



Achieve an understanding of **complementary wellness practice and therapy foundations** that are growing in recognition and acceptance by consumers. Explore the wisdom of using wellness systems as a complement to current western health care practices. Our classes will help you examine practical applications for adopting these practices in your own professional life in order to assist others in achieving optimum wellness.

6 Easy Ways to Register



ONLINE

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505-277-0077 Option 1
M-F, 8:00am-5:00pm
Most credit cards accepted.



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Attn: Registration
MSC07 4030
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Albuquerque, NM 87131-0001



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1634 University Blvd. NE
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Ayurveda Certificate

38285 Food as Medicine	12 hours/6 sessions/6 weeks	\$235
38281 Ayurveda Assessment Techniques	12 hours/6 sessions/6 weeks	\$349
38282 Foundations of Ayurveda	20 hours/10 sessions/10 wks	\$495
38283 Chikitsa: The 6 Major Factors of Health and Wellness	16 hours/8 sessions/8 weeks	\$395
Total 4 courses for 60 hours		\$1474



FREE INFORMATION SESSIONS

SEE NEXT PAGE >

- Nov 8 **Brown Bag: Living without Chemicals**
- Nov 6 **Introduction to Medicinal Herbs of Central New Mexico**
- Mar 23 **Overview of Ayurvedic Medicine for Various Pathologies**
- Feb 17 **Positive Psychology at UNM with Dr. Bruce Smith**

Overview of Ayurvedic Medicine for Various Pathologies

Ideal for healthcare and medical provider as well as those wanting to deepen their knowledge of Ayurveda.

Announcing a **new ayurveda course** by Dr. Eduardo Cardona-Sanclemente, currently an Ayurvedic Doctor based in Berkeley working in collaboration with Dr. Vasant Lad, Ayurvedic Institute in New Mexico and adjunct Faculty at Bastyr University. The new holistic health course is Ayurvedic Medicine for CommonPathologies which **combines the integrated knowledge of the ancient Ayurvedic system with modern medicine**. Ideally suited for healthcare providers, medical doctors, nurses, pharmacists, nutritionists, dieticians and non-medical people with an interest in Ayurveda as a part of the spectrum of integrative medicine in a more profound way.

Dr. Cardona's medical and scientific career spans professorships and senior research posts at some of Europe's most distinguished medical schools and universities including Institut Pasteur; Salpêtrière Hospital; Institut Biomedical des Cordeliers, Paris, France; University of Perugia Medical School, Italy; King's College London and St. Bartholomew's Hospital Medical College, London, UK.

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Questions: Contact Loree Nalin, Program Supervisor at cehealth@unm.edu



Foundations of Ayurveda

Ayurveda is an ancient system of medicine that first encompassed the idea of body, mind and spirit. In this foundations class you will learn the seven systems of philosophy that are at the basis of this system, understand the elements and doshic theory and know doshas, subtypes, tissues and attributes. The basic concepts necessary to navigate this ancient healing science will be mastered within this course.

Suggested reading: Textbook of Ayurveda, Vol 1, Fundamental Principles, Vasant Lad, [ISBN # 978-1-883725-07-5]

Course: 38279 **20 Hours** **\$495**
WIA-PE: Jan 9-Mar 13, 2018 **Tue** 6:00-8:00PM
Instructor: Sonia Masocco

Ayurveda Assessment Techniques

Ayurveda achieves wellness through an emphasis on prevention and balance. There are many internal and external factors that weigh on us as individuals to disturb our balance; examples include emotional states, diet and food choices, seasons and weather, physical trauma, and relationships, both at home and at work. This class helps participants to understand these factors, and defines appropriate actions, based on individual student personalities and constitutions, to restore balance. Health care professionals, care givers, and interested community members will all benefit from the knowledge **gained** in this course.

Course: 38281 **12 Hours** **\$349**
SPA-PE: Apr 3-May 8, 2018 **Tue** 6:00-8:00PM
Instructor: Sonia Masocco



Instructor
SONIA MASOCCO,
LDT, C.AY, CAH

Sonia is a professional member of the National Ayurvedic Medical Association, the National Association of Holistic Aromatherapy as well as a member of the American Herbalist Guild. For the past 14 years, Sonia has had a private practice in Albuquerque; she also participates in lectures and conferences worldwide.

Food as Medicine

Put the power to heal in your hands and know what you eat. Connect an array of ayurvedic techniques by learning how to identify your ayurvedic type; detect and treat imbalances and illness; select foods, daily routines and activities for balanced living; and adapt to seasonal and aging patterns. Learn how to vary ayurvedic meals to nurture each of the ayurvedic types.

Recommended textbook: Eat-Taste-Heal: An Ayurvedic Cookbook for Modern Living, 1st Ed., (2006); Five Elements Press; [ISBN: 978-0976917007]

Course: 38285 **12 Hours** **\$235**
SPA-PE : May 10-Jun 14, 2018 **Thu** 6:00-8:00PM
Instructor: Sonia Masocco

Chikista: The Six Major Factors of Health and Wellness

The goal to have wellness, free of ailments and disease is at the core of Ayurvedic practices. As your knowledge of Ayurveda deepens, you will study six factors that influence good health in this course. As one of the world's oldest medical systems, Ayurveda originated in India more than 3,000 years ago and remains one of the country's traditional health care systems. The concept of Kayachikitsa, which is the equivalent of internal medicine in the contemporary western system references the Sanskrit word 'kaya' meaning body, and 'chikitsa' meaning 'treatment.' You will learn, under these guidelines, about treatments that grounded in the qualities of the body or person rather than the symptoms or disease. Factors of health and wellness are sustained when the mind, body and spirit are complete according to the Ayurveda principles. Ayurveda is recognized by the National Health Institutes/Center for Complementary and Alternative Medicine (NIH/NCCAM) as Alternative Medicine, a complete medical system.

Course: 38283 **16 Hours** **\$395**
FAA-PE: Sep 11-Oct 30, 2017 **Tue** 6:00-8:00PM
Instructor: Sonia Masocco