum also involves supporting students' research and academic writing skills. This includes the preparation and writing of a research paper on a selected topic, in order to gain a deeper understanding of ayurvedic concepts and encouraging scholarly as well as practically relevant contributions to the field.

7. Practical and hands-on internships

The integration of practical, hands-on internships ensures that theoretical knowledge is seamlessly applied in real-world clinical settings. This experiential learning approach enhances students' confidence and competence as they transition toward becoming skilled practitioners.

Vertical Study Tracks

In order to offer an in-depth exploration of several subjects of the curriculum, the structure consists of educational pathways throughout the year, the so-called vertical study tracks. Students can progress through stages of learning that build upon each other vertically throughout the whole curriculum within a specific discipline or field. It facilitates mastery of the concepts and skills within that particular field.

The weight of each study track throughout the years 1 through 4

Legenda	Niet of nauwelijks belicht		Beperkte aandacht voor dit onderwerp		Gemiddelde aandacht voor dit onderwerp		Veel aandacht voor dit onderwerp	
	Level 1	Level 3	Level 2	inter-mediate	Year 1	Year 2	Year 3	Year 4
Our study tracks are the following:								
1. Ayurvedic nutrition & lifestyle								
2. Ayurvedic herbology & available remedies								
3. Ayurvedic massage & related treatments								Massage
4. Additional supportive treatment modalities								
5. Ancient texts, Sanskrit, sutras & modern application								Ashtanga
6. Assessment skills & competencies								
7. Ayurvedic anatomy & physiology								
8. Advanced ayurvedic pathogenesis & pathology								
9. Advanced specific diseases & remedies								
10. Advanced clinical skills & treatment planning								
11. Shaping your profession & starting a practice								
12. Hands-on clinical practice & internship								
13. Research paper & clinical relevance								

Our Vertical Study Tracks Explained

1. Ayurvedic nutrition & lifestyle (foundational treatment modalities)

This track focuses on the fundamental principles of ayurvedic nutrition and lifestyle, providing students with essential knowledge and skills to promote holistic wellbeing through dietary and lifestyle interventions.

2. Ayurvedic herbology & available remedies (herbs, formulations, and oils)

Students delve into the world of ayurvedic herbs, formulations, and oils, gaining insight into their therapeutic properties and applications in addressing various health concerns.

3. Ayurvedic massage & related treatments (oil massage, udvartana, svedana, and additional treatments)

This track explores the art and science of ayurvedic massage techniques and related treatments, equipping students with hands-on skills to offer rejuvenating therapies.

4. Additional supportive treatment modalities (yoga chikitsa, manas chikitsa, ayurvedic psychology, etc.)

Students explore supplementary ayurvedic treatment modalities such as yoga therapy, mental health interventions, and ayurvedic psychology to address the holistic needs of clients.

5. Ancient texts (sanskrit, sutras) & modern application

This track bridges the ancient wisdom of ayurvedic texts with modern application, enabling students to interpret traditional knowledge in contemporary contexts.

6. Assessment skills & competencies (rogi and roga pariksha, tongue assessment, pulse assessment, etc.)

Students learn essential assessment skills and competencies, including rogi and roga pariksha (patient and disease assessment), tongue assessment, and pulse assessment.

7. Ayurvedic anatomy & physiology (doshas, dhatus, mala, agni, srotamsi, etc.)

This track delves into ayurvedic anatomy and physiology, covering the doshas (bio-energies), dhatus (tissues), malas (waste products), agni (digestive fire), and srotamsi (channels).

8. Advanced ayurvedic pathogenesis & pathology (samprapti, nidana, roga)

Students explore advanced concepts of ayurvedic pathogenesis and pathology, including samprapti (disease process), nidana (causative factors), and roga (disease).

9. Advanced specific diseases & remedies (from jwara to amavata, etc.)

This track presents advanced treatment protocols for specific diseases, ranging from fever (jwara) to rheumatoid arthritis (amavata), providing students with targeted therapeutic approaches.

10. Advanced clinical skills & treatment planning (intake, yukti and logic, context of rogi and roga)

Students develop advanced clinical skills and treatment planning strategies, including intake procedures, yukti (appropriate application), and logic in client management.

11. Shaping your profession & starting a practice (therapeutic skills, intervision, business)

This track equips students with the necessary skills to shape their profession and establish a successful ayurvedic practice, covering therapeutic techniques, intervision, and business essentials.

12. Hands-on clinical practice & internship (in the Netherlands and in India)

Students gain valuable practical experience through hands-on clinical practice and internships conducted both in the Netherlands and in India, applying their knowledge in real-world settings.

13. Research paper & clinical relevance (research & writing a solid paper)

This track focuses on research methodology and writing skills, culminating in the creation of a comprehensive research paper exploring the clinical relevance of ayurvedic practices and principles.

Contact hours, self-study hours and EC's

The following information is compiled based on accreditation requirements.

Curriculum	Live classes (hours)	Pre Recorded lectures (hours)	Self Study hours (estimate)	EC's
Level 1 - year 1	120	60	980	35
Level 2 - year 2	120	60	980	35
Total level 1	240	120	1960	70
Level 2 - Massage module	50	25	420	15
Level 2 - Ashtanga Hridayam	15	60	420	15
Total level 2	65	85	840	30
Total level 1 & 2	305	205	2800	100
Level 3 - Clinical blocks (Srotas) modules	60	120	980	35
Level 3 - Practicals & Internship NL	40	10	280	10
Level 3 - Practicals & Internship India	130	10	1120	40
Level 3 - Research Paper	20	5	420	15
Total level 3	250	145	2800	100
Total APS	555	350	5600	200
MBK extern	--	--	--	40
Total APS + MBK	--	--	--	240

Western Medical Science Licensed Registration Requirements

When studying ayurveda, the student assimilates a deep, holistic, and logical approach to health and healing. Though ayurveda is a complete system on its own, as practitioners in the modern world it is essential to also have a basic knowledge of the Western medical approach. Western medical science has a different approach to health and healing than ayurveda. Both are complete systems, embedded in certain life philosophies, and both, therefore, have a distinct way of looking at life, nature, and the human being. Nonetheless, there are overlaps between the two.

For students opening their own ayurvedic practice after completion of the study program, it is a must to follow a Western Medicine Fundamentals (Medische Basiskennis) course at PLATO standards level of 40 ECs. This provides the medical foundation for you to start your ayurvedic practice as a practitioner. This also provides the possibility to register at the relevant professional associations and insurance companies, enabling your future clients to claim reimbursement of their invoice under supplementary health care insurance options. It is the responsibility of the practitioner to inform him/herself about the current situation. Ayurveda Academy in the Netherlands strongly discourages students from treating clients without obtaining a valid one-year diploma in Western anatomy and physiology, in accordance with PLATO requirements.

Available training programs

Con Amore Opleidingen offers the 'Medische Basiskennis' training in English as 'Western Medicine Fundamentals' (WMF). The course is also available in Dutch. Students of the Ayurveda Practitioner Studies will be offered a discount as this training is part of their study program and necessary to be included in the register of Ayurveda Practitioners in the Netherlands.

Information about this is available at www.conamore.nl.



Ayurveda is modern and open to all healing systems

Ayurveda is a holistic healthcare system with its unique methodology, grounded in the universal laws of nature. Due to its universal principles and impartial scientific approach, ayurveda can be applied and utilised in various ways in contemporary settings and across all regions of the world. It is important to understand the science of ayurveda in relation to other natural healthcare systems and also in relation to mainstream western medicine. Ayurveda in itself is a very inclusive science, and the ayurvedic part of this relates to the way of thinking and applied logic, not to the methods and techniques used. From this perspective, ayurveda is open to all methods and techniques, be it from other natural health systems or from modern Western medicine



The purpose of ayurveda

The purpose of ayurveda is to offer healthy people tools and a way of living so they remain balanced. It also supports people who suffer from illness and disease so they may become healthy and balanced once again. To achieve this, ayurveda teaches the science of life in which comprehensive technical knowledge is found, such as nutrition, lifestyle, herbalism, and treatments. On the other hand, ayurveda implies self-awareness and insight-oriented science that includes philosophical aspects and aims to create human happiness, health, and creativity.

Continued education

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Masters of Ayurveda program

On a regular basis, the Academy invites internationally renowned teachers in the field of ayurveda. These Masters of Ayurveda programs are not a part of the APS program. However, participation is encouraged for APS students. These programs are highly inspiring and it is extremely beneficial to spend time with these key persons in the field of ayurveda. Some of the names that have visited our Academy in the past or are invited for the future are Dr. Vasant Lad, Dr. Claudia Welch, Dr. Robert Svoboda, Vd. Atreya Smith, Dr. David Frawley, Dr. Ram Manohar, Dr. John Douillard, and others.



Lifelong learning

The academy intends to expand the number of continuing education trainings for practitioners in the coming year. For optimal professional practice, it is important to engage in regular ongoing education and training. We do this in consultation with professional associations and students to develop a suitable offering, both internationally and for the Dutch market of practitioners.

Student guidance

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Guidance & mentoring

Students are guided on their ayurveda path by the teachers and student mentors so that the study process flows as smoothly and enjoyably as possible. One way of approaching this is guidance through the LMS, where students, teachers and the Academy can monitor submitted assignments and grades per module.

Twice a year, students are also invited to discuss their study progress with their study mentor. During class, teachers will also play a vital role in supporting the students towards the profession.

The method of intervision is taught to the students in the third year and can be practised at home or in class. The Academy believes that practising the science of ayurveda go hand in hand with being able to reflect on your actions.

Job Profile

Since the APS is a professional study program, the graduation objectives are based on the professional profile established by the LVNT (Landelijke Vereniging Natuurkundig Therapeuten / National Association for Physical Therapists). Simultaneously the study program educates students in line with the Bachelor (HBO) required competencies as required by the accreditation organisation SNRO. All the modules are thus designed and taught with clear study goals linked to the clinical relevance of the future practitioner.



Admission requirements

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We recommend having some basic ayurvedic knowledge prior to enrolling in the four-year study program. Please check our website for current course offerings.

The minimum age to be admitted to the APS/NLC is 18 years. Exceptions are possible after consultation with the Examination Board and the Directors.

For admission, the student must have:

- A completed HAVO education or a comparable level of thinking and working (for International Students: HAVO-equivalent education / high school diploma) or higher
- Excellent written and spoken command of the English language
- Attended one of Ayurveda Academy The Netherlands' Information Events (webinar, open day or conversation with Directors)
- Submitted in full all relevant application documents and fees

If in doubt whether you meet the requirements, please contact us via academy@ayurvedanetherlands.com.

Enrollment

Having met the application requirements, the student can apply for the APS or NLC by following the steps stated on our website. The students will receive a confirmation via email after we have successfully received the full application form and any relevant fees.

Previous ayurveda education

If you have completed any relevant ayurveda education at other institutes, you can opt for an exemption of certain modules. Please send a message to academy@ayurvedanetherlands.com.

For additional information on participating in the APS/NLC, including postponement or cancellation policy, please consult our Student Statute.



Assessment & examination

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The Academy has two types of tests: summative and formative. Summative tests are assessed with a grade; formative - meant for individual learning process, not graded. Throughout the year, students' progress will be assessed through formative and summative tests, assignments and exams. The schedule of all tests for the respective year can be found in the study schedule and the Learning Management System (LMS). Depending on the type, tests can be administered online; on location; or in the presence of an external examiner.

Requirements for proceeding to the next year

To qualify for a Certificate of Completion of the respective year, the following must be completed with a 'sufficient' grade (i.e. 5.5 or higher):

- all summative tests (graded)
- all assignments during the year (passed, no grading)
- all formative tests (passed, no grading)
- where applicable, a final yearly exam, consisting of various components, where each component weighs a given percentage towards the final grade.
- 75% attendance

Diplomas & Certificates

- After the completion of Year 1 students receive a digital certificate
- After the completion of Year 2 students receive an Ayurveda Nutrition & Lifestyle Counselor Diploma
- After the completion of the "Massage Module Professional" and "Ashtanga Hridayam" students receive a digital certificate
- After completion of Year 4, students receive an Ayurveda Practitioner Diploma

After completing level 1 (Years 1 and 2), students who wish to continue their studies must first have a meeting with one of the Academy directors and a BAMS teacher in order to determine if the student's ambitions align with the rest of the program .

All additional information on attendance; exam regulations and policies, study interruption and re-examinations is available in the Student Statute on our website.

Tuition fees

Yearly tuition fees can be found on our website ayurvedanetherlands.com.

All fees are exempt from VAT (BTW-vrijgesteld, in Dutch).

Additional costs

Provided manuals and readers, additional literature, accommodation/food at residential & internships, costs for travel, professional liability insurance, and personal costs are not included in the tuition fee.

More information can be found in the Student Statute.



Ayurveda Academy The Netherlands does everything possible to serve in the best interest of Students.

However, if a serious complaint occurs, please follow the following procedure:

1. Contact the person in question directly and attempt to resolve the issue.
2. If you are not able to solve the problem directly, send a written account of the complaint to academy@ayurvedanetherlands.com. Make sure to include a clear description of the issue, all relevant information, and written correspondence, if any.
3. Within 15 working days the Student shall receive a reaction on their complaint. If the issue is too complex, it may take longer, in which case the Student will be informed.
4. Possibility for appeal: The Academy does everything possible to solve all complaints. However, if the Student does not agree with the solution, they can turn to a third independent party: the FONG. The ruling of the FONG is binding.
5. All complaints are confidential. The complaint will be kept in file for two years.

Community and international network

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Community

Building a lively community is a pleasant and important secondary aspect of studying ayurveda with us. When students are together in the process of studying and living ayurveda, connection is always there. We learn from each other, we work together and share important moments of our progress. So being in 'good company' and learning from the experience of fellow students is part of the study and learning process.

International network

Similar to our local Ayurveda community, our academy is fortunate to be a part of a longstanding global network. We belong to an international Ayurveda network, and our faculty, office, and students all benefit from this network. The academy collaborates with numerous Ayurveda experts and various institutions worldwide. We frequently attend international Ayurveda conferences and have organized several such events in The Netherlands. The academy plays a crucial role in representing Ayurveda in the modern world, and a robust international network is indispensable for fulfilling this role. This will undoubtedly assist our students in developing their professions in a proper and fitting manner.



AYURVEDA DAY

International Ayurveda Day organized by our Ayurveda Academy the Netherlands



Dhanvantari - Spiritual Protector of Ayurveda

ayurvedanetherlands.com



**Ayurveda
Academy**

The Netherlands

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