

AyurVedic Postpartum Care

Home Learning Packages and How to Purchase

NEW! We now also have a condensed version of the cookbook with more than 50 pages of delicious annotated Ayurvedic recipes, most of which are appropriate for the postpartum window. 🌿 Home Learning students may with approval purchase individual units rather than the sequence.

COLLECTIONS FOR PURCHASE

♦/♦♦

ALL AYURVEDIC UNITS AND INTERNSHIP **\$310/295**

Requires three 3-ring 2 inch notebooks, double sided Save \$25 ordering at once

ALL AYURVEDIC POSTPARTUM UNITS PLUS INTERNSHIP **\$260/250**

Save \$25 ordering all at once

ALL AYURVEDIC POSTPARTUM SPECIFIC UNITS **\$110/105**

Requires two 3 ring 2 inch notebooks, double sided. Save \$15 ordering together

ALL AYURVEDIC PREREQUISITE UNITS no discounts, sorry **\$64/60**

FAM 1A, FAM 1B, and ANC are available individually **\$22/20 each.**

AYURDOULA INTERNSHIP SUPERVISION **\$185/175.**

Do you want timely feedback with your practice clients' care, and the *Ayurvedic Postpartum Care* certificate of completion? Quickly build a confident client base.

This small fee includes 5 hours by phone, paperwork, grading, and certificate.

INDIVIDUAL UNITS FOR PURCHASE

Prerequisite Study (or equivalent)

FOUNDATIONS OF AYURVEDIC MEDICINE

FAM 1A 15 Hours \$22/20

AYURVEDIC NUTRITION AND COOKING

ANC 15 Hours \$22/20

FOUNDATIONS OF AYURVEDIC MEDICINE PART 2, THE HERBS

FAM 1B 15 Hours; North Indian Approach \$22/20

Ayurvedic Postpartum Specific Units, purchased separately

NEW! RECIPE COLLECTION – over 50 pages plus extras \$12/10

Well organized, annotated with guides and alpha-contents, includes NEW valuable resource for client and practitioner. Until our more complete cookbook is ready!

AYURVEDIC FOUNDATIONS OF POSTPARTUM CARE & COOKING \$27/25

AFNMICC 15 Hours	200 pages, includes 50 page annotated recipe collection	
BASIC AYURVEDIC POSTPARTUM HERBALS & PREPARATIONS		\$12/10
BPPH	4 Hours, APPH – 4 Hours	
AYURVEDIC INFANT MASSAGE		\$12/10
AIM	5 Hours	
AYURVEDIC & PERINATAL USES OF ESSENTIAL OILS		\$17/15
PTEO	8 Hours 75 pages	
ADVANCED AYURVEDIC POSTPARTUM HERBALS		\$12/10
APPH	4 Hours	
AYURVEDIC POSTPARTUM HOME SPA CARE PROTOCOLS		\$17/15
APPM	15 Hours	
AYURVEDIC POSTPARTUM WISE MOTHERING CONSULTATION		\$22/20
PPC	15 Hours	
PROTOCOLS OF & PROMOTING AYURDOULA PRACTICE		\$22/20
PPP	8 Hours	
INTERNSHIP PLUS PRACTICE PROFICIENCIES SUPERVISION		\$185/175
<p>ID – 5 to 7 Telephone or local Contact Hours usually are sufficient guidance for students attending intensives. Home study student needs vary widely; student rate is \$25/hour by internet or phone for additional time. Preceptorship begins as soon as you begin practicing what you are learning in each unit. Unit homework guides your internship practicum and weaves the program units quickly together.</p>		

Payment options: ♦/♦♦

♦ **CREDIT CARD** - through www.paypal.com only, payable to Martha Oakes, **AyurDoulas (at) sacredwindow.com**. Specify which units!

♦♦**CHECK OR MONEY ORDER** payable to SACRED WINDOW AYURVEDA;
Envelope addressed to Ysha Oakes, 12408A Hardin Ct. NE, Albuquerque, NM 87111.
 H/O 505.508.4219. work/cell 360.783.2838

Tax deductible donations towards costs of completing the full cookbook, *Ayurvedic Keys to Rejuvenation, Recipes for the Sacred Window* are now being accepted, please enquire. Any amount welcomed!

☼ The 8 AyurDoula specific units are offered for purchase separately for the many students who have studied Ayurveda basics elsewhere. Units listed are taught in intensives in a 2 levels format, and depend on how the school and prerequisites are organized, variously being taught separately or within the intensives.

AyurDoulas@sacredwindow.com and www.sacredwindow.com/Trn-Portal