



Ayurvedic Postpartum Support Program (APS) Recommended Course Sequence

Our **Ayurvedic Postpartum Support Program (APS)** is a 58 hour detailed overview of Ayurvedic principles applied to postpartum care. It is appropriate for care professionals, doulas, Ayurvedic practitioners, and even moms or moms-to-be. This program is an academic Diploma program with study guides, quizzes, homework, grades and deadlines.

The curriculum for this program is comparable to Levels 1a and 1b of our more advanced **AyuDoula Practitioner Training Program (ADP)**. All credits earned in the APS program are directly transferable to the ADP program.

Level 1a: Foundations of Ayurvedic Postpartum Wellness Care – Webinars				
Course Title	Hours	Tuition	Date & Time (-7 GMT/MST)	Notes
Orientation	1	\$0	Anytime webinar	
AY100 Discovering Ayurveda <i>(DAM) Discovering Ayurvedic Medicine</i>	12	\$240.00	Fall 2014, TBA Live Webinar	(recording available)
AY150a: Ayurveda for Mother and Newborn Care: Theory <i>(ANMC) Ayurvedic Maternal and Newborn Care & Nutrition</i>	6	\$120.00	Fall 2014, TBA Live Webinar NM	(recording available)
AY150b Ayurvedic Postnatal Nutrition: Baby's Best Nourishment <i>(ANMC) Ayurvedic Maternal and Newborn Care & Nutrition</i>	6	\$120.00	Fall 2014, TBA Live Webinar NM	(recording available)
Level 1b: Core Principles of Ayurvedic Postpartum Wellness Care – Webinars				
Mentorship Webinar	1	\$20	anytime webinar	<i>Introduces client practice homework for this section</i>
AYN160a: Discovering Ayurvedic Nutrition: Classical Theory <i>(ANC-Ia-S) Ayurvedic Nutrition and Cooking: Seasonal and PK</i>	6	\$120.00	Fall 2014, TBA Live Webinar CO	(recording available)
AYN210a: Ayurvedic Postnatal Nutrition II: Adapting for Diverse Cuisines <i>(APF-IIa) Ayurvedic Postnatal Nutrition II: Diverse Cuisines</i>	6	\$120.00	Fall 2014, TBA Live Webinar NM	(recording available)
AYN215a: Making Postpartum Herbal Foods for Daily Use: Ayurveda Theory <i>(APH-Ia) Making Postpartum Herbal Foods</i>	3	\$60.00	Fall 2014, TBA Live Webinar, NM	(recording available)
AYN220a: Ayurvedic Postnatal Nutrition III: Classical Theory <i>(APF-IIIa) Ayurvedic Postnatal Nutrition and Cooking III: Classical</i>	6	\$120.00	Fall 2014, TBA Live Webinar CO	(no recording available)
EO100: Essential Oils (more than) Basics <i>(EOB) Essential Oils Basics</i>	2	\$40.00	Fall 2014, TBA Live Webinar NM	(recording available)
AYM150: Ayurvedic Infant Massage I: Protocols for Teaching Parents <i>(AIM-I) Ayurvedic Infant Massage I</i>	3	\$45.00	Fall 2014, TBA Hands-on Intensive	(recording available)
AY250 Ayurvedic Postpartum Support: Daily Wellness Care <i>(PPC-I) Postnatal Client Management with Ayurveda</i>	7	\$140.00	Fall 2014, TBA Live Webinar NM	(recording available)
Tuition for APS Program (tuition waivers and discounts available):				\$1125.00
NOTE: For those on a budget who do not wish to have credits or diploma, we offer recordings of many of these classes on our Self-Guided Learning (SGL) page .				

ELECTIVES Recommended for APS Students				
Course Title	Hours	Tuition	Date & Time -7 GMT/MST	Notes
Private mentoring	n/a	\$60/hour	Schedule with Ysha	Hourly rate with Ysha Oakes
AY180: Ayurvedic Astrology: How to Choose Baby Names and more... (VAPP) <i>Using Vedic Astrology in Perinat Formerly: I Practice</i>	3	\$60	03/19/14 6-9pm Live webinar in CO	(recording available)
EO202 Essential Oils and Ayurveda for Pregnancy	3	\$45	3/14/14 2-5 p.m. Live webinar in NM	Pre-req: EO100 <i>Essential Oils (more than) Basics</i> (recordings available)
EO204 Essential Oils and Ayurveda for Birth and Postpartum	3	\$45	3/7/14 2-5 p.m. Live webinar in NM	
EO206 Essential Oils and Ayurveda for Little Ones	2	\$30	3/7/14 10-12 p.m. Live webinar in NM	
AYN218a Ayurvedic Pregnancy Nutrition & Cooking (Vaidya) (APF-IVa) <i>Ayurvedic Pregnancy Nutrition & Cooking</i>	6	\$120	TBA Fall 2014 Live webinar, in CO	Pre-req: AYN160a: <i>Discovering Ayurvedic Nutrition: Classical Theory</i>
AY240: Enhancing Fertility, Pregnancy and Birth with Ayurveda (Terra) (FPBA) <i>Enhancing Fertility, Pregnancy and Birth</i>	12	\$240	TBA, Summer 2014 Live webinar in CO (2 day intensive or 8-16 evenings) (recording available)	Pre-req: AY100 <i>Discovering Ayurveda</i> Course textbook \$18 by separate order
Ayurvedic Childcare , Vasant Lad BAMS	9	\$60 plus S&H	Anytime Pre-recorded audio seminar	Order from Ayurvedic Institute at 505-291-9698. Allow 2+ weeks.
Mother & Child, Foundation for Life , Sarita Shrestha BAMS	2	\$12 plus S&H	Anytime Pre-recorded audio seminar	<i>NAMA Conference; Order from Backcountry Productions, 904-460-2379</i>

NOTE: For APS Diploma students: all homework, tests and mentorship calls are required for Elective Courses if you want to accumulate credit hours for your diploma.