

First week

Day	10 to 11 am	11 to 12 am	2 to 3 pm	3 to 4 pm
1	Theory: Introduction to Ayurveda	Practical: Head massage	Theory: Concept of Panchamahabhuta	Practical: Head massage
2	Theory: Concept of Vata	Theory: Concept of Pitta	Practical: Head massage	Practical: Head massage
3	Theory: Concept of Kapha	Theory: Abhyanga massage	Practical: Face massage	
4	Theory: Sapta Dhatu	Practical: Face massage	Theory: Agni, Koshta, Ojus	Practical: Face massage
5	Theory: Trimala, Ama & Prakriti		Theory & Practical: Sneha kalpana, Preparation of Pinda thailam	
6	Practical: Head & Face massage		Theory & Practical: Sirodhara	
7	Day Off			

Second week

Day	10 to 11 am	11 to 12 am	2 to 3 pm	3 to 4 pm
8	Massage: Shoulder		Theory & Preparation: Takra Dhara	
9	Practical: Head, face, shoulder massage		Theory: Panchakarma	Practical: Takra Dhara
10	Practical: Feet massage		Practical & Demo: Abhyanga Massage	
11	Practical & Demo: Abhyanga Massage		Practical: Whole body massage	
12	Theory: Dina charya & Ritu Charya		Practical: Full body Massage with steam	
13	Practical: Full body Massage with Steam		Theory: Snehana & Swedana	
14	Day Off			

Third week

Day	10 to 11 am	11 to 12 am	2 to 3 pm	3 to 4 pm
15	Theory & Practical: Kabala & Gandusha, Seka, aschyothana, pindi, bidalaka		Theory, Demo & Practical: Dhoomapana, varti preparation	
16	Theory: Vamana, Virechana, and its medicine		Theory : Nasya	Practical & Demo: Nasya
17	Theory, preparation: PPS Elakizhi		Theory: Rakthamoksha	Practical: PPS Elakizhi
18	Theory, Demo & Practical: Udvartana - Powder		Theory, Demo & Practical: Pizhichil Medical Oil therapy	
19	Theory, Demo & Practical: SSPS Njavara Rice Bolus		Theory, Demo & Practical: SSPS Njavara Rice Bolus	
20	Theory, Practical Sirovasti		Theory, Demo & Practical: DD Danyamla dara	
21	Day Off			

Fourth week

Day	10 to 11 am	11 to 12 am	2 to 3 pm	3 to 4 pm
22	Theory & Practical: Thalapothichil		Theory & Practical: Choorna pinda sweda	
23	Theory & Practical: Kati, Uro & Greeva Vasti		Theory & Practical: Tarpana - eye	
24	Theory & Practical: KD, Lepanam & Poultice-Upanaha, Karna poorana		Theory & Practical: Kashaya basti, Sneha basti	
25	Medicine preparation Marma Gulika - Tablet, Brahmi Gritam- Ghee		Practical: Baby & Mother Massage	
26	Theory: Pulse diagnosis		Theory: Concepts of Srotas	
27	Theory & Preparation: Jambeera pinda sweda		Practical: Jambeera pinda sweda	Review
28	Day Off			

Fifth week

Day	10 to 11 am	11 to 12 am	2 to 3 pm	3 to 4 pm
29	Theory: Peyadi Krama, Concepts of Karma		Theory: Dosha, dhatu, mala vaishamya	
30	Theory: Concepts of Rasa & Guna		Theory: Concepts of Vipaka, Veerya & Prabava	Milk & Milk products
31	Theory: Rasayana & Vajikarana		Theory & Practical: Shiropichu & Kashaya dara	
32	Introduction to Ayurvedic pharmacy, Panchavida kashayam with practicals		Theory & Practical: Anjana & GH Kashaya	
33	Theory: Saveeryathavadhi expiry, Anupanam		Herbal study: Dasamoola, Trikatu	
34	Theory & Practical: Sneha kalpana & Triphala ghrita		Theory & Practical: Churna kalpana & Avipathi churna & Ashtachoornam - Medicine preparation	
35	Day Off			

Sixth week

Day	10 to 11 am	11 to 12 am	2 to 3 pm	3 to 4 pm
36	Theory: Nidana- etiology		Theory & Practical: Ksheera paka	
37	Theory : Samrathy, Shat Kriya kala		Theory : poorvarupa, Rupa- symptoms	
38	Theory & Practical: Ksheerabala thailam		Theory: Ashta Sthana pareeksha	
39	Theory & Practical: Murivenna		Herbal study: Ashwagandha & Shatavari	Training: BP Check
40	Theory & Practical: Nasya tailam		Prakriti assessment training	
42	Theory & Practical: Karpooradi thailam		Theory & Practical: Sarkara kalpana	
42	Day Off			

Seventh week

Day	10 to 11 am	11 to 12 am	2 to 3 pm	3 to 4 pm
43	Theory & Practical: Sandhana Kalpana-Punarnavasam		Theory & Practical: Draksharishta	
44	Theory & Practical: Enema oil		Theory : Ayur Nutrition, Vata diet	
45	Theory & Practical: Kushmanda rasayana		Theory: Diet Pitta & Kapha	
46	Theory & Practical: Breakfast - Vata		Customs & Manners of eating	
47	Theory & Practical: Lunch - Vata		Virudhahara: Incompatible food combinations	
48	Theory: Digestion & digestion tips		Theory & Practical: Dinner - Vata	
49	Day Off			

Eighth week

Day	10 to 11 am	11 to 12 am	2 to 3 pm	3 to 4 pm
50	Theory: Home remedies		Theory: Vegetables & Fruits for healing	
51	Theory & Practical: Breakfast -Pitta		Theory: Spices & pulses for healing	
52	Theory & Practical: Lunch - Pitta		Theory : Diabetes and diet	
53	Theory: Triguna food, Allergy		Theory & Practical: Dinner for Vata	
54	Anemia & Diet		Theory : Acidity & Diet	
55	Theory & practicals: Diet for purification		Theory: Constipation & Diet	
56	Day Off			

Ninth week

Day	10 to 11 am	11 to 12 am	2 to 3 pm	3 to 4 pm
57	Theory & Practical: Malabar dishes		Theory : Obesity and diet	
58	Theory & Practical: Breakfast - Kapha		Theory: Janapadodhamsaneeya	
59	Theory & Practical: Lunch - Kapha		Theory & Practical: Dinner - Kapha	
60	Theory: Skin anatomy & Physiology		Theory & Practical: Ayurvedic facial	
61	Theory: Hair anatomy, Hot oil - dandruff treatment		Theory & practical: Vegetable & fruit facial	
62	Theory & Practical: Wrinkles		Theory & Practical: Shashtika shali facial	
63	Day Off			

Tenth week

Day	10 to 11 am	11 to 12 am	2 to 3 pm	3 to 4 pm
64	Yoga: Origin Development,Path, Meaning & Definition		Loosening Exercises: Sookshma vyayamas	
65	Ashtanga Yoga		Darsana	
66	Darsana		Asanas	
67	Panchamahabhuta & Panchakosas		Asanas	
68	Physiology of Yoga		Preparatory practice of pranayama & Breathing technique	
69	Surya Namaskar		Shat Kriyas	
70	Day Off			

Eleventh week

Day	10 to 11 am	11 to 12 am	2 to 3 pm	3 to 4 pm
71	Shat kriyas		Netra yoga	
72	Pranayama		Pranayama	
73	Mind & Stress Management		Relaxation poses & Relaxation techniques	
74	Asanas & Physical Exercises		Mitahara : Yogic diet	
75	Pioneers of Modern yoga		Psychosomatic diseases & yoga	
76	Mudras		Chakras	
77	Day Off			

Twelfth week

Day	10 to 11 am	11 to 12 am	2 to 3 pm	3 to 4 pm
78	Management of Obesity & Constipation		Management of Insomnia & Hypo- HyperThyroidism	
79	Brain & Face yoga		Yoga Nidra	
80	Yoga in Pregnancy & Menopause		Lifestyle & Yogic applications	
81	Practical: Pimples, white & Black heads		Practical: Henna treatment for Hair	
82	Experience: Marma massage Therapy		Experience: Chakra massage Therapy	
83	Practical: Whole body massage		Seminar & Graduation	
84	Day Off			