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HEALTH INSTITUTE
A U S T R A L A S I A

DIPLOMA OF AYURVEDIC LIFESTYLE CONSULTATION

GOVERNMENT ACCREDITED
COURSE CODE HLT52615
CRICOS 0100555



The origin of Ayurveda can be traced back to the Vedic period wherein the dietary and health principles described in Ayurveda have branched out and developed on-goingly to fulfil modern day needs. Ayurveda focuses on natural health and healing; it embraces all areas of life, including health, the mind, career, relationships and universal spirituality. Diploma of Ayurvedic Lifestyle Consultation from the Health Institute Australia is a 600-hour Government Accredited, Austudy and CRICOS Approved Course. This course is designed for health seekers and is the foundational study course for Ayurvedic practitioners.

True health care reform starts
in your kitchen - not in government

BACKGROUND OF AYURVEDA

The word Ayurveda comes from two Sanskrit words: ayus - life, and veda – wisdom or knowledge. Ayurveda is a traditional Indian medicine 5000 years old. It is mentioned in Vedas, ancient religious and philosophy texts which are the oldest literature in the world, thus making Ayurveda medicine the oldest medicine in the world. In 1970s it became official complementary medicine of the west world. Ayurveda is not only about body, but gives us knowledge about spiritual, mental and social health. It teaches us how to understand our body, our nature and our individual connection of elements on physical, mental and emotional level. It pays special attention to nutrition and balanced life.

Three main roles of Ayurveda are:

Preventive measures

Consciousness about life source

Systematic diagnosis and suitable treatments



Ayurveda is based on the knowledge of five elements (space, air, fire, water and earth) which are represented as the three Doshas, the three biological principles (Vata, Pitta and Kapha) that control both physiology and psychology. Life is, according to Ayurveda, a combination of feelings, mind, body and soul. Though it deals with all four aspects, body care is Ayurveda's foundational priority. According to Ayurveda, the body is made out of three Doshas, seven tissues and three waste products (urine, faeces and sweat). Doshas act as mediators between tissues and waste products and their balance is vital for health. As long as body tissues receive needed nutrients for proper functioning and all waste products are effectively eliminated, you will be healthy.

Ayurveda's key for healing every disease, is underpinned by healthy nutrition adjusted to each person individually (according to their Doshic constitution), by plants and through lifestyle advice about gradual changes, adjusted to the life rhythm of each individual. Eight basic branches of Ayurveda are: paediatrics, gynecology, obstetrics, ophthalmology, geriatrics, otorhinolaryngology, toxicology, general medicine and surgery. Ayurveda is traditional Indian medicine and the oldest familiar medical system that helped developing all other systems.

ACCREDITATION CODES

HLT52615

CRICOS 0100555

CAMPUS LOCATIONS

Health Institute Australasia Campus

Level 1, 18 Rawlins Street, Southport

Nirvana Wellbeing Retreat Sanctuary

70-acre property in Beechmont, S.E. Queensland.

**Both premises are meat (including fish and chicken), smoke, alcohol, and drug-free.

COURSE OVERVIEW

Duration: 1 year (600 hours / 52 weeks).

Cost: \$15,000 (Payment plans available with a 10% per annum admin fee).

Entry Requirements: No prerequisites; International students require an IELTS score of 6.0.

Delivery: On-campus (Southport, QLD), Mixed, or Online.

COURSE STRUCTURE

The program consists of 18 Units of Competency, including 5 core Ayurvedic units and 13 Health Training Package units (delivered online). The curriculum is taught in three stages:

- Knowledge and Theoretical components
- Skills Training
- Clinical placement

PRACTICAL REQUIREMENTS

Online and Mixed delivery students must attend the following at our Southport and Beechmont campuses:

- Skills Training (Southport):
- 2 x 3-day weekends
- Abhyanga (Ayurvedic massage course and Common Units)
- Kati Basti and Shirodhara (Ayurvedic specialist treatments and Common Units)
- Residential Retreat (Beechmont) - 7-10 days of "Living Ayurveda and Yoga"

For current year dates, please visit healthinstitute.edu.au or contact us.

COURSE COST

\$15,000 (current as March 2026)

The payment plan adds a 10% per annum admin fee

For all current fees, please visit healthinstitute.edu.au or contact us.

COURSE OUTCOMES

Diploma of Ayurvedic Lifestyle Consultation

WHEN CAN I START?

Please visit healthinstitute.edu.au for current year on-campus intake dates.

Note: Online students may start at any time.

DELIVERY METHOD

On Campus - Southport QLD

Mixed Delivery*

Online*

*Mixed Delivery / Online students - not available for international students.

The course includes an 8 day detox retreat at Nirvana Wellbeing Retreat required to be attended in person by all students regardless of study format.

COURSE LENGTH

600 hours / 52 weeks / 1 year

COURSE PRE-REQUISITE

None

COURSE ENTRY REQUIREMENTS

IELT score 6.0 is required for international students

CORE UNITS OF COMPETENCY

The Diploma of Ayurvedic Lifestyle Consultation is a course from the Australian Government's Health Training package. It has 18 Units of competency, out of which 5 of them are core Ayurvedic units, namely:

- HLTAYV001 Develop Ayurvedic practice
- HLTAYV002 Make Ayurvedic lifestyle assessments
- HLTAYV003 Provide Ayurvedic bodywork therapies
- HLTAYV004 Provide Ayurvedic lifestyle advice
- HLTAYV005 Provide advice on Ayurvedic nutrition

In addition, the remaining thirteen units from the Health Training Package, listed below.

1. HLTAAP002 - Confirm physical health status
2. HLTWHS004 - Manage work health and safety
3. HLTINF004 - Manage the prevention and control of infection
4. HLTMSG010 - Assess client massage needs
5. CHCDIV001 - Work with diverse people

6. CHCCOM006 - Establish and manage client relationships
7. CHCLEG003 - Manage legal and ethical compliance
8. CHCCCS001 - Address the needs of people with chronic disease
9. CHCMHS001 - Work with people with mental health issues
10. HLTMSG011 - Provide Massage Treatments
11. CHCPRP003 - Reflect on and improve own professional practice
12. BSBESB401 - Research and develop business plans
13. HLTAID011 - Provide first aid

Please note:

The units from the Health Training Package are prerequisites and a necessary part of the hierarchy before you attend your practicals and clinical training. This is because their subject matter must be incorporated into the practicals, as they are the underpinning Training Standards (in their various contexts) for the practicum.

The sooner you complete these, the sooner you can embark on the practicum.

ABOUT THE DIPLOMA OF AYURVEDIC LIFESTYLE CONSULTATION COURSE

- Fixed schedule. No refunds and no rain-checks for unused portions of the program.
- Your fees provide for the administration of the College, your academic activities, textbooks, Course Manuals, MP3s, DVD, Contact journal, learning aids and student services and activities.
- Payment plans are available upon application.
- Nationally approved.

WHAT IS THE STUDY TIMETABLE LIKE?

Online:

Start any time. Study at your own pace

On Campus:

- Full time students, must attend 15 hour a week.
- The schedule for the days of Campus attendance is provided after you have decided which course intake you will enrol for.
- Please check with HIA Office Administrator at the beginning of your term.
- Each year is comprised of one-third theory + two-thirds practice.
- Full-time students must complete their lecture, tutorial and attendance within the allocated period.
- It is mandatory to sign off hours attended immediately after each and every attendance (class, tutorial, retreat, whatever) and student logbooks need to be kept current. They remain the property of the Institute in your file for assessment validation.

INCLUDED IN YOUR COURSE FEES

Student Benefits

Your fees include a Welcome Package containing textbooks by Shanti Gowans, Ayurvedic oral care tools, health aids, and digital learning resources. You will also have access to weekly tutorials and signature yoga/meditation practices.

AYURVEDIC STUDENT WELCOME PACKAGE

You will receive your 'Welcome package' during your week day, which includes:

- Introduction to Ayurvedic Knowledge
- 3 Ayurvedic textbooks by Shanti Gowans, namely:
 - Ayurveda for Health and Wellbeing
 - Ayurvedic Cooking
 - Yoga and Ayurveda Dictionary (PDF)
- Ayurvedic Oral Care
 - Gum powder
 - Copper tongue scraper
- Health and Wellness
 - Dragon balm (roll-on applicator)
 - Hatha Yoga for body, mind and spirit. Yoga text book authored by Shanti Gowans
 - Samadhi - Guided Practice by Shanti Gowans (MP3)
 - Hatha Yoga - Guided practice by Shanti Gowans (MP3)
 - Yoga for Health and Fitness - Guided practice by Shanti Gowans (MP3)

COURSE TUTORIALS + DIGITAL COURSE MANUALS

Weekly Tutorials on Campus for 1.5 hours a week, 40 weeks per academic year, provide the curriculum. These are conducted in discrete modules, which holistically meld into the syllabus. They accrue course-hours per year. Tutorials are supported by instruction during 'mat' classes.

FIRST AID COURSE - delivered externally

ON THE MAT AND MEDITATION CUSHION

Weekly Institute Attendance.

- Shanti Yoga signature sequences. Gentle, easy stretches, postures. Restorative, ground yoga.
- Yoga Nidra. Deep yoga relaxation and self-healing
- Meditation, mindfulness, focus and concentration
- Mindfulness and Pranayama: breathe and heal
- Chanting, kirtan, sound bathing and vibrational therapy

LIFE ENHANCEMENT AND PERSONAL DEVELOPMENT

(on the mat and meditation cushion, on-campus)

- Darshan: What's it all about? • Philosophy and discussion led by Shantiiji
- Video learning (on-campus)
- Sanskrit calligraphy and pronunciation
- Ayurvedic vegetarian cooking

ONLINE STUDY COURSE

Healthy Body. Yogic, Ayurvedic and Western understanding of A&P.

LIVING YOGA AND AYURVEDA

A residential retreat inclusive of shared accommodation and shared facilities, Ayurvedic vegetarian meals, programs, and seva (karma yoga duties).

MISCELLANEOUS

- Induction and manual
- Student ID Card
- Contact Diary
- Induction day vegetarian lunch

DEGREE PATHWAY AND CAREER OPPORTUNITIES

Students who have completed any of the Advanced Diploma of Ayurveda are eligible to apply for the Bachelor of Health Science (Complementary Medicine) degree or Advanced Diploma of Ayurveda or the Advanced Diploma of Yoga Teacher Training.

Ayurveda offers a diverse range of career pathways, and opportunities are increasing with the acceptance of Ayurveda into western medicine.

Typical career options include:

Ayurvedic Lifestyle Management Consultant
Ayurvedic Massage Therapist
Ayurvedic Practitioner
Health Food Consultant
Ayurvedic Cook
Vedic Life Coach
Yoga & Meditation Practitioner

Is Diploma of Ayurvedic Lifestyle Consultation for you?

Start your enrolment on our website:
healthinstitute.edu.au

