Ayurveda

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.

### Ayurveda Certificate

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
<th>Sessions/Weeks</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>38285</td>
<td><strong>Food as Medicine</strong></td>
<td>12</td>
<td>6/6</td>
<td>$235</td>
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<tr>
<td>38281</td>
<td><strong>Ayurveda Assessment Techniques</strong></td>
<td>12</td>
<td>6/6</td>
<td>$349</td>
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<tr>
<td>38282</td>
<td><strong>Foundations of Ayurveda</strong></td>
<td>20</td>
<td>10/10</td>
<td>$495</td>
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<td>38283</td>
<td><strong>Chikitsa: The 6 Major Factors of Health and Wellness</strong></td>
<td>16</td>
<td>8/8</td>
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**Total 4 courses for 60 hours** $1474

See next page for course descriptions

### Easy Ways to Register

**ONLINE**
- ce.unm.edu

**EMAIL**
- ceregistration@unm.edu

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

**MAIL**
- UNM Continuing Education
- Attn: Registration
- MSC07 4030
- 1 University of New Mexico
- Albuquerque, NM 87131-0001

**FAX**
- 505-277-1990
- Fax/Mail instructions: see website.

**IN PERSON**
- M-F, 8:00am-5:00pm
- UNM Continuing Education
- 1634 University Blvd. NE
- South Building, Room 101
- (just north of Indian School)

For more information: Visit our website at ce.unm.edu.

Questions: Contact Sarah Treviso, Program Supervisor at cehealth@unm.edu
Ayurveda

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.


Course: 38279
Instructor: Sonia Masocco

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.


Course: 38285
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
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 spirt 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
Instructor: Sonia Masocco

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.

For more information: Visit our website at ce.unm.edu.
Questions: Contact Sarah Treviso, Program Supervisor at cehealth@unm.edu