



pranaYOGA
INSTITUTE OF YOGA AND HOLISTIC HEALTH



ELEGANT EVALUATION

Ayurveda and Yoga Therapy

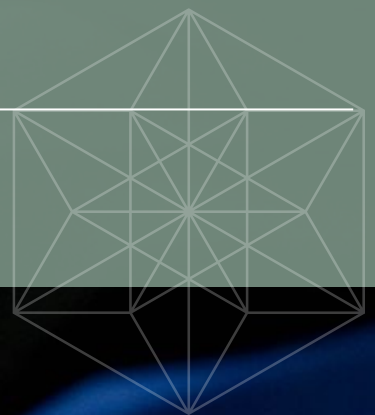




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Ayurveda in Yoga Therapy: Restoring Rhythms, Nourishing Systems

The Ayurveda pillar explores the integration of yogic tools and Ayurvedic wisdom as a therapeutic model for whole-person healing. Drawing from the ancient sister sciences of Yoga and Ayurveda, this pillar invites students to understand the language, practices, and diagnostic methods that guide individualized healing. You'll explore doshic imbalances, seasonal rhythms, hormonal shifts, and lifestyle approaches to restore vitality. Courses span foundational principles, women's health, practical assessments, and the deeper layers of the mind and healing.

AYUR400: Ayurveda and Women's Health

Through the lens of Ayurveda, students will explore female health cycles from menstruation through menopause. You'll learn how to support hormone balance, healthy digestion, and stress resilience using daily routines, herbal supports, and therapeutic lifestyle design. Particular focus is given to conditions such as endometriosis, osteoporosis, thyroid imbalances, and insomnia.

AYUR401: Ayurveda and Yoga Therapy

This advanced course integrates Ayurvedic assessment, intake, and terminology into the scope of yoga therapy. Students refine their ability to observe doshic imbalances, assess systems through an Ayurvedic lens, and design session plans that include rejuvenative and lifestyle therapies. Emphasis is placed on holistic rather than allopathic thinking, and building therapeutic relationships through informed observation and evaluation.

AYUR402: Ayurveda and the Mind

This module dives into the eastern lens of mind and consciousness in healing. Students explore how doshas and gunas influence the psyche, and how to skillfully apply yogic and Ayurvedic tools to calm, balance, and purify the mind. The course supports deeper work with clients experiencing mental or emotional imbalances.

AYUR403: Health vs. Disease

Bridging western and eastern views of wellness, this course investigates what it means to be truly healthy. Students will study disease progression and prevention from both biomedical and Ayurvedic models, enhancing their ability to co-create meaningful wellness paths with care-seekers.



Upon successfully engaging and completing this pillar, you will have gained:

Foundational Knowledge: Proficiency in Ayurvedic terminology, five-element theory, and tri-dosha understanding. The ability to assess prakriti/vikriti and apply Ayurvedic tools to support balance in the body and mind.

Therapeutic Integration: Skill in designing yoga therapy sessions using Ayurvedic diagnostics and protocols. Sequencing based on doshic imbalances, seasons, and stages of life. Tools for supporting hormonal health and digestion in women's wellness.

Clinical Competency: Use of Ayurvedic intake, observation, and planning to co-create healing protocols. A deeper understanding of mind-body healing using both eastern philosophy and modern integrative perspectives.

Confidence: Strengthened ability to communicate with healthcare professionals and integrate yoga therapy into medical settings.

Empowerment & Ethics: Respectful application of Ayurvedic tools within the yoga therapy scope of practice. Promotion of self-awareness, daily rhythm, and self-responsibility in therapeutic relationships.



Foundations (Sadhana)

Sadhana: Pillar Foundations: On Demand

AYUR300: Intro to Ayurveda

AYUR301: Ayurveda Sequencing

Principles: Elegant Evaluation Pillar

AYUR400: Ayurveda and Women's Health

AYUR401: Ayurveda and Yoga Therapy

AYUR402: Ayurveda and the Mind

AYUR403: Health vs. Disease

Textbooks:

Yoga Therapy by A.G. Mohan and Indra Mohan

Praktiri by Robert Svaboda

Textbook of Ayurveda, Vol. I: Fundamental Principles by Vasant Lad

Yoga and Ayurveda by David Frawley

Recommended: Ayurveda and the Mind by David Frawley

Facebook Group:

<https://www.facebook.com/share/g/19eHe1EdWk/>



Project Uploads and Completion Requirements Checklist

All projects due by 1/2/26 at midnight

AYUR300: Intro to Ayurveda

- Watching all Sessions
- Completing the Quiz
- Project Completion:
- Create a Dinacharya Practice for yourself. Implement into your current daily routine for 10 days and reflect. Link to Form:
https://docs.google.com/document/d/1iIYRDCaHmbSD6lIK4kmwkdldDVmAB2y_GsyNWvX6Fws/edit?tab=t.0

AYUR301: Ayurveda Sequencing

- Watching all Sessions
- Completing the Quiz
- Project Completion:
 - Create 4 Seasonal Sequences for seasonal balance using the wave sequence sheet using each elemental namaskar. Link to Form: (share these in The Hearth).
https://drive.google.com/file/d/1JPDjcI36uHiBQMIYZRYwxuvRF5_9mt-/view



Project Uploads and Completion Requirements Checklist

All projects due by 1/2/26 at midnight

AYUR400: Ayurveda and Women's Health

Project Instructions

- Develop a 10-day Ayurvedic lifestyle protocol for your partner including:
 - Dinacharya (daily routine)
 - Basic herbal education
 - Dosha-pacifying yoga therapies
- Present protocol at Huddle after retreat.
- Practice protocol received from your partner and implement it for 10 days.
- Submit a form using google document.
- Share at Huddles and place final version in shared folder.

Link to Project Template:

<https://docs.google.com/document/d/1VhHyKN2SzZjoc-Y67RIbSkyAzHMNZHPOqzBYS09ES8U/edit?tab=t.0>

Hearth Share (Facebook): Share your developed protocol in the Hearth Facebook Group for curated protocols.



Project Uploads and Completion Requirements Checklist

All projects due by 1/2/26 at midnight

AYUR401: Ayurveda and Yoga Therapy

Project Instructions

1. Submit 2 chikitsa plans:
 - 1 working with cohort.
 - 1 from in class case study.
2. Each plan must include:
 - Intake summary
 - Vikriti analysis
 - Goal setting + therapeutic rationale
 - Ayurvedic recommendations (diet, lifestyle, yoga therapy practices)
3. Review at least 1 plan at huddles with mentor and cohort and provide feedback to others.
4. Upload Project form to folder along with initial intake.

Link to Project Template:

<https://docs.google.com/document/d/1EDpCr7ezFGYJhKKOjsSn0dxLHXUxD6N0UtioCL79u-8/edit?tab=t.0>

Link to Client Intake Template:

https://docs.google.com/document/d/1H5aFruR0F3Fay_QlBrjAWyIpZMhR-8yvG6116UX3aL8/edit?usp=share_link



Project Uploads and Completion Requirements Checklist

All projects due by 1/2/26 at midnight

AYUR402: Ayurveda and the Mind

Project Instructions

- Discuss with a cohort (retreat or huddles) your protocol for mental/emotional balance.
- Practice 10-day yoga therapy protocol including:
 - Stage of mind and guna assessment
 - Meditation or mantra-based on education and experience.
 - Doshic pranayama
- Practice the protocol yourself for 10 days.
- Keep a short daily journal and submit a summary of your experience and how that may help a future care-seeker. (see upload template)

Link to Project Template:

https://docs.google.com/document/d/1sQ4FLehGU74eNQpUOq2L5pUrX67sVEyVJMr3_BLZYjY/edit?tab=t.0

Hearth Share (Facebook): Share scripts for Curated Meditation. (Always give credit to creators if using ideas from each other).



Project Uploads and Completion Requirements Checklist

All projects due by 1/2/26 at midnight

AYUR403: Health vs. Disease - End of Pillar Capstone

Project Instructions

- Choose a case study to work with a chronic condition (e.g., IBS, hypertension, endometriosis) from cohort, friend, or family member.
- Create a comprehensive plan including:
 - Ayurvedic samprapti and pathophysiology
 - Client's stage of disease, direction, and intensity
 - Assessment summary
 - Vikriti + guna + bhumis status
 - Therapeutic plan across 5 koshas
 - Short-term (langhana) + long-term (bramhana) strategies
 - Plan for reassessment
- Present your plan in huddle with rationale. Give and receive feedback.
- Upload plan and initial intake form to your project folder.

Link to Project Template:

https://docs.google.com/document/d/1-xNmwjxni13e3O_QIL-Q_tzSRbeaL-eIWFMuFiqvPXI/edit?tab=t.0





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