

Ayurveda

Certified Ayurveda Wellness Coach (CAWC)

Harmonika Institute USA
harmonika-institute.com

Program at a glance

- " Tuition: \$3,800
- " In-person training: 12 days (96h)
- " Live cohort calls: 2 days (8h)
- " Supervised practice: 100h
- " Portfolio + jury: 60h
- " Total: 264h (~33 day-equivalents)
- " Cohort size: 10 students

About the program

What you'll learn

- " The three doshas and prakriti / vikriti distinction
- " Daily and seasonal routines (dinacharya, ritucharya)
- " Ayurvedic nutrition principles and dosha-based eating
- " Foundational Ayurvedic herbalism a safe, well-bounded repertoire
- " Pulse and tongue observation as conversational tools (not diagnosis)
- " Wellness consultation craft within a non-medical scope
- " Self-Ayurvedic practice as the foundation of any consultation

Curriculum modules

Module 1 Foundations

History, doshas, prakriti / vikriti, scope of practice.

Module 2 Dinacharya & ritucharya

Daily and seasonal routines for each constitution.

Module 3 Ayurvedic nutrition

Dosha-based eating; food as medicine within wellness scope.

Module 4 Foundational herbalism

A curated repertoire of safe Ayurvedic herbs.

Module 5 Observation skills

Pulse, tongue, body conversational tools, not diagnosis.

Module 6 Consultation craft

Intake, summarization, planning, follow-up.

Module 7 Specific topics

Stress, sleep, women's wellness, digestion within scope.

Module 8 Practice & business

Pricing, packages, ethics, supervision.

Next step

Book a free 30-minute info session at:
harmonika-institute.com/admissions/info-session

This curriculum overview is provided for informational purposes only.
Specific cohort schedules and faculty assignments are confirmed at enrollment.