



Ayurvedic Healing Course FAQ

What is the Certification earned?

Successful course completion earns a 500 hour joint Ayurvedic Life-Style Certification from [The American Institute of Vedic Studies](#) and AT THE CORE.

How is this course different than the distance learning course on the American Institute of Vedic Studies website?

The AIVS distance learning Ayurvedic Healing Course is a 300 hour Certification.

This **500 hour** certification includes an additional 200 hours of hands on teaching and mentoring support.

This support includes: Assignment grading and feedback, four personal Ayurvedic Consultations, Instructional Workshops, Lectures, Clinics and Classes in Ayurvedic Cooking and Diet, Eastern and Western Herbal Study and Remedy Making, Observation, Pulse and Tongue Diagnosis, Ayurvedic Asana and Pranayama, Ayurvedic Colour and Aromatherapy, Ayurvedic Mantra and Meditation Practices.

Students who have previously enrolled in the distance learning course are entitled to a course discount. Please enquire.

How are Yogesh & Shankari Van Acker qualified to teach and mentor this Course?

Yogesh and Shankari have been studying and practicing Ayurveda for over 15 years. They have completed Ayurveda Certification Courses with The Forest Academy and The American Institute of Vedic Studies. For over 10 years they have been dedicated students of Vamadeva Shastri (Dr. David Frawley) and Yogini Shambhavi Devi. They live the knowledge of Ayurveda in their everyday life and use the practices and teachings to support their personal health and that of their son. They are also certified Yoga and Meditation Therapists with many years' experience supporting the process of deep healing and transformation.

How can this course help me with my personal health and wellness?

We must be our own first client. Through personal consultations and diagnosis workshops, Shankari and Yogesh help you to understand and unravel your own journey of healing through Ayurvedic food, diet, life-style choices, purification and rejuvenation practices. Each Instructional Weekend shares the experience of nourishing Ayurvedic meals along with seasonal appropriate workshops to support your own growing understanding of Ayurveda.

How can this course help me establish an Ayurvedic Studio/Clinic?

Throughout the course, Yogesh and Shankari share their years of experience directing a successful Yoga and Ayurveda Studio and Clinic. Practical knowledge around working with clients, offering consultations and the "business" of Ayurveda are discussed. The Ayurvedic Healing Course is a pre-requisite for our successful AT THE CORE mentoring and apprenticeship programs!

Is there a pre-requisite for The Ayurvedic Healing Course?

There is no pre-requisite other than a sincere desire and commitment towards your own personal healing and a living understanding of Nature! Though a previous study of classical Yoga and/or Ayurveda are certainly helpful!

Please feel free to contact us with any additional questions or concerns.

Phone: (519) 537-8263

Email: information@atthecore.ca