

## Frequently Asked Questions

### Who is the course aimed at?

This course is designed for anyone who wants to learn Ayurveda and would like to take their first step towards forging a career in complementary medicine. It is perfect for those wanting to become part of the booming health care industry, where self-care is at the centre. This course would also benefit existing practitioners (i.e. medical doctors, homeopaths, yoga teachers and complementary therapists) who would like to add to their skills by understanding the ancient science of Ayurveda. For those without any pre-existing qualifications in other areas of health, this course is a fantastic first step into complementary medicine and will offer you the knowledge of how to help people achieve balance and wellness through the science of Ayurveda.

### What will I be qualified to do?

Those successfully completing the course will be fully qualified to assess and diagnose their patients using Ayurvedic principles and utilise the full spectrum of Ayurvedic physical therapies to manage a wide variety of physical and emotional conditions such as stress, immune disorders, weight loss, skin disorders, digestive issues, women's health issues, headaches, muscular-skeletal conditions and other common ailments. As a qualified Ayurvedic Therapist you will be able to identify the predominant *Dosha* and diagnose imbalances in the body from the stand point of Ayurveda. Likewise, you will also learn how to diagnose the presence of toxins (Ama) in your patients and implement detoxification plans to manage this. You will also learn how to assess and optimise digestive capacity which is a precursor to optimal health and wellbeing. Lastly, you will be qualified to advise and instruct your patients on Ayurvedic lifestyle therapies such as meditation, self-massage and guide them on how to adopt an optimal daily routine into their lives. Therapist will also learn about key over the counter Ayurvedic herbs and supplements to manage patients who are experiencing health concerns.

Therapists will not be qualified to treat serious conditions, neither will they be able to prescribe selected Ayurvedic medicines. Their ability to treat disorders depends on the prior training, qualification, knowledge and experience of the therapist.

### What is the cost of the course?

Early Bird (if booked before 30th June 2018):£999  
Standard Rate (if booked after 30<sup>th</sup> June 2018):£1199

**What are the dates of the course?**

November 26<sup>th</sup>, 27<sup>th</sup>, 28<sup>th</sup>, 29, 30<sup>th</sup> and December 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> 2018.

EXAM DATE: Friday Feb 1<sup>st</sup> 2019

**What qualification will I gain?**

Upon successful completion of the course, the student will obtain a professionally accredited Diploma and will be qualified to practice as an Ayurvedic Therapist. The student is then able to register as a full practitioner member with the CMA (Complementary Medical Association) and obtain insurance to practice as an Ayurvedic Therapist.

**Is this course accredited?**

The course is fully accredited by the CMA (Complementary Medical Association).

**Where is the course held?**

The course will be held at the Chidham Activity Centre.

**Is accommodation available at the venue?**

Basic dormitory accommodation is available at the venue, please contact the Cobnor Activity Trust to discuss booking. Alternatively Bosham has a number of B&B's, including the Hamblin Trust Self Catering Lodges which are a 10 minute drive away.

**How much work will I have to do at home?**

Students will be required to complete and submit 6 case studies prior to the exam date, as well as practicing all of the physical treatments learnt in the course. Revision prior to the exam date will be essential, and it is suggested that a minimum of 6 hours per week will be needed by students to prepare them for the exam.

**Will I need any equipment?**

It is recommended that students have access to a massage couch to practice treatments at home after the course, as well as a selection of Ayurvedic massage oils (these will be available at the course) and an Ayurvedic oil warmer.