

YEAR 1	YEAR 2	YEAR 3
AYURVEDIC LIFESTYLE CONSULTANT AND MASSAGE THERAPIST	AYURVEDIC HERBALIST AND NUTRITIONIST	AYURVEDIC PRACTITIONER
History, Foundations & Basics of Healthy living / Swasthavrtta	Integrated nutrition	Internal medicine / Kaya chikitsa 2
Ayurvedic Anatomy and Physiology 1	Botanics & Phytochemistry	Internal medicine / Kaya chikitsa 3
Ayurvedic Anatomy and Physiology 2	Ayurvedic Pharmacology / Dravyaguna 2	Applied pathophysiology & Diagnostics
Western Anatomy and Physiology 1	Herbal formulations / Bhasajya Kalpana 1	Sanskrit
Western Anatomy and Physiology 2	Panchakarma therapies 2	Vedic healing & Chanting
Ayurvedic Nutrition	Problem based techniques (MFR, lymphatic drainage, STR & MET)	Padartha Vijnana
Western Nutrition	Applied anatomy	Prasuti tantra & Kaumara Bhryta / Gynecology & pediatrics
Ayurvedic Pharmacology / Dravyaguna 1	Aetiology & Pathogenesis	Dynamics of clinical practice 2 (Case studies)
Panchakarma Therapies 1	Dynamics of clinical practice 1 (Diagnostic skills, Case taking)	Research methods & Dissertation
Yoga, Ayurveda & Samkhya Philosophy	Anatomy of GI-tract & Gut-brain connection	Microbiology
Yoga Therapy	Internal medicine / Kaya Chikitsa 1 (Common pathologies of the gut)	Epigenetics and Circadian medicine
Ayurvedic yoga massage & Energy healing	Reproduction, Rejuvenation, Virility / Rasayana & Vajikarana	Classical Texts / Ashtanga Hridayam
Practice management	Immunity and Hormones	Ayurveda and Deep Ecology
YOGA THERAPY	YEAR 2 WORKSHOPS	YEAR 3 WORKSHOPS
Panchakarma: Basti & Virechana	Panchakarma: Basti & Virechana	Personal & Professional development (Medical ethics and health regulations)
Pulse reading / Nadi Pariksha 2	Pulse reading / Nadi Pariksha 2	Herbal Formulations / Bhasajya Kalpana practical