



AT THE CORE
Yoga, Meditation and Ayurveda

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 Jackie & Greg Van Acker qualified to teach and mentor this Course?

Jackie and Greg have been studying and practicing Ayurveda for over 10 years. They have completed Ayurveda Certification Courses with The Forest Academy and The American Institute of Vedic Studies. For over 8 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, Jackie and Greg 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 four 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, Jackie and Greg 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 an Ayurvedic Clinic are discussed.

Is there a pre-requisite?

There is no pre-requisite other than a sincere desire and commitment towards our own personal healing.

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

Phone: (519) 537-8263

Email: information@atthecore.ca

Explore your nature at the core...

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