



Learn Ayurveda with Kairali Ayurvedic Centre!

Kairali & Ayurveda are almost synonyms in India; Founded in 1989, “Kairali Ayurvedic Centre” has over 25 years of experience in providing Authentic Ayurvedic Services across the globe. Using the ancient science of Ayurveda as its only means Kairali established itself as the pioneer in Ayurvedic treatment centres by setting up its first centre at New Delhi and never looked back.

Now with 35 locations all over the world Kairali is one of the fastest growing Ayurvedic brand.

With a mission to uphold the principles of Ayurveda to propagate health & wellbeing worldwide, Kairali has delivered various Ayurvedic Training Programs across the globe and started specialised Ayurvedic training centres at selected locations.

Why Learn Ayurveda?

Apart from an additional professional qualification, Ayurveda teaches you how to adopt the **Right Way of Living**. This ancient wisdom has solutions for all your problems whether its physical, mental or emotional. If you are a health & wellness enthusiast, please don't be late to sign up for our well-crafted Ayurvedic programs. Kairali has developed tailor made programs for everyone's needs whether you are a spa & wellness expert or a home maker. We have customized programs for wellness industry professionals, therapists, doctors, dieticians, managers, students & Ayurveda Enthusiasts.

Rates at Kairali Ayurvedic Centre* (Delhi, Gurgaon & Mumbai)

Sl no	Ayurveda Training Program	Program Code	Duration	At Kairali Ayurvedic Centre per student	
				INR	USD
1	1 Day Program	OAP	3 hrs	9000	150
2	3 Day Program	TAP	3 hr sessions for 3 days	25000	420
3	1 Week Program	WAP	3 hr sessions for 1 week (Monday to Friday)	42000	700
4	2 Weeks Program	AATP-1	4 hr sessions for 2 weeks (Monday to Friday)	90000	1500
5	4 Weeks Program	AALC-2	4 hr sessions for 4 weeks (Monday to Friday)	180000	3000

*Accommodation & Food facilities are not included in the package.

Note: Classes for weekly programs are only from Monday to Friday only i.e. 5 days in a week.

Rates at Kairali Ayurvedic Healing Village (KAHV), Palakkad, Kerala

Sl no	Ayurveda Training Program	Program Code	Duration	At KAHV per student	
				INR	USD
1	1 Day Program	OAP-HV	3 hours	15500	260
2	3 Days Program	TAP-HV	9 hours	42500	710
3	5 Days Program	WAP-HV	15 hours	69000	1150
4	10 Days Program	AATP-1 HV*	40 hours	180000	3000*
5	20 Days Program	AALC-2 HV*	80 hours	360000	6000*

*Inclusive of accommodation & food

Our Ayurveda Programs:

1. OAP (One Day Ayurveda Program)

Suitable for all Ayurveda enthusiasts to know the basics of this holistic science.

Recommended for various groups across all fields like corporates, Group travellers, members of various associations & clubs.

Theoretical session consists of Discourse on Ayurveda, History of Ayurveda, Basic Principles & Philosophies of Ayurveda & practical aspects of Ayurveda in our day to day life. There will be video demo on basic Ayurveda therapies.

NB: There are 2 mandatory Options for OAP Program (Total 3 Hours) as per number of students.

Option 1: 2Hrs Class + 1 Hr Complimentary Ayurveda Therapy **(For a group of 4pax or less)**
Complimentary Therapy: Abhyangam 55 mts (Ayurvedic full body massage)

Option 2: 2 Hrs of Class + 1 Hr Treatment Live-Demo* **(For a group of 5 members or more)**

*Live Demonstration of Abhyangam Therapy (Classical Ayurvedic Full Body Massage)

2. TAP (Three days Ayurveda Program)

Ideal program for small Group travellers, Mind-body enthusiasts, Corporates, IT professionals, Diplomats, FIT's, Doctors, Nutritionists, Wellness enthusiasts, Yoga experts, Spa & Hospitality professionals.

Program will cover core concepts in Ayurveda like *Tridosha* theory, *Panchamahabooth* concept, Ayurveda philosophies & theory part of 3 important Ayurvedic Therapies.

One-hour theory class & one hour of personalised session of deep relaxing Ayurvedic Therapy session (3 different Ayurvedic therapies covered by 3 days).

Revamp yourself with the knowledge of Ayurveda with an additional benefit of Deep Relaxation through soothing Ayurvedic Therapies.

Therapies covered: Abhyangam, Shirodhara & Podikizhi

Daily Program Schedule: 1 hr Theory + 1 hr Practical + 1 hr Complimentary Therapy*

Complimentary Therapies: Abhyangam, Shirodhara & Podikizhi

3. WAP (1 Week Ayurveda Program)

Suitable for spa & wellness industry professionals, spa & salon managers/owners, trainers, therapists, doctors, holistic healers, dieticians.

Program will provide you crux of Ayurveda and will make you an expert in 5 most important therapies of Ayurveda along with deep insight about natural way of living & importance of balancing bio-humours to keep a person healthy.

Spa & wellness centre owners/managers who wants to introduce Ayurveda to their service menu, this program will be the right choice for you.

Program will cover History of Ayurveda, Philosophies, Ayurvedic Wellness Concepts, *Tridosha & Panchakarma* theories, and 5 major therapies of Ayurveda and its practical demonstration. One-hour theory class & one-hour practical demo on Ayurveda therapies along with 5 sessions of Ayurveda Treatments make this program a perfect Rejuvenation Package for the candidate.

Therapies covered: Abhyangam, Shirodhara, Podikizhi, Udhwarthanam & Kativasthi

Daily Program Schedule: 1 hr Theory + 1 hr Practical + 1 hr Complimentary Therapy*

Complimentary Therapies: Abhyangam, Shirodhara, Podikizhi, Udhwarthanam & Kativasthi

4. AATP-1 [Advanced Ayurveda Training Program – Level 1] 2 Weeks Ayurveda Program

Kairali's most sought after program which enables the candidate to do basic Ayurvedic-wellness consultations with their clients & perform Ayurvedic therapies confidently. Also, this program can be customized as per candidate's special requirements & availability.

Starting from the introduction & history of Ayurveda, the program will cover major topics under Ayurveda including Philosophies, Concepts, Basic principles, Treatment modalities, Diet & Regimen (Dinacharya) and Seasonal (Ritucharya) precautions in Ayurveda.

Program will cover basics on Human Anatomy & Physiology with Ayurvedic aspects

Therapies covered in detail are Abhyangam, Shirodhara, Nasya, Podikizhi, Udhwarthanam & Kativasthi

Daily Program Schedule: 2 hr Theory + 2 hr Practical; classes will be on Monday to Friday for 2 weeks.

5. AALC-2 [Advanced Ayurveda Life Style Consultant & Therapist Program, Level-2] 4 Weeks Ayurveda Program

Comprehensive study on Ayurveda and its practical aspects which is suitable for those who are from health care/wellness sector to become an Ayurveda expert.

AALC-2 will cover the complete science in a concise form including basic principles of Ayurveda, Philosophies & theories, Therapies, Panchakarma, Dravyaguna, Prakrithi & Prakrithi Analysis (Body Constitution Analysis), Ayurvedic Diet & Regimen, Ayurvedic way to

manage life style disorders, Basic Ayurveda medicines & home remedies; Roga Pareeksha & Rogi Pareeksha (Diagnostic methods), PancaLakshana Nidana

AALC-2 students will have an opportunity to do projects & training with our international & domestic centres if they are interested. We also consider KAP-2 students for the position of Ayurvedic Wellness Consultants/Counsellors for our various international locations.

Therapies covered in detail are Abhyangam, Shirodhara, Nasya, Podikizhi, Elakizhi, Udhwarthanam, Udhgarshanam, Navarakizhi & Kativasthi

Daily Program Schedule: 2 hr Theory + 2 hr Practical; classes will be on Monday to Friday for 4 weeks.

Terms & Conditions:

- Accommodation facility is only available at Ayurvedic Healing Village, Kerala, which is included in the cost.
- Theory classes are conducted by expert Ayurvedic Doctors.
- Practical sessions are conducted by Senior Ayurvedic Trainers & Therapists
- After successful completion, certificates are issued by Kairali Institute of Panchakarma Therapies/ Kairali Ayurvedic Centre.
- Photography and videography is not permitted during practical and training sessions.
- Payment Policy: Full payment in advance to sign up for the program.
- Classes will be from Monday to Saturday only at Kairali Ayurvedic Healing Village, Kerala
- Classes will be from Monday to Friday only at Kairali Ayurvedic Centres (Delhi, Gurgaon & Mumbai locations)
- Sundays will be off, and no classes will take place on Public Holidays.

Note:

To sign up for the course, please bring a valid identity proof & 2 passport size photographs. There will be a 20% discount for groups with more than 5 students. Above rates applicable from 1st January 2019 to 30th September 2019