

*Shape your future. Reshape the world.*



## **DIPLOMA AYURVEDIC LIFESTYLE CONSULTATION**

**GOVERNMENT ACCREDITED HLT 52615  
CRICOS CODE 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.



**NATIONALLY RECOGNISED  
TRAINING**

## 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

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



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.

Ayurveda is respected worldwide as one of the most important traditional systems of healing. The popularity of Ayurveda as a modality of health and wellbeing has steadily grown in recent years. With this growth comes the demand for suitably qualified practitioners to guide people safely and effectively.

## OUTSTANDING TRAINING

The Health Institute Australia provides outstanding training in the following areas:

- It provides a strong foundation in the traditional principles of Ayurveda.
- It has an excellent, extensive, herbal program, with training in managing and administering herbal medicine and other treatment plans according to the philosophy and practices within an Ayurvedic framework.
- It is integrated with Yoga therapy. Ayurveda and yoga rest upon the same philosophy and arise from the same Vedic-rishi traditions.
- Ayurveda is a complete medical system capable of helping humanity to heal a wide array of chronic diseases that confound Western physicians.

*You can choose to subsidize your illness or invest in your wellness*



## DIPLOMA OF AYURVEDIC LIFESTYLE CONSULTATION

Upon completion of this certification, you will have the knowledge of the basic principles of Ayurveda and how to apply them in your own life, and you will be able to make clinical recommendations to clients regarding modifications in their lifestyle, exercise routine, yoga practice and eating for nutrition according to their constitution, together with treatments, to bring a state of balance in their lives.

This qualification covers the skills needed to be an Ayurvedic Lifestyle Consultant. An Ayurvedic Lifestyle Consultant provides advice and assistance on living according to ayurvedic principles. This qualification does not cover ayurvedic remedial or therapeutic care.

- Quote: ANTA (Australian National Training Authority)

*You are what you eat. You have a choice in what you are made of*



# COURSE SUBJECTS

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
CHCCOM006	Establish and manage client relationships
CHCDIV001	Work with diverse people
CHCLEG003	Manage legal and ethical compliance
CHCPRP003	Reflect on and improve own professional practice
HLTAAP002	Confirm physical health status
HLTAID003	Provide first aid (External. Not included in tuition fees)
HLTINF004	Manage the control of infection
HLTWHS004	Manage work health and safety
BSBSMB404	Undertake small business planning
CHCAGE001	Facilitate the empowerment of older people
CHCCCS001	Address the needs of people with chronic disease
CHCDIS007	Facilitate the empowerment of people with disability
CHCMHS001	Work with people with mental health issues

## RETREAT

THE COURSE INCLUDES AN 8 DAY DETOX RETREAT AT NIRVANA WELLNESS RETREAT

8-day/7 night residential detox retreat (twin-share accommodation, all meals, medicines, lectures and program) in July or January at Nirvana Wellness retreat, Beechmont, Queensland.

Ayurveda is a science that has its roots in ancient Indian culture. It's simple and extremely practical significance can be adapted to our culture and time. It is the 'mother of all healing systems' as it embraces all modalities. We have re-created the most idyllic Ayurvedic retreat, Nirvana Wellness Retreat on 70 acres, where you can attend tutorials, practicum and immersion programs.



# GOLD COAST - AUSTRALIA

Our campus is located on the beautiful Gold Coast of Australia, with proximity to shops, beaches, libraries and other facilities.



## COURSE DETAILS

Qualification	Diploma of Ayurvedic Lifestyle Consultation
CRICOS Course Code	0100555
VET National Code	HLT 52615
Delivery mode	On-campus or by correspondence (correspondence option is not available for international students)
Duration	52 weeks
Hours	600
Awarded by	Health Institute Australasia
Pre-requisites	None
Entry requirements	IELTS score 5.5 is required for international students

## 2019 & 2020 START DATES

**Intake 1. 8 Oct 2019 - 18 Sept 2020**

Term One: Tue 8 Oct - Fri 13 Dec (9 weeks). Term break: Sat 14 Dec - Mon 27 Jan 2020

Term Two: Tue 28 Jan - Fri 3 April (9 weeks). Term break: Sat 4 April - Sun 19 April 2020

Term Three: Mon 20 April - Fri 26 June (9 weeks). Term break: Sat 27 June - Sun 12 July 2020

Term Four: Mon 13 July - Fri 18 Sept (9 weeks). End of intake break: Sat 19 Sept 2020

**Intake 2. 28 January - 11 Dec 2020**

Term One: Tue 28 Jan - Fri 3 April (9 weeks). Term break: Sat 4 April - Sun 19 April 2020

Term Two: Mon 20 April - Fri 26 June (9 weeks). Term break: Sat 27 June - Sun 12 July 2020

Term Three: Mon 13 July - Fri 18 Sept (9 weeks). Term break: Sat 19 Sept - Mon 5 Oct 2020

Term Four: Tue 6 Oct - Fri 11 Dec (9 weeks). End of intake break: Sat 12 Dec 2020