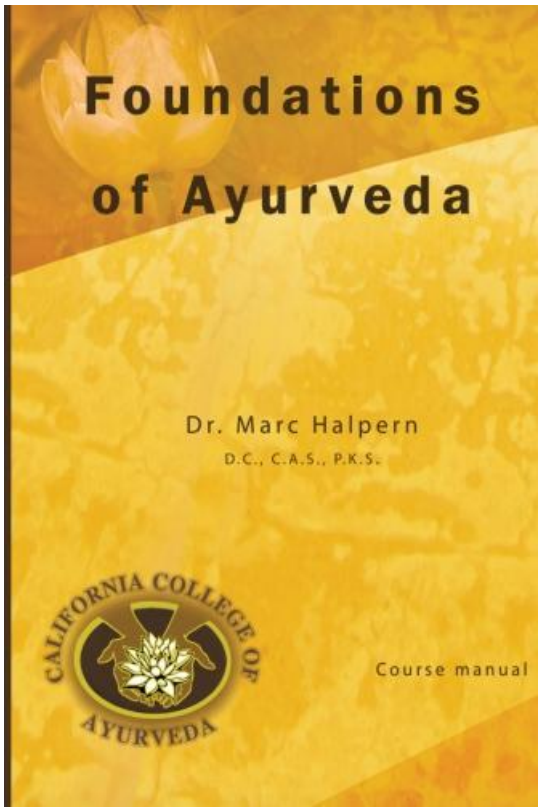
# Ayurvedic Foundations Course




## Course on ayurvedic principles and theory

This course can be taken as a stand-alone course for self-knowledge or as a required part of the Ayurvedic Body Therapy (ABT) certification. Students have 30 days to complete the course from the time the course arrives in the mail. Limited extensions may be granted upon request. The course consists of reading and answering questions. Some questions are based specifically on the reading and some are related to self-exploration and self-healing. When the course is complete, it is mailed to the college for review by one of our faculty. Students receive 50 credit hours of study through the college for completion of this course.

**As a requirement for Ayurvedic Body Therapy certification**, this course is waived for students enrolled in our Level One: Ayurvedic Health Educator program. This class may also be waived for students who have completed other introductory courses upon approval. The course must be completed prior to attending any of our Body Therapy hands-on intensives.

Course Curriculum: Introduction to history, philosophy, mythology, five element theory, tridoshic theory, sensory therapies, ayurvedic psychology and the fundamentals of determining a client's constitution[i] [1].

**Foundations Course Fee: $250**

**Combined Enrollment Discount**

Combine your Foundations Course Registration with any other massage or body therapy program and receive 10% discount.

Register for multiple workshops [2]

**Dates: Students may start this course at any time**

**Instructors: Dr. Marc Halpern and CCA Faculty**

Register Now [3]

Request More Information [4]

**Source URL:** http://www.ayurvedacollege.com/FoundationsCourse.php

**Links:**
[1] http://www.ayurvedacollege.com/glossary/term/15
[2] http://www.ayurvedacollege.com/category/catalog/ayurveda-courses
[3] http://www.ayurvedacollege.com/programs/online_applications/workshop
[4] http://www.ayurvedacollege.com/contact/workshops