



Sacred Window Ayurveda

*Ayurvedic doula training for
maternal & newborn health*

*We help mothers, babies and their village find
lasting feel good support after childbirth -
avoiding overwhelm, colic, lactation, mood,
weight, hormone and rejuvenation problems.*

Ayurvedic Perinatal Life Coach AyuDoula Program Description

Please skip to last page for price information

The **Ayurvedic Perinatal Life Coach/AyuDoula Program** is our core **143¹** hour professional training for anyone looking for deep knowledge, practical protocols and the most effective skills for mother and baby care taught by experienced senior practitioners. The program is designed for the committed practitioner and is much more than a short show-and-tell seminar. Students are educated, mentored, trained and tested to confidently help with a mother and newborn's needs during the entire perinatal care window².

Students may take and pay for each of the 3 modules separately. There is no need to pay for the entire program at once.

We believe that a professional AyuDoula will often be called upon to offer Ayurvedic perspectives to women wishing to become pregnant, and those who are already pregnant. Therefore, unlike other postpartum courses, we include in our training over 40 hours of perinatal training. Learn little known dietary, herbal, essential oil, safe therapy perspectives for the **perinatal** time under the umbrella of Ayurveda, from simple supports to advanced practitioner wisdom. Our perinatal faculty is trained and experienced in the fields of fertility, pregnancy and birth care.

Our unique approach to AyuDoula training encourages students to educate and serve mothers before their postpartum time, which gracefully supports them in developing potential clients during the postpartum care window. Throughout the years, we have observed that when our students can serve a mother's needs before birth, it gives the mother a heightened sense of security, peace and speedier postpartum recovery due to the continuity of care and the bond of trust that is formed in that sacred relationship.

Much of our program is self-paced home study with sequential assignments, three levels of study ("modules") and teleconference guidance. Only **33** of the program hours require travel and the rest of the training can be attended from home via recorded webinars. Students attend one or two intensives throughout the year to apply their knowledge by learning important hands-on skills. Both recorded and live learning includes comprehensive notes, graded assignments and testing, and a Sacred Window diploma for learning completions.

Whatever your professional background, you will be delighted with your expanded resources to serve the maternal and newborn care niche. Postpartum Life Coach/AyuDoula students gain important assessment, guidance and care

¹ *Students new to Ayurveda upon entering the program are also required to take the 12 hour **Embracing Ayurveda** course in **Module Two**, bringing your studies up to 155 hours.*

² *Perinatal refers to the period from fertility and conception through pregnancy and birth, to postpartum. Students who have no healthcare license or experience/training in basic postnatal care or nursing may be required to take one of the independently offered basic "**Doula**" and/or "**Postpartum Doula**" training and "**Lactation Educator**" programs before receiving their certificate of completion from Sacred Window School. The Postpartum Doula training usually is taught in a 3 day weekend seminar or online and include assignments. If you can document that you have had this training or its equivalent in client care, we will waive this requirement.*

choices for the early postpartum weeks, which significantly impact the months beyond. Postpartum doulas can expand their earning capacity with effective specialty skills in Ayurvedic nutrition, cooking, essential oils, bodywork and, and advanced Ayurvedic practice, within a legal scope of practice.

In this program you will learn how to use the universal tools and principles of Ayurveda to serve mothers from diverse cultures. Here are some of the skills you will gain:

SERVE DELICIOUSLY -- Learn to help mothers for smooth pregnancy through the changes of fetal development, birth and early postpartum. Boost lactation, balance hormones and rejuvenate the body/mind with meals and herbal foods. Nutrition and Cooking is a strong AyuDoula specialty and is traditionally considered one of the three most important aspects of postpartum care. With dietary changes, we often see “miraculous” improvement very quickly for mama and breast-feeding baby.

PREVENT PROBLEMS - Learn how to coach a couple for enhanced fertility, help prevent many common pregnancy concerns, and during the postpartum window reduce overwhelm, burnout, hormonal swings, headaches, weight issues, post-epidural pain, as well as newborn reflux, colic and low weight gain. We also address fragile immunity in mama and baby as well as sleep problems, constipation, gas and bloating -- all seeds of later problems and disease for both of them.

TEACH MOTHERS -- Learn to give timely guidance to moms and families for their best daily results during their postpartum time. Show her how to correct common issues in breastfeeding, digestion, elimination, appetite, sleep and mood. Ensure happy baby tummies with proper food, eating habits, herbs and daily warm oil massage. Teach her how to do self and baby massage, heat treatments, abdominal and head wrapping -- all of which help so much during the 6 weeks following birth. Impress the moms by providing shopping lists, recipes, tips for partners, and compassionate time management guidance.

EMPOWER MOTHERS -- Teach mothers about specific foods, herbs, essential oils and other practices to uplift their moods, balance hormones and support their families throughout pregnancy, birth and postpartum. With your help, mothers can learn to naturally access the divine mother and divine feminine within themselves and enhance the body-mind-spirit bond with yet to be conceived, unborn and newborn baby, as well as partner and other children.

These practices and their health care implications have largely been lost to modern awareness. Help coordinate family, friends and perhaps even medical teams to provide the best postpartum support using the principles of Ayurveda. Practice your newly learned skills in a structured mentorship with real clients. By taking our complete program you will become a skilled mama-baby specialist for preventing problems and providing yummy, timely, and very much appreciated support for pregnant, birthing and new mothers and their babies.

OUR PROGRAM: The AyuDoula program has 3 core modules and several electives. Sacred Window offers a la carte electives to inspire our students from diverse backgrounds and broad scopes of practice.³ The core modules are meant to be taken in sequence, while the electives can be taken either during the core program or later for continuing education. The homework and quizzes class must be completed before you can move on to the next.

All courses in Modules 1 & 2 must be completed before you can start the Internship in Module 3. We provide a Google website with all the materials, recordings and homework/quizzes for each class. You will be permissioned into this website once you register. It will require you to **create a gmail address** if you don't already have one.

For all students wanting deeper and broader knowledge, we offer advanced training courses in women's health and perinatal topics. If desired, the hours and credits for these advanced courses can be added to your Sacred Window Ayurvedic Postpartum Life Coach/AyuDoula diploma.

³ *our students include new mothers wanting to start a professional doula practice, as well as advanced ayurvedic practitioners, nurses, massage therapists, yoga therapists, midwives, and traditional doulas.*

Ayurvedic *Perinatal* Life Coach/Ayudoula Program

Module One -- Theory

Module One of our AyuDoula training consists of 8 classes, totalling 33 hours. This module can be taken alone, or it can be taken as the first part of our professional training program, for those who want to become a Sacred Window Postpartum Life Coach or AyuDoula.

This Module is intended for healthcare professionals who want:

- ❖ to have more tools for helping new mothers with common concerns (such as lactation, colic, hormones, emotions, bonding, weight, sleep)
- ❖ a robust overview of postpartum care , through the valuable insights of Ayurvedic medicine
- ❖ to better understand the influences of the 42 day *sacred window* after childbirth
- ❖ to know why the traditional Ayurvedic remedies and protocols help mom and baby recover better than just about any other postpartum recovery system in existence
- ❖ to broaden your professional skill set

Interwoven within all of these foundational courses is a powerful set of Ayurvedic daily practices that will not only support you in coaching postpartum clients, but will help you make healthier personal choices, as well. Our Ayurvedic postpartum cooking and nutrition basics unfold an essential core specialty for a successful AyuDoula practice. Our Essential Oils with Ayurveda course introduces effective and potent tools to empower and support mothers, which we hope will inspire you to add as a skillset for your AyuDoula practice with our Ayurvedic Perinatal Essential Oils Diploma program.

Module One: Theory <i>for anytime e-learning; includes thorough notes, assignments, feedback and grading. (30 recorded class hours) No live classes or teleconferencing are included in this module.</i>	Class Hours <i>all by recording</i>
Introduction to Ayurveda (AY50) <i>This class is not required for Ayurvedic practitioners, but all are required to complete assignments to receive diploma.</i> <ul style="list-style-type: none"> ❖ Learn how Ayurveda creates harmony/balance in the senses, body, mind and spirit ❖ Explore Ayurvedic biology basics: gunas, doshas, ama, agni, disease process, mental qualities and more. 	5
Discovering Ayurvedic Nutrition for Modern Lifestyles (AYN112) <i>This class is not required for Ayurvedic practitioners, but all are required to complete assignments to receive diploma.</i> <ul style="list-style-type: none"> ❖ Study Ayurvedic principles of nutrition including tastes and qualities ❖ Choose foods wisely according to constitutional needs ❖ Keep agni healthy ❖ Learn about the mental qualities in food, dietary routines, making food delicious ❖ Navigating current food fads, and more 	7
Ayurveda for Postnatal Mother and Newborn Care (AY150) <ul style="list-style-type: none"> ❖ Understand dynamics of mind-body-spirit transformation & consciousness in new mother ❖ Teach mothers a new paradigm for mother-baby postpartum care through Ayurveda ❖ Study physiological and psychological changes after birth in Western & Ayurvedic terms. ❖ Discover and learn the best holistic approaches to prevent common problems and empower rejuvenation with postpartum mama-baby care ❖ Practical tips and tools for all family members. 	6
Ayurvedic Postnatal Nutrition I: Baby's Best Nourishment (AYN150)	6

<ul style="list-style-type: none"> ❖ Ensure happy baby tummies, successful breastfeeding, wise choices with formula requirements, preventing colic & reflux, and more. ❖ Nourish the new mother for rejuvenation, abundant milk supply, bonding, stabilizing moods, healthy digestion, sleep, post-surgical concerns and more. ❖ Understand the 6 tastes relative to postpartum needs, the 6 phases of postpartum nutrition, and basic food principles for new mothers ❖ Support new mom and baby after the 42 day window: build baby's agni, first foods, weaning and more. 	
<p>Ayurvedic Infant Massage I: Protocols for Teaching Parents (AYM150) Safely learn to teach parents how and why to massage baby including:</p> <ul style="list-style-type: none"> ❖ infant massage benefits, safety, alternative styles ❖ choice of oils, baby bathing, "soap" recipes, exercise and more. 	3
<p>Ayurvedic Insights for Happy Postpartum Moods (AY160) Study the multi-faceted understanding available through Ayurveda for assessing the causative factors in postpartum mood swings based on</p> <ul style="list-style-type: none"> ❖ diet & lifestyle ❖ relationships & emotions ❖ seasonal influence, and more 	1
<p>Essential Oils with Ayurveda, More than Basics (EO100)</p> <ul style="list-style-type: none"> ❖ Understand foundations of the ethical and safe uses of essential oils (EO) ❖ Gain unique Ayurvedic perspectives about EOs not available in other EO trainings ❖ Prepare to learn a new marketable skill that empowers new mothers by taking our Ayurvedic Perinatal Essential Oils Diploma program. 	2
<p>Making Postpartum Herbal Foods for Daily Use: Ayurveda Theory (AYN215a)</p> <ul style="list-style-type: none"> ❖ Introduction to delicious postpartum edible medicines outlining <i>when</i> to introduce them during the 6 week postpartum window. ❖ Explore Ayurveda's wide range of herbal foods for lactation, hormones, good sleep, rejuvenation, strength, digestion, happy baby tummies and more. ❖ Learn how this ancient knowledge provides sophisticated choices and effectiveness using both kitchen and medicinal herbs from East and West. 	3

Everything you learn is intended to be shared with moms and their families, as appropriate. As you perceive the principles of nature active in their lives and help them to feel and also perceive them, you will empower mothers and their family for a lifetime.

Completion time for Module One is 3 months for Diploma students, otherwise you can take as long as you like to complete it.

please scroll down for module 2 & 3

Ayurvedic *Perinatal* Life Coach/Ayudoula Program

Module Two -- Building Skills

Module Two of our Life Coach/AyuDoula training consists of 9 classes plus internship, totalling 66 hours. This is the hands-on portion of our program. This Module helps you apply the theory from part one with practical understanding and hands-on skill-building. Students develop essential postpartum skills for the professional Life Coach/AyuDoula (in the kitchen and in mother's home) cooking, providing herbal food supports, and teaching mothers how to massage their babies. Learning from experienced teachers enriches student experience.

Module Two: Building Skills <i>mix of anytime e-learning, live webinar, hands-on skills trainings & conference calls</i>	Class Hours	66 hours with AY100 54 hours without AY100
Part ONE: Recorded webinars done at home (NO TRAVEL REQUIRED)		
Embracing Ayurveda (AY100) <i>Required for all beginning students of Ayurveda, this course complements AY050. Live class is highly recommended because of interactive learning to take wisdom deeper.</i>	12	<i>Live webinar in Feb-March, May-June, August-Sept</i>
Ayurvedic Postnatal Nutrition II: Adapting for Diverse Cuisines (AYN210a) <i>further explores Ayurvedic food theory, creative menu and recipe design, cooking techniques, general client health and vikruti variations and downloadable cookbook.</i>	6	<i>by recorded webinar</i>
Ayurvedic Pregnancy Nutrition: Classical Theory (AYN218a) with Vaidya Bharat Vaidya. Learn to profoundly support mother and fetus through the stages of with month-by-month food, nutritional factors and herbal foods: common concerns and their remedies through food; solutions based on ancient Ayurvedic texts and vaidya experience; ways to prevent seeded imbalances called <i>deha prakruti</i> (influences on fetal constitution during pregnancy) and other health concerns.	6	<i>By recorded webinar or live class in Spring (Colorado). Live classes are higher cost than shown: contact us for adjusted program cost.</i>
Ayurvedic Postnatal Nutrition III: Classical Theory (AYN220a) Integrates ancient classical understanding with modern practical approaches to nutrition and cooking kayakalpa window - for lactation, regeneration, mood, colic, immunity, strength, ojas, and through baby's first year.	6	<i>By recorded webinar or live class in Spring (Colorado). Live classes are higher cost than shown: contact us for adjusted program cost.</i>
Part TWO: Hands-on classes which require travel to Colorado		
Ayurvedic Postnatal Cooking II: Adapting for Diverse Cuisines (AYN210b) <i>Pre-requisite: AYN210a; In the kitchen with Ysha. Food prep, recipe and cooking tips, interwoven with theory. Includes delicious brunch, supper, and snacks.</i>	8	<i>Hands-on Intensive New Mexico (April) or Colorado (October)</i>
Making Postpartum Herbal Foods for Daily Use: Hands-on (AYN215b) <i>Pre-requisite: AYN215a; In the kitchen with Ysha. Emphasis on 7 unusual Ayurvedic herbal recipes essential for the new mom.</i>	3	<i>Hands-on Intensive New Mexico (April) or Colorado (October)</i>
Ayurvedic Pregnancy Cooking: Classical Recipes (AYN218b) <i>Pre-requisite: AYN218a; In the kitchen with the Vaidyas. Delicious classical Indian recipes specific for best pregnancy, includes: 1) Special preparation techniques for pregnancy needs; 2) Key foods and herbal food supports for common pregnancy needs; 3) Beautifully designed notes, recipes and meals are prepared and provided.</i>	8	<i>Hands-on Colorado -- late May or October</i>
Ayurvedic Postnatal Cooking (AYN220b) <i>Pre-requisite: AYN220a; In the kitchen with the Vaidyas. Learn why certain herbs, spices and foods are best used in the postpartum kitchen. Includes brunch, supper, and sample snacks.</i>	8	<i>Hands-on Colorado -- late May or October</i>
Teaching Ayurvedic Infant Massage II Practicum: Coaching the Moms (AYM250) <i>Pre-requisite: AYM150; In class with live mamas and babies, applying what you learned in AYM150 to become a professional infant massage coach.</i>	6	<i>Hands-on Intensive New Mexico (Spring) or Colorado (Fall)</i>
AyuDoula Internship Conference Calls At-home practice,cooking required, with journaling and discussion about results.	3	<i>Live Webinars with Ysha</i>

Ayurvedic Perinatal Life Coach/Ayudoula Program

Module Three -- Integration and Internship

Module Three of our Life Coach/AyuDoula training consists of 6 classes plus the mentorship hours, totalling 56 hours. This Module blends new knowledge, expertise, business and interpersonal skills, transforming them all into integrated practice. Practice, case discussions and faculty-student interaction provide essential mentored guidance in the final stages of your Postpartum Life Coach/AyuDoula training -- leading to a professional diploma.

Module 3: Integration and Internship <i>mixture of anytime e-learning, live webinar and conference call mentoring (56 hours)</i>	Class Hours	Type of Class
Ayurvedic Postpartum Support: Daily Wellness Care (AY250) Putting-It-All-Together (Part One) Integrates the previous courses into coherent guidance and care by signs, symptoms and supports for a postpartum mother and baby including: Scope of practice and legalities; importance of massage; dealing with elimination, hemorrhoids, appetite, digestion, breastfeeding, sleep, moods, colic, body temperature; herbal remedies; belly wrapping; fathers/partners; and more; red flags list for mother care & baby care.	6	recording
Ayurvedic Perspectives on Moods and Meds (AY260) Learn how Ayurveda looks at Postpartum Mood Disorders and side effects of mood altering medications by understanding; 1) imbalances of prana, ojas, gunas, dosha, agni, ama, dhatu, srotamsi; 2) nutritional needs that may arise; 3) multiple real medical risks which surface with desire of the patient and/or healer to change approaches; 4) introduction to strengths and weaknesses of these approaches.	3	recording
Safe Postpartum Herbs: Ayurvedic, Chinese and Western (AY310) To prevent the often innocent misuse of herbs for the early weeks after childbirth, explore over 100 cited "safe" eastern and western herbs for postnatal uses. Discussions provide important insight to deepen and wisen your herbal studies and practice.	5	recording
Enhancing Fertility, Pregnancy and Birth with Ayurveda (AY320) <i>with Terra Rafael</i> Classical Ayurveda and western midwifery provide understanding and natural supports during the "5 trimesters" of fertility, pregnancy and childbirth. A rich resource of tools & techniques from experienced teacher/midwife includes beautiful graphics, explores Ayurvedic, Mayan and Western natural views, and offers a wealth of discussion on safe perinatal herbs, essential oils, flower essences and other safe & contraindicated resources.	21	recording or Live webinar
Protocols for Building Your Practice (INT310) Putting-It-All-Together (Part Two) Practical tools and steps for serving clients. Sample documents and outlines needed in a practice (saving you many hours). Learn the 4 keys to successful practice, how to work in a team, protect yourself, many ways to engage your community and generate interest. Record keeping for you and the government including tax deductions, understanding your scope of practice, and engaging clients with heart and integrity as well as skills.	4	recording
Ayurvedic Postpartum Management II (AY350) Putting-It-All-Together (Part Three) Ayurvedic education for many non-medical conditions common to the postpartum time including emotions, immune protections, sleep issues, skin, radiation, herbs, EOs, happy tummies, red flags, and more. Topics are relevant to active internship with real clients.	12	recording or Live TBA Webinars/ NM
Mentorship Program ❖ Internship Conference Calls with Ysha (1 group call 1x per month for 3 months)	5	live calls by phone conference

❖ Private mentorship calls with Ysha (2 hours required over 3 month period)		
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Ayurvedic Perinatal Life Coach/Ayudoula Program

Add-on Diplomas

We highly recommend the following programs to extend your basic Ayurvedic Postpartum Life Coach/AyuDoula training. These are electives, so you may optionally enroll in them. Add-ons still require graded assignments, testing and receive school credit/diplomas for learning completions.

<p>Ayurvedic Perinatal Essential Oils Supporting Fertility, Pregnancy, Birth, Postpartum and Newborns This Add-on certificate provides essential Ayurvedic training in the therapeutic use of essential oils. It explores the key issues for fertility, three pregnancy trimesters, birth, postpartum and little ones and how essential oils in your toolkit will greatly enhance client experience and results. In these sessions your awareness will be opened to practical Ayurvedic approaches to balance and support during these times.</p>	<p>Recording with Ysha Oakes (10 hours)</p>	<p>\$110</p>
<p>Ayurvedic Perinatal Bodywork Add-On This Add-on certificate with CEUs, provides essential Ayurvedic training in both Postpartum <u>and</u> Pregnancy Massage. Ayurvedic warm oil massage during pregnancy and postpartum is considered one of three essential therapies according to Ayurveda. In our Ayurvedic Pregnancy Massage training we offer supported back and side positioning techniques to ensure pregnant clients are comfortable and can deeply relax no matter where they are in their pregnancy. We also learn specific stroke techniques that help to tone tissues and balance doshas safely and effectively throughout each trimester, and how to select the right therapeutic oils for each constitution. Our Ayurvedic Postpartum Massage training focuses on timing and technique in applying warm oil and other home spa therapies for the newly delivered mother. These ancient practices start a day or two after natural birth for the mom, for 42 days straight (7 to 10 days after surgical birth) and up to a week after for baby. warm oil massage and special "home spa care" therapies, Designed for early postpartum mamas, these techniques, are hugely satisfying and transformative.</p>	<p>Live and recorded webinars <i>(with 33 hours CEUs)</i></p>	<p>\$1097</p>

If you are an advanced Ayurvedic practitioner and would like additional training in Ayurvedic Perinatal medicine, we offer advanced classes with Vaidya Bharat Vaidya. Please talk to Ysha if you would like to enroll in these classes.

- ❖ *Madhav Nidan/Stri Rog: Advanced Ayurvedic Diagnostics for Diseases of Childbearing* (VBA435); \$480; 24 hours.
- ❖ *Aushadkriya: Making Ayurvedic Medicines with the Vaidyas* (AY315); \$648; 24 hours.

2015 Sacred Window School
Perinatal AyuDoula Practitioner (ADP)
Training Program -- Cost Summary

Students may pay for each of the 3 modules separately. You need not pay for the entire program at once.

<p>Perinatal AyuDoula Practitioner Diploma Program</p> <p><i>The Perinatal AyuDoula program includes both Postpartum and Pregnancy trainings.</i></p>	<p>Tuition for Modules 1, 2 & 3 (143 hours) <i>Without AY100: For existing Ayurvedic practitioners & health counselors who do not need to take our Embracing Ayurveda (AY100)</i></p>	\$2429.00
	<p>Tuition for Modules 1, 2, & 3 (155 hours) <i>With AY100 Embracing Ayurveda Webinar: For everyone who requires Ayurvedic Training.</i></p>	\$2669.00
	----- <i>Students may pay by-module if desired</i> -----	
	<p>Tuition for Module 1</p>	\$285.00
	<p>Tuition for Module 2 (with AY100) <i>(without AY100)</i></p>	\$1470.00 \$1230.00
	<p>Tuition for Module 3</p>	\$914.00
<p>Postpartum AyuDoula Practitioner Diploma Program</p> <p><i>Postnatal program includes only Postpartum training. Please click here to access the Postpartum AyuDoula program description.</i></p>	<p>Tuition for Modules 1, 2 & 3 (108 hours) <i>Without AY100: For existing Ayurvedic practitioners & health counselors who do not need to take our Embracing Ayurveda (AY100)</i></p>	\$1808.00
	<p>Tuition for Modules 1, 2, & 3 (120 hours) <i>With AY100 Embracing Ayurveda Webinar: For everyone who requires Ayurvedic Training.</i></p>	\$2048.00
	----- <i>Students may pay by-module if desired</i> -----	
	<p>Tuition for Module 1</p>	\$285.00
	<p>Tuition for Module 2 (with AY100) <i>(without AY100)</i></p>	\$1164.00 \$924.00
	<p>Tuition for Module 3</p>	\$599.00
<p>ADP Bodywork Add-on (with CEUs)</p>	<p>Postpartum & Pregnancy massage + Marma chikitsa (42.5 hours)</p>	1097.00
<p>ADP Essential Oils Add-on</p>	<p>Fertility, Pregnancy, Birth, Postpartum and Infant care (10 hours)</p>	\$110.00