

# DIPLOMA OF AYURVEDIC LIFESTYLE CONSULTATION

Accredited Course Code HLT 52615, CRICOS code 0100555

Slow down    Expand your heart    Still your mind    Nourish your body    Honour your soul    Embrace the whole



## TYPICAL SCHEDULE

	TYPICAL WEEKLY	STUDY UNITS	AYURVEDIC RETREATS
<b>Mon</b>	9.15 – 10.30am Pranayama 10.30 – 11.30am Yoga 11.30 – 12.15pm Nidra and meditation 1.00 – 2.00pm Spiritual discussion 2.00 – 3.30pm Herbs (term 2 and 3)	<b>HLTAYV001</b> Develop Ayurvedic practice <b>HLTAYV002</b> Make Ayurvedic lifestyle assessments <b>HLTAYV003</b> Provide Ayurvedic bodywork therapies <b>HLTAYV004</b> Provide Ayurvedic lifestyle advice <b>HLTAYV005</b> Provide advice on Ayurvedic nutrition <b>CHCCOM006</b> Establish and manage client relationships <b>CHCDIV001</b> Work with diverse people <b>CHCLEG003</b> Manage legal and ethical compliance <b>CHCPRP003</b> Reflect on and improve own professional practice <b>HLTAAP002</b> Confirm physical health status <b>HLTAID003</b> Provide first aid – (External. Not included in tuition fees) <b>HLTINF004</b> Manage the control of infection <b>HLTWHS004</b> Manage work health and safety <b>CHCAGE001</b> Facilitate the empowerment of older people <b>CHCCCS001</b> Address the needs of people with chronic disease <b>CHCDIS007</b> Facilitate the empowerment of people with disability <b>CHCMHS001</b> Work with people with mental health issues <b>BSBSMB404</b> Undertake small business planning	<b>Residential Ayurvedic Detox retreat at Nirvana Wellness retreat, Beechmont, Queensland</b>  <b>Summer Detox Retreat</b> December or January. OR <b>Autumn Detox Retreat (Easter Retreat)</b> April OR <b>Winter Detox Retreat</b> July OR <b>Spring Detox Retreat</b> September  <b>WHERE SCIENCE MEETS CONSCIOUSNESS</b>  Exceptional Wellbeing and Total renewal detox retreat Deeply nourish your mind and body by living Yoga and Ayurveda. Daily health talks where you will explore a practical guide to Ayurvedic nutrition, discover self-care for healthy living, use meditation as mind-body medicine  Facilitator: Shanti Gowans  includes shared accommodation, all meals, medicines, tuition and program
<b>Wed</b>	10:30-1:00 Practicum/Clinic/Online 2.00 – 5.00pm Ayurveda lecture 5.30 – 6.25pm Yoga Stretch and tone		
<b>Thu</b>	10.30 – 12.30am Practicum/Clinic/Online 12.30 - 1.30pm Yoga nidra 2.00 – 5.00pm Ayurveda lecture 5:30-6:25pm Yoga Stretch and tone  <b>PRACTICUM (within the weekly course hours as outlined above)</b>  Clinical practice includes: assisting cleaning washing discussions kitchen help gardening massage - Abhyanga, Kati Basti, Shirodhara pulse analysis prakruti analysis record keeping observation client care filing marketing lifestyle consultations		

**Total:** 600hrs i.e. minimum 15hrs/week over 40 weeks MUST be signed off in your student contact diary

International students MUST attend all classes outlined on this timetable. Failure to attend the above fixed schedule will result in the student facing the consequences of being reported to the Department of Immigration and Citizenship and will risk losing their visa.