

Intensive Ayurveda Training Program

Rishikesh, India • 5 Days / 15 Hours • Certificate on Completion

Duration	5 Days / 15 Hours	Location	Swargaashram, Rishikesh
Language	English & Hindi	Certificate	Yes — Haritha Yogshala
Schedule	1 hr Theory + 1 hr Practical / day	Module	Residential & Non-Residential
Fees (Intl.)	USD 299	Fees (Indian)	INR 27,500

Curriculum — Theory

- What is Ayurveda?
- Origin and History of Ayurveda
- Branches of Ayurveda
- Why to Learn Ayurveda & Its Benefits
- Importance of Ayurveda in Daily Life
- Introduction to Panchamahabhuta (Five Elements)
- Tridosha Concept (Know Your Body)
- Sapta Dhatus (Seven Tissues)
- Three Malas (Waste Products)
- Agni: Understanding of the Vital Source of Life
- The Concept of Health, Definition of Health & Disease
- Introduction to Prakriti (Ayurvedic Constitution)
- Ojas (Vigor)
- Introduction to Basics of Ayurvedic Medicines
- Sanskrit Ayurvedic Terms
- Knowledge of Common Ayurveda Oils
- Prakriti Questionnaire

Curriculum — Practical

- Abhyangam (Full Body Medicated Oil Massage)
- Shirodhara (Head Oil Flow Therapy)
- Podikizhi (Herbal Powder Potli Massage)
- Udwarthanam (Herbal Powder Dry Massage)
- Kativasti (Lower Back Treatment)
- Dough Preparation & Q&A; Session

Day-by-Day Schedule

Day 1

Intro to Ayurveda (What / Origin / Branches / Benefits / Daily importance); Abhyangam theory, practical & session.

Day 2

Basics of Ayurveda (Panchamahabhuta, Tridosha, Sapta Dhatus, Malas, Agni, Health & Disease); Shirodhara theory, practical & session.

Day 3

Prakriti & Ojas; Podikizhi therapy (types, potli making, procedure, contraindications), practical & session.

Day 4

Basics of Ayurvedic Medicines (Classical & Proprietary); Udwarthanam therapy, practical & session.

Day 5

Prakriti Questionnaire; Kativasti treatment; Dough Preparation; Kativasti practical & session; Q&A;

After This Program

- Perform 5 key Ayurvedic therapies with confidence and correct technique.
- Add Ayurvedic treatments and consultations to a spa, wellness centre or yoga studio.
- Read Prakriti and the Tridosha to guide clients toward balanced routines.
- Receive a Haritha Yogshala certificate to support your professional practice.
- Continue toward longer Ayurveda diploma and Panchakarma programs.

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