

DIPLOMA OF AYURVEDIC LIFESTYLE CONSULTATION

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



	TUTORIALS	STUDY UNITS	AYURVEDIC RETREATS
Mon	All terms 9:00am-11:30pm Practicum/Clinic/Online 11:30-12:30pm Relaxation and Meditation 11:00-2:00pm Eastern Philosophy & Discussion 2:00-5:00pm Lecture/Chanting	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	Residential Ayurvedic Detox retreat at Nirvana Wellness retreat, Beechmont, Queensland 6-13 July 2018 OR 3-10 January 2019 WHERE SCIENCE MEETS CONSCIOUSNESS 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
Tue	All terms 10:30am-12:30pm Practicum/Clinic/Online 12:30-1:30pm Yoga Relaxation 2:00-5:00pm Lectures 5:30-8:45pm Yoga (optional)	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	
Wed	All terms 9:15-10:10am Yoga Stretch and tone (optional) 10:30-1:00pm Practicum & Clinic or online 2:00-5:00pm Lectures OPTIONAL. No fee for course students: Mon, Tue 5:30-6:25pm, Thu 5:30-6:15pm Yoga stretch and tone Mon 6:30-7:15pm Bollywood contemporary Indian dance PRACTICUM (within the weekly course hours as outlined above) 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	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 BSBSMB404 Undertake small business planning	

Term One 2018: Mon 16 July – Fri 21 Sep (9 weeks)
 Term Two 2018: Mon 8 Oct – Fri 14 Dec (9 weeks)
 Term Three 2019: Tue 29 Jan – Fri 5 April (9 weeks)
 Term Four 2019: Tue 23 April – Fri 28 June (9 weeks)

Term break: Sat 22 Sep - Sun 7 Oct
 Term break: Sat 15 Dec – Mon 28 Jan
 Term break: Sat 6 April – Mon 22 April

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.