



THE SCHOOL
OF AYURVEDA

————— LEVEL I —————

Course Syllabus

Here are the Modules of Study included in the School of Ayurveda Level I Professional Training & Certification Program.

Module I

Introduction to the Ancient
Science of Ayurveda

Module II

The Building Blocks of Ayurveda:
The Elements & Qualities

Module III

Ayurvedic Anatomy & Physiology
Part I: Doshas & Subdoshas

Module IV

Ayurvedic Anatomy & Physiology
Part II: The Dhatus & Srotamsi



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Module V

Disease Pathology
& Process

Module VI

Subtle Energies:
Ojas, Tejas, Prana, & The 5 Koshas

Module VII

Agni, Ayurvedic Nutrition,
Herbology & Additional Therapies

Module VIII

Dinacharya: A Daily Practice
Ayurvedic Cleansing

Module IX

Ayurvedic Examination &
Assessment