

PROFESSIONAL CERT. IN MEDICAL YOGA

Syllabus:

1) **Anatomy & Physiology of Yoga Practices**

Introduction to various Body Systems. Effects of various yoga practices on various body systems. Anatomy & Physiology of Kriyas, Asanas, Pranayama, Mudras & Bandhas. Understanding Meditation & its affects in terms of changes in physiological variables during, before & after meditative state.

2) **Insight Into Traditional Yoga**

Traditional Information on Yoga Practices from Hatha Yogic Texts. Insight into Patanjali Yoga Sutras.

3) **Yoga & Mental Health**

Understanding the genesis & development Of Mental

Disorders in terms of traditional texts & modern ICD- classification & role of yoga as therapy in these disorders.

Application Of Traditional information for Therapy of Mental Disorders.

4) **Teaching Methods of Yoga Practices**

Various Teaching aids & methods applied for teaching yoga practices / meditation. Basic principles of Teaching. Practice Teaching (Lesson Plan). Conducting Individual & Group Therapy.

5) **Yoga Therapy**

Concept of reversal of disease mechanism through Yoga.

Basic Principles & Methods for designing Yoga Therapy

Modules- Diet Charts/Schedule Rectification Charts etc. Basic

Skills for diagnosing various ailments. Understanding Scope &

Limitations of Yoga as Therapeutic Module. Streams of Yoga as therapeutic tools.



Sri Satya Sai Murlidhar
Ayurvedic College & Hospital

Clinical Classes/ Practicals

Introduction to various types of Yoga Practices with Explanations of clinical researches. Explaining & experiencing the differences between actually doing a traditional pose & doing just an exercise. Demonstrations & Practice of Modified Yogic Poses/Breathing Patterns most suitable for therapy of Aambulatory / hospitalized

COURSE ACREDITATION BODY:

- SSMD Ayurvedic College & Hospital
(Punjab, India)
- Integrative Therapy Centre Pte. Ltd. Singapore

Registration Information

To register or obtain more information, please contact us at:

Integrative Therapy Centre Pte Ltd

48 Arab Street

S 199745

Tel: 63967021

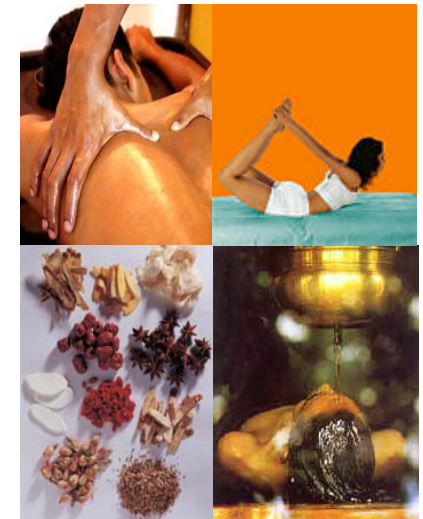
mail: enquiry@itc.edu.sg

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Partner In AYURVEDA Continuing Education

PROFESSIONAL CERTIFICATE IN

- AYURVEDA MASSAGE COURSE
 - AYURVEDA PHARMACOLOGY
 - AYURVEDA COSMETOLOGY
 - MEDICAL YOGA
- (UP TO 70% SDF GRANT)




Your Partner In Well Being
Integrative Therapy Centre

www.itc.edu.sg

Ayurveda Courses For Year 2007 Intake

PROFESSIONAL CERT. IN AYURVEDA MASSAGE

This program is an immersion in Ayurvedic theory and practice for the massage therapist. Ayurveda is one of the oldest healing practices in the world, integral with the Yogic tradition. During the training you will gain an understanding of the principles of Ayurveda that you can integrate into your own life, as well as a whole new reference point for serving your clients more completely. It enlivens consciousness and provides strength and ground to further radiant health.

Syllabus:

Part 1

- Introduction of ayurvedic principles and philosophy
- Sharir rachana according to Ayurveda, Marma, Vidgyan, Modern anatomy related to massage in brief
- Different types of massages: Abhyanga, Padabhyanga, Shiroabhyanga, Svedana * Special focus therapy: *Shirodhara, Nasya, Kati Basti and Marma points massage
- Different oils used for massage and their indications

PROFESSIONAL CERT. IN AYURVEDA PHARMACOLOGY

Ayurvedic wisdom is based on the ancient philosophies of India and provides a unique, holistic approach to healing. This course offers the student a wealth of information regarding Ayurveda, providing knowledge, advice and guidance on the treatment of conditions and diseases. Study and completion of the course will afford the student a solid foundation in one of today's most popular and fastest growing complementary therapies.

Syllabus:

Part 1

- The History of Ayurveda
- Principles of Ayurveda
- Pharmacology : 50 herbs will be taught
- Pulse Diagnosis
- Treatment of Disease
- Daily and Season Regimens
- Ayurvedic Diagnosis * Rasayana/Health
- Ayurvedic Herbal Medicines
- Constitutional Analysis
- Promoting Herbal Preparations

PROFESSIONAL CERT. IN AYURVEDA COSMETOLOGY

Beauty is not just skin deep or a cosmetic event, but also includes traits like freshness & vitality. There has been a great amount of study to understand the hair and skin, which forms an integral part of beauty.

The curriculum trains you to understand and analyze your skin condition, and perform specific external procedures to provide the lost lusture.

Syllabus:

Fundamentals of Ayurveda

- Prakruti - Constitution of the Human Being
- Concept of Disease and Treatment in Ayurveda
- Concept of Digestion in Ayurveda
- Skin - An ayurvedic perspective
- Anatomy of skin Physiology of skin Types of Skin according to Ayurveda
- Classification of Skin based on Individual Constitution Pathogenesis of Cosmetological Disorders Common herbs used in Cosmetological Disorders
- Common Herbal Preparations used in Cosmetological Disorders Importance of Daily & Seasonal regimen in Skin Care Importance of Dietary regimen
- Importance of Yoga in the Management of Cosmetological Disorders
- Fundamentals of Treatment of Cosmetological Disorders · External treatment---various types of medicated face packs, dry herbal massage, oil massage, Fomentation, Herbal baths, Mud packs, Body scrubs etc · Internal treatment --- Panchakarma, Herbal Decoctions, Home remedies