

Lesson plan Therapeutic Training (TV) Bridge year Ayuryoga 2021-2022

Dates of classes:

During the internship May 15-21, June 27, September 26 and November 14.
In 2022, January 23, also a test in the afternoon.

Teacher: Monique van den Broek (drs) Ayurvedic Practitioner.

Classroom: Center Djoj, Antony Duyklaan 5, Rotterdam (*until 27 June*)
Rotterdamseweg 150, Vlaardingen (*from 5 September*)

Internship address: Ashram Sada Shiva Dam, Vrijenbergweg 60, Loenen

Topics Ayurveda and reference to Syllabus for this year are:

May 16: The Chakras (during the internship).

June 27: Orientation anamnesis, self-examination: pulse diagnosis and facial diagnosis+ intro to Intervision TV 2. Handbook TV, chapter: 1 & 2, and chapter 5.

September 26 Reflection on self-examination Describe in 8 fold Handbook TV, chapter 1 and chapter: 4

November 14: Anamneses with fellow student in 8 fold examination. Manual TV, chapter 1.

January 23 2022: Anamnesis of fellow student describing in 8 fold + test. Anamneses of fellow student in 8 fold examination. Manual TV, chapter 1.

Preparation: Read the material from the manual Therapeutic Education (TV) mentioned at the lesson dates and during the lesson it will be extensively discussed. The TV handbook is located in the portal.

AYUR YOGATM

BALANS IN JE LEVEN & *BEWUSTZIJN*

You are going to learn how to prepare 2 client files this year. For this you can ask 2 members of the knowledge benefit if they want to be your model. This will be discussed in more detail during the lesson.