



EUROPE AYURVEDA ACADEMY
ONLINE LIVE EDUCATION
www.europeayurvedaacademy.org



First Year (Lifestyle Consultant) – Teaching Schedule 2025–2026

*** SUBJECT TO CHANGES**

Timings: 2 hrs on Saturdays and Sundays | 12pm–2pm French time | 11am–1pm UK time

DATE	TOPICS / Treatment Protocol	PROFESSOR/DR.'S
12-09-2026	Ayurveda – Introduction, Definition of Ayurveda, signs of Ayurveda	Dr.
13-09-2026	Jnana, vignana, Vedas, vedangas & others	Dr.
19-09-2026	Origin and History of Ayurveda, Brihatrayee	Dr.
20-09-2026	Eight branches, Goals of Ayurveda	Dr.
26-09-2026	Daily routine, seasonal routines, Natural Urges	Dr.
27-09-2026	Concept of Dosha, Dhatu, Malas	Dr.
03-10-2026	PHILOSOPHY OF AYURVEDA – Darshanas	Dr.
04-10-2026	Saptapadarthas	Dr.
10-10-2026	Dravya	Dr.
11-10-2026	Guna, Karma, Samanya	Dr.
17-10-2026	Abhava, Pramana, Aptopadesa	Dr.
18-10-2026	Lokapurusha Samya	Dr.
24-10-2026	Panchamahabootas – concept	Dr.
25-10-2026	Panchamahabootas – Gunas	Dr.
07-11-2026	THERAPEUTIC PRINCIPLES – Concept of Tridoshas, Concept of Vata	Dr.
14-11-2026	Concept of Pitta, Kapha	Dr.
15-11-2026	Concept of Dhatus	Dr.
21-11-2026	Concept of Malas	Dr.
22-11-2026	Concept of Agni	Dr.
28-11-2026	Concept of Sub Doshas	Dr.
29-11-2026	Concept of Prakriti	Dr.
05-12-2026	Modern Version – Prakriti & Prakriti Chart Analysis – Practicals Part 1	Dr.
06-12-2026	ANATOMY & PHYSIOLOGY – Shareera & Purusha, Garbhasareera	Dr.
12-12-2026	Twacha, Pesi, Mamsa, Kandas	Dr.
13-12-2026	Asthi, Sandhi, Snayu	Dr.
19-12-2026	Digestive system	Dr.
20-12-2026	Respiratory system	Dr.
26-12-2026	Nervous system	Dr.

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27-12-2026	Lymphatic system	Dr.
02-01-2027	Circulatory system	Dr.
03-01-2027	Endocrine system	Dr.
04-01-2027	Concept of Srotas	Dr.
09-01-2027	Assignments – Part 1	Dr.
10-01-2027	Assignments – Part 2	Dr.
16-01-2027	DIETETICS – Part 1 Method of Consumption of Food – Moong dal soup	Dr.
17-01-2027	Method of Food preparation – Spinach chapatti	Dr.
23-01-2027	Triupasthambas – Ghee preparation	Dr.
24-01-2027	Concept of Complete Diet – Hingwashtaka choorna	Dr.
06-02-2027	Qualities of Food – Buttermilk	Dr.
07-02-2027	Proper Quantity of Food – Banana rasayana	Dr.
13-02-2027	Classification of Food – Broken wheat upma	Dr.
14-02-2027	Samyoga – Triphala choorna	Dr.
20-02-2027	Anupana – Beet root pulao	Dr.
21-02-2027	VATA DIET – Some preparations – Ginger oil	Dr.
27-02-2027	PITTA DIET – Some preparations – Pitta kheer	Dr.
28-02-2027	KAPHA DIET – Some preparations – Mint rice	Dr.
06-03-2027	Dietary Part 2 – Quantity of Food & Digestion, Quantity of Food in relation to quality – Black tea with milk	Dr.
07-03-2027	Wholesome & Unwholesome food – Tea ginger, cinnamon & honey	Dr.
13-03-2027	Properties of Food – Tea for digestion	Dr.
14-03-2027	Choosing the Right Diet – Indian Ayurveda diet, Carrot broccoli soup	Dr.
20-03-2027	Importance of knowledge of Dietetics – Tea for thirst	Dr.
21-03-2027	Regimen in Autumn & Winter – Buckwheat soup	Dr.
27-03-2027	Regimen in Spring & Summer – Ginger corn soup	Dr.
28-03-2027	PSYCHOLOGY OF AYURVEDA – Aspects of Manas, Budhi, Ahankara, Chitta	Dr.
03-04-2027	Three Gunas – Satva, Rajas, Tamas	Dr.
04-04-2027	Pramana-satva – Avara, Pravara, Madyama	Dr.
10-04-2027	16 Psychology Constitutions – Manas, Budhi, Ahankara, Chitta	Dr.
11-04-2027	Aspects of Mental health	Dr.
17-04-2027	AYURVEDIC SPIRITUALITY – Spiritual uplifting from Shareera, Indriya, Satwa and Atma	Dr.
18-04-2027	How Daivavyapashraya is different from Yukthivyapashraya & Satwaavajaya	Dr.
24-04-2027	Diseases or conditions demanding spiritual healing in Ayurveda	Dr.
25-04-2027	Yoga and Spirituality	Dr.
01-05-2027	CHETANA & HRIDAYA	Dr.

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02-05-2027	Shatchakras	Dr.
08-05-2027	Sadvritta & Achara Rasayana	Dr.
09-05-2027	Spirituality in Ayurveda	Dr.
15-05-2027	CONCEPT OF HEALTH AND DISORDER – Concept of Health	Dr.
16-05-2027	Definition of Health & Diseases	Dr.
22-05-2027	Maintenance of balance of Doshas	Dr.
23-05-2027	ABYANGA – Demonstration with Importance of Swedana	Dr.
FINAL EXAM	Examination – 100 marks Take Away: Fundamentals of Ayurveda, Philosophy, Therapeutic principles, Anatomy & Physiology, Ayurvedic Psychology, Constitution, Nutrition, Ayurvedic Spirituality and Abyanga	Dr.