



Postpartum AyuDoula Practitioner Program (ADP) ***Description & Recommended Course Sequence***

The **AyuDoula Practitioner Program** is our core 136 hour professional program for anyone who wishes to support new mothers and newborns as an Ayurvedic Postpartum Doula, or “*AyuDoula*.” The tools and wisdom you learn in this program apply the principles of Ayurveda to exquisitely serve the 6 week sacred window following birth, and they often prove useful for many months more.

Become a professional ***AyuDoula Practitioner*** and be able to offer the newly delivered mother delicious and natural ways to improve lactation and rest, uplift mood, support postpartum rejuvenation, and ensure happy baby tummies using the remarkable tools and principles of Ayurveda.

In this program, you will learn to:

- give daily guidance to help the mother feel less overwhelmed and more rested
- prepare simple remedies and teas for promoting lactation, preventing colic, constipation, gas and bloating
- offer wise woman methods to encourage sleep, stabilize moods, and safely lose weight
- prepare delicious Ayurvedically inspired postpartum meals and special herbal foods for rejuvenation
- help the newborn mother understand her special dietary needs after giving birth—a simple and basic knowledge that has largely been lost to modern awareness
- teach mothers why the valuable daily ayurvedic practices such as warm oil self-massage, heat treatments, abdominal and head wrapping help so much during the 6 weeks following birth
- instruct mothers in warm oil Ayurvedic infant massage
- safely use essential oils for surprisingly effective relief from many common concerns
- help her family and friends provide the most appropriate support
- touch and care for a new mother and baby in ethical and effective ways
- practice all your newly learned skills in a formal mentored internship with real clients

By taking the 136 hour program you will become a well-trained mama-baby specialist for preventing problems and providing yummy, timely, and very much appreciated support for new mothers and their babies. If you wish to become even more skilled, consider taking our Specialty Courses in Ayurvedic Perinatal Cooking, Massage and Essential Oils.

The Sacred Window AyuDoula student studies and works with a team throughout the training while applying newly learned skills in an ongoing internship. In this way, problems can be appropriately addressed by qualified practitioners while they individually mentor each student.

Use the following curriculum grid to help guide you in the registration process. You may choose to take the courses live or pre-recorded. Either way, for best understanding, we recommend you follow the course sequence shown below.

Level 1a: Foundations of Ayurvedic Postpartum Wellness Care – Webinars				
Course Title	Hours	Tuition	Date & Time (-7 GMT/MST)	Notes
Orientation	1	\$0	Anytime webinar	
AY100 Discovering Ayurveda <i>(DAM) Discovering Ayurvedic Medicine</i>	12	\$240.00	Fall 2014, TBA Live Webinar	<i>(recording available)</i>
AY150a: Ayurveda for Mother and Newborn Care: Theory <i>(ANMC) Ayurvedic Maternal and Newborn Care & Nutrition</i>	6	\$120.00	Fall 2014, TBA Live Webinar NM	<i>(recording available)</i>
AY150b Ayurvedic Postnatal Nutrition: Baby's Best Nourishment <i>(ANMC) Ayurvedic Maternal and Newborn Care & Nutrition</i>	6	\$120.00	Fall 2014, TBA Live Webinar NM	<i>(recording available)</i>
Level 1b: Core Principles of Ayurvedic Postpartum Wellness Care – Webinars				
Mentorship Webinar	1	\$20	Recorded webinar with Ysha	<i>Introduces client practice homework for this section</i>
AYN160a: Discovering Ayurvedic Nutrition: Classical Theory <i>(ANC-Ia-S) Ayurvedic Nutrition and Cooking: Seasonal and PK</i>	6	\$120.00	Fall 2014, TBA Live Webinar CO	<i>(recording available)</i>
AYN210a: Ayurvedic Postnatal Nutrition II: Adapting for Diverse Cuisines <i>(APF-IIa) Ayurvedic Postnatal Nutrition II: Diverse Cuisines</i>	6	\$120.00	Fall 2014, TBA Live Webinar NM	<i>(recording available)</i>
AYN215a: Making Postpartum Herbal Foods for Daily Use: Ayurveda Theory <i>(APH-Ia) Making Postpartum Herbal Foods</i>	3	\$60.00	Fall 2014, TBA Live Webinar, NM	<i>(recording available)</i>
AYN220a: Ayurvedic Postnatal Nutrition III: Classical Theory <i>(APF-IIIa) Ayurvedic Postnatal Nutrition and Cooking III: Classical</i>	6	\$120.00	Fall 2014, TBA Live Webinar CO	<i>(no recording available)</i>
EO100: Essential Oils (more than) Basics <i>(EOB) Essential Oils Basics</i>	2	\$40.00	Fall 2014, TBA Live Webinar NM	<i>(recording available)</i>
AYM150: Ayurvedic Infant Massage I: Protocols for Teaching Parents <i>(AIM-I) Ayurvedic Infant Massage I</i>	3	\$45.00	Fall 2014, TBA Hands-on Intensive	<i>(recording available)</i>
AY250 Ayurvedic Postpartum Support: Daily Wellness Care <i>(PPC-I) Postnatal Client Management with Ayurveda</i>	7	\$140.00	Fall 2014, TBA Live Webinar NM	<i>Includes 1 hour wrap up and 'Where to go from here' discussion (recording available)</i>

Level 2a: Ayurvedic Postpartum Home Care Skills -- Hands On Intensive (5 days)				
Course Title	Hours	Tuition	Date & Time (-7 GMT/MST)	Notes
AYN160b: Discovering Ayurvedic Cooking: Classical Recipes (ANC-Ib-S) <i>Ayurvedic Nutrition and Cooking: Seasonal and PK</i>	8	\$184.00	Fall 2014, TBA Hands-on Intensive CO	(no recording available)
AYN210b: Ayurvedic Postnatal Cooking II: Adapting for Diverse Cuisines (APF-IIb) <i>Ayurvedic Postnatal Nutrition II: Diverse Cuisines</i>	8	\$184.00	Fall 2014, TBA Hands-on Intensive CO	(no recording available)
AYN215b: Making Postpartum Herbal Foods for Daily Use: Hands-on (APH-Ib) <i>Making Postpartum Herbal Foods</i>	3	\$69.00	Fall 2014, TBA Hands-on Intensive CO	(no recording available)
AYN220b: Ayurvedic Postnatal Cooking III: Classical Recipes (APF-IIIa) <i>Ayurvedic Postnatal Nutrition and Cooking III: Classical</i>	6	\$120.00	Fall 2014, TBA Hands-on Intensive CO	(no recording available)
EO204: Essential Oils and Ayurveda for Birth and Postpartum (EOBP) <i>Essential Oils and Ayurveda for Birth and Postpartum</i>	3	\$45.00	Fall 2014, TBA Hands-on Intensive CO	(recording available)
EO206: Essential Oils and Ayurveda for Little Ones (EOIC) <i>Essential Oils and Ayurveda for Infants and Children</i>	2	\$30.00	Fall 2014, TBA Hands-on Intensive CO	(recording available)
AYM250: Teaching Ayurvedic Infant Massage II Practicum: Coaching the Moms (AIM-II) <i>Ayurvedic Infant Massage II</i>	5	\$75.00	Fall 2014, TBA Hands-on Intensive CO	(no recording available)
Mentorship Webinar	2	\$40.00	Live webinar with Ysha	Check-in on practicum and prepare for internship
Exam	Taken upon completing Levels 1a, 1b and 2a			
Level 2b: Putting it all Together – Practitioner Internship				
ETH210: Ethics of Postnatal Care and Touch II (PME-II) <i>Ethics of Postnatal Massage II</i>	2	\$45	Fall 2014, TBA Live Webinar NM	(recording available)
AY240: Enhancing Fertility, Pregnancy and Birth with Ayurveda (Terra) (FPBA) <i>Enhancing Fertility, Pregnancy and Birth</i>	12	\$240	TBA, Summer 2014 Varies, 2 day intensive or 8 weeks of eves	Course textbook \$18 ordered separately (recording available)
AY260: Ayurvedic Perspectives on Moods and Meds (APSY-I) <i>Ayurvedic Perspectives on Moods and Meds</i>	3	\$60	Fall 2014, TBA Live Webinar NM	(recording available)
AY310: Safe Postpartum Herbs: Ayurvedic, Chinese and Western (APH-II) <i>Safe Postpartum Herbs East and West</i>	5	\$100	Fall 2014, TBA Live Webinar NM	(recording available)
INT310: Protocols for Building Your Practice (PPP) <i>Protocols and Promoting Your Practice</i>	4	\$60	Fall 2014, TBA Live Webinar NM	(no recording available)
AY350 Ayurvedic Postpartum Management II (PPC-II) <i>Postnatal Client Management with Ayurveda II</i>	12	\$240	Fall 2014, TBA Live Webinar NM	(recording available)
Mentorship Webinar	3	\$60	Live webinar with Ysha	Client case discussions throughout this level
Final Exam	Taken upon completing all coursework and internship			
Internship: The course is designed with student practice on family, friends and clients as part of the homework. This is a mentored internship, with check-in calls and sharing as part of the requirement for the course. Unlicensed/uncertified students: You may practice on family and friends (and their infants) until Ysha approves you taking on new (outside) clients. Students with professional training may work within their existing scope of practice. Requirements for diploma: 1) Practice a specific set of home care protocols learned in the trainings 2) do all homework and other stated requirements 3)take all quizzes and exams 4)participate in all teleconferences with your mentor(s)				
Tuition for entire ADP Program (tuition waivers and discounts available):				\$2697.00



ELECTIVES

Advanced Ayurveda Training for AyuDoula & Ayurvedic Practitioners				
Course Title	Hours	Tuition	Date&Time (-7 GMT/MST)	Notes
Private mentoring rates	n/a	\$60/hour	Schedule with Ysha	Hourly rate with Ysha Oakes
AY180: Ayurvedic Astrology: How to Choose Baby Names and more... (VAPP) <i>Using Vedic Astrology in Perinat. I Practice</i>	3	Live: \$60	Fall 2014, TBA Live Webinar NM	No pre-requisite (recording available)
EO200: Essential Oils and Ayurveda for Fertility (Ysha) (EOAC) <i>Essential Oils and Ayurveda for Fertility</i>	2	\$30	Fall 2014, TBA Live Webinar NM	Pre-req: EO100 (recording available)
EO202: Essential Oils and Ayurveda for Pregnancy (Ysha) (EOAP) <i>Essential Oils and Ayurveda for Pregnancy</i>	3	\$45	Fall 2014, TBA Live Webinar NM	Pre-req: EO100 (recording available)
AYN218a Ayurvedic Pregnancy Nutrition & Cooking (Vaidya) (APF-IVa) <i>Ayurvedic Pregnancy Nutrition & Cooking</i>	6	\$120	Fall 2014, TBA Hands-on CO	Pre-req: AYN160a (no recording available)
AYN218b Ayurvedic Pregnancy Nutrition & Cooking (Vaidya) (APF-IVa) <i>Ayurvedic Pregnancy Nutrition & Cooking</i>	8	\$184	Fall 2014, TBA Hands-on CO	Pre-req: AYN160a/b (no recording available)
AYM310: Ayurvedic Postpartum Massage and Bodywork: Hands-on Training (Ysha) (PPM) <i>Ayu Pnatal Bodywork</i>	21	\$483	Fall 2014, TBA Hands-on NM	Pre-req: ETH110 & ETH210 (no recording available)
AYM350: Mama Marma: Ayurvedic Energy Work for Mothers (Ysha) (MM)	6	\$138	Fall 2014, TBA Hands-on NM	Pre-req: ETH110 & ETH210 (no recording available)
VBA300 History of Ayurveda: Sourcing Texts and Cultures (Vaidya) <i>History of Ayurveda-Journey of Significance</i>	36	\$720	Fall 2014, TBA Live webinar CO Two 3-day weekends	No pre-requisite (recording available)
VBA320 Dhatu and Srotamsi: Ayurvedic Pathologies I (Vaidya) <i>Ayurvedic Pathology I (Dhatu and Srotamsi)</i>	12	\$240	Varies, please enquire Live webinar CO	Pre-req: approval by Instructor or Dean (recording available)
AY315: Aushadkriya: Making Ayurvedic Medicines with the Vaidyas (Vaidya) <i>(APH-III) Aushadkriya</i>	24	\$552	Live webinar CO 6/19-6/22/14 10am-5pm	Pre-req: AY100 (no recording available)
VBA350 Gerontology: Ayurvedic Care and Treatment for Elders (Vaidya) <i>(AG-II) Ayurvedic Gerontology</i>	18	\$360	Late Summer 2014, TBA Live Webinar CO	Pre-req: approval by Instructor or Dean (no recording available)
VBA405 Traditional Panchakarma: New Perspectives (Vaidya) (DPK) <i>Traditional Deep Panchakarma</i>	24	\$480	Winter 2014 TBA Live Webinar CO	Pre-req: VBA 320 and Pre-req: approval by Instr or Dean (recording available)
VBA410 Rasayana: Ayurvedic Arts of Rejuvenation (Vaidya) (RAR) <i>Rasayana: The Art of Rejuvenation</i>	24	\$480	Live webinar CO 6/6-6/9/14 9am-6pm	Pre-req: VBA 405 and approval by Instr or Dean (no recording available)
VBA420 Nighantu: Advanced Herbal Studies (Vaidya) (APH6) <i>Nighantu: Advanced Ayurvedic Herbology</i>	72	\$1440	Live webinar CO 4/26-4/27, 5/3-5/4, 5/17-5/18, 5/31-6/1, other dates TBA Noon-6 pm (6 wknds)	Pre-req: VBA320 or approval by Instr or Dean (recording available)

VBA430 Madhav Nidan: Advanced Ayurvedic Diagnostics (Vaidya) <i>(MN-G)</i> <i>Madhav Nidan: Advanced Diagnostic Criteria</i>	84	\$1680	Live webinar CO 4/24; 4/29, 5/1; 5/6, 5/8; 5/13, 5/15; 5/20, 5/22; 5/27, 6/3, 6/5 other dates TBA Tues & Thurs Evenings	Pre-req: VBA320 and VBA420, Approval by Instr or Dean <i>(no recording available)</i>
VBA435 Madhav Nidan/Stri Rog: Advanced Ayurvedic Diagnostics for Diseases of Childbearing (Vaidya) <i>(SRMD) Madhav Nidan-Stri Rog: Ayurvedic Diagnostics for Women's Diseases (OBGyn)</i>	24	\$480	Fall 2014, TBA Live webinar 6-8 consecutive weeks with evening classes	Pre-req: VBA320 or Approval by Instr or Dean <i>(recording available)</i>

Other helpful recorded lectures by esteemed teachers				
Course Title	Hours	Tuition	Date-Time	Notes
Balancing the Doshas with 15 Herbs Dr. Vasant Lad	9 audio	\$60 plus S&H	Anytime	Order from Ayurvedic Institute 505-291-9698 Allow 2+ weeks
Ayurvedic Childcare Dr. Vasant Lad	9 audio	\$60 plus S&H	Anytime	
Mother & Child, Foundation for Life Dr. Sarita Shrestha/NAMA	2 audio	\$12 plus S&H	Anytime	Order from Backcountry Productions 904-460-2379
Ayurveda for Threatened Pregnancy Dr. Sarita Shrestha/NAMA	3 audio	\$18 plus S&H	Anytime	