



# Life in Balance

Ancient Wisdom for Modern Living

## Study a Diploma in Ayurvedic Lifestyle Counselling

6 - 12 Month online course

Life in Balance's Diploma in Ayurvedic Lifestyle Counselling is designed to present to Australia a truly authentic approach in the teaching of Ayurvedic Wisdom.

Self-study, Launch or Enhance Your Career with this self-paced course.

### **Description**

Join with us on a journey of study through the eyes of Ayurveda;

Ayurveda translates as 'The Science of Life' and is recognized as the world's most ancient, scientific and holistic healthcare system.

You will have the opportunity to learn, practice and gain the necessary qualifications to enable client consultation within a clinical setting, or use the study as a tool for maintaining:

personal health  
wellbeing  
harmony  
balance  
nutrition  
functional lifestyle  
yoga

The Diploma is delivered online over a time frame of 6 - 12 months.

There is a requirement of a 1 hour Skype or FaceTime lesson with a lecturer per week if completing the course over 6 months or per fortnight if taking the course over a 12 month period.

The Diploma in Ayurvedic Lifestyle Counselling course contains 4 core units of study along with elective units depending on your life experiences.

There is also a 3 day intensive to be held in Seaford Rise Adelaide, South Australia. The intensive will consist of Ayurvedic cooking classes, the practical component of your Massage Unit and Herbal Dravya studies.

The course cost is \$4750.00 plus text books at a cost of \$175.00, there is a deposit of \$1000.00 payable on enrolment with the balance payable over the duration of study. A 5% discount is applicable if payment is made in full prior to course commencement.

## WHAT YOU CAN EXPECT

Successful course completion gives students the ability to provide Ayurvedic consultations which include nutritional and lifestyle advice. Students who have successfully completed can apply for an Association Membership with IICT, and Insurance with OAMPS or AON.

## WHO IS A TYPICAL STUDENT?

Anyone with a self-interest in healing and health therapies for their families or themselves, yoga teachers, massage therapists and mainstream health practitioners, all have been past and current students.

## ABOUT LIFE IN BALANCE

Gaye Buckingham, founder of The College of Mind, Body & Spirit had a desire to present to Australia a truly authentic approach to Ayurvedic Wisdom.

With an Advanced Diploma in Ayurveda, a Diploma and Advanced Diploma of Yoga Teaching, a Diploma of Nutrition, a Diploma of Massage and a Reiki Master Degree, Gaye has been working in the health industry for more than twenty years as a practitioner and teacher as well as hosting health retreats and in recent years has been invited to work in healing camps within the Aboriginal community.

In 2001 Gaye founded The College of Mind, Body and Spirit, a place where students could learn at their own pace with a choice of face-to-face or distant education. This opened the way for an Ayurvedic Yoga & Day Spa where clients and students came to experience the pleasures of Ayurvedic health treatments, which led to hosting regular Yoga and Ayurvedic retreats in India. Gaye is also the co-founder ACE-MBS in 2013 a College dedicated to teaching a Nationally Accredited Certificate IV in Ayurvedic Lifestyle Consultation.



Life in Balance

Office: P O Box 383, SEAFORD RISE SA 5169

E: [info@life-in-balance.com.au](mailto:info@life-in-balance.com.au) W: [www.life-in-balance.com.au](http://www.life-in-balance.com.au)

Facebook - <https://www.facebook.com/life.in.balance.Gaye.Buckingham>