



LEARNING WITH THE MASTERS

EDUCATION, RESEARCH & DEVELOPMENT

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WWW.CAISH.CA

(416) 233-2049 | ADMIN@CAISH.CA

MESSAGE FROM CAISH DIRECTORS

As with all Natural Medicine, there has been an upsurge in public interest in Ayurveda. Canada is one of the last developed countries in the world that has recently taken a high interest in Ayurveda. As recent as five years ago, relatively fewer people in Canada had awareness of Ayurveda. Today Ayurveda is increasingly acknowledged to be a comprehensive, traditional system of natural medicine and has reached the threshold of entering into the realm of evidence-based science.

World Health Organization (WHO) along with AYUSH India (Indian Department of Health & Welfare) has established a benchmark training criteria for Ayurvedic & Yogic studies outside India. Examining and governing institutions in Canada, USA, UK and other European countries for Ayurvedic & Yogic studies have upgraded the training and graduating criteria to abide by the standards laid out.

CAISH has acknowledged and accepted the decision of local and international bodies for certification and licensing and will follow the competence standards in training of Ayurvedic & Yogic studies.

A minimum of 1000 hours of training is required in Ayurvedic Medicine in accordance to WHO, AYUSH benchmark and the associated examining / governing institutions. To reflect these changes CAISH has upgraded its ongoing programs. As of October 2014, there will be new programs introduced. Stay connected with us by visiting our website and reading our upcoming newsletters to learn more about the newer and upgraded programs being introduced in Canada.

From,
CAISH Education

OPEN HOUSE
SEPTEMBER 18, 2014
FROM 5PM-7PM

STUDENT NEWS

CAISH Student Alumni

CAISH graduates have stepped forward in forming an official student alumni body that will support newer students of Ayurveda as well as the community with ongoing events to provide the opportunity for incorporating Ayurvedic care with ease.

Our sincere thanks to the graduates and students; Premadasa Gangadeen, Cathy Campbell, Nisha Kumar, Jessica Malacarne and Joey Bujold for taking the lead and working towards the voices of the Ayurvedic community.

■ AYURVEDIC SELF & COMMUNITY CARE 200 HOURS **NEW**

START DATE: OCTOBER 16, 2014
TUITION: \$1,990 PLUS APPLICABLE TAXES

The Ayurvedic self and community care is a foundational program for those who wish to incorporate the ancient wisdom of ayurveda into daily living. This hands-on self-development program will teach students the fundamental principles and practices of Ayurvedic care in combination with its sister science yoga.

- Holistic eco-spiritual approach of Ayurveda to all such persons who wish to learn Ayurveda for serving self and community.
- Focus of this program is the dosha analysis and self-care with effective support.

PREREQUISITE

Any individual who has completed secondary or pre-university or equivalent education may apply to this program.

- 160 hours of class room theory and practical teaching completed within 4 months (40 hours reading & home work per month)

CLASSES TO BE HELD ON:

- Every 3rd weekend of the month from 10am-6pm
- Every Tuesday and Thursday from 6pm-9pm

ASCC is a CAISH certificate program; a prerequisite (or must) for any further studies



Register by September 15 to receive the 5% early bird discount.

For registration email admin@caish.ca

REGISTER NOW

■ AYURVEDA & YOGA THERAPIST 300 HOURS

START DATE: OCTOBER 11, 2014
TUITION: \$5,300 PLUS APPLICABLE TAXES

Bridging the Higher Consciousness

The ancient teachings of Yoga are connected to the understanding of Ayurveda; the innate knowledge of life. Together, these sister sciences unlock the gateway to profound wisdom, natural healing and harmonious existence.

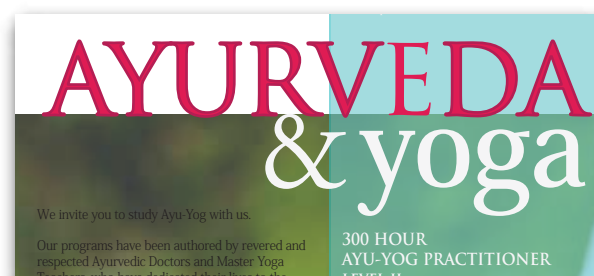
Study the ancient science of Ayurveda and Yoga together as a unified tool for healing.

Our programs are authored by revered and respected Ayurvedic Doctors and Master Yoga Teachers who have dedicated their lives to the practice of Natural, Integrative and Complementary Medicine.

Our seasoned educators have integrated their wisdom through professional experience, education and applied skills with over 20 years of practice, teaching and mastery.

Discover, practice and share the wisdom of Yoga and Ayurveda.

Programs are certified and recognized by the Yoga Alliance.



For registration email Nicole@vedaraya.com

REGISTER NOW

■ PRINCIPLES & PRACTICES OF NATURAL MEDICINE LEVEL 1- 500 HOURS **NEW**

START DATE: NOVEMBER 5, 2014
TUITION: \$3,500 PLUS APPLICABLE TAXES
(Part of the tuition fees is eligible for tuition tax deductibles)

This is a prerequisite program mandatory for licensing and registering under the Canadian standards of practice for natural Medicine with the Examining Board of Natural Medicine.

The program is focused on students and graduates gaining a complete understanding of Natural Medicine Modalities, sciences and industry standards, for successful practice of Ayurveda.

- Theory and practice of Natural Medicine
- Body and Body System
- Botanical & Lifestyle Therapy
- Holistic health diet
- Principles of therapeutic action in Natural Medicine

REGISTER NOW

UPCOMING CONTINUING EDUCATION & WORKSHOPS

■ CONTINUING EDUCATION: PRENATAL YOGA & AYURVEDA TEACHERS TRAINING 100 HOURS (85 HOURS ARE YOGA-FOCUSED AND 15 HOURS AYURVEDA LEARNING)



DATE
Oct 20, 2014 – Jan 20, 2015

FACILITATOR
Jessica Malacarne
(Doula, Yoga Teacher & Ayurvedic Therapist)

COST
\$1,350 plus applicable taxes
****Early bird discount \$950 before September 15, 2014**

CERTIFICATION:
RYT teachers through Yoga Alliance

Pregnancy is infinite and a time to embrace you and your unborn child with love.

The Yoga practices and Ayurvedic application into life before conception are essential and key components for healthy-to-be moms. During pregnancy, birth and postpartum imprint the positive and embrace a higher state of wellbeing for the next generation and beyond.

Registration & inquiries, contact: Jessica Malacarne at Jessie@thebirthingflower.com

REGISTER NOW

■ WORKSHOP 1: MARMA POINTS AND YOGA THERAPY WITH DR. INDU ARORA



DATE
December 12-15, 2014

FACILITATOR
Celebrated Teacher: Dr. Indu Arora

COST
Value for 4 day intensive: \$325 plus applicable taxes

CERTIFICATION:
RYT teachers through Yoga Alliance, USA eligible for CEU Certificate

Learn to integrate Marma Points into a yoga class or your personal practice, and gain a deeper understanding of your body type as well as how the basic concepts of Marma as it relates to everyday life. As a graduate of this training, you will also be able to understand how prana (life force), tejas (internal fire) and ojas (deep vitality) can be cultivated to regulate and support agni (digestive fire) for optimal health.

CONTENTS:

- Principles of Yoga Therapy and the real meaning of Yoga.
- Basics of marma: meaning, location, history, types, and applications.
- What are the Ayurvedic maps: doshas (constitutions), gunas (psychological tendencies), vayus (winds or movement of prana), and koshas (sheaths).
- How to adapt asana (postures) and pranayama to kindle our agni and better circulate prana for efficient energy management engaging the Marma Points.
- Understand the alchemy of yoga and marma points along with integration of mudra, meditation, pranayama & mantras.
- How to trigger a marma point using a marma stick and give marma point therapy to others.
- Learn the practice 18 Point Marma meditation.
- Important Mudras and Marma Points.
- Important Shat Kriyas, Pranayamas and Marma Points.
- Learn how to how to address vikruti (imbalances) through asana, pranayama, relaxation, meditation and diet, cleansing, and lifestyle adjustments.

REGISTER NOW

■ WORKSHOP 2: MEDITATION- DOOR TO FREEDOM FROM FEAR AND ANXIETY



DATE
September 6, 2014

FACILITATOR
Celebrated Teacher: Jivasu

COST
\$60 plus applicable taxes

A workshop with Jivasu, to explore the door to freedom from fear and anxiety through Dialogue, Breath Work and Meditations.

Individually and collectively fear is the central problem of humanity causing stress and anxiety and preventing us from living fully. In this workshop we will explore the origin, structure and experience of fear and anxiety and also how to become free from them through meditation to live in peace and well-being.

REGISTER NOW

FACILITY RENTAL

We offer very supportive pricing for space rentals for like-minded individuals and organizations.

For more details, contact: admin@caish.ca

FOLLOW US ON



344 BLOOR STREET (SPADINA & BLOOR), SUITE 305
TORONTO, CANADA, M5S 3A7

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New Business Inquiries:
647.831.5400

info@solaracommunications.com
www.solaracommunications.com

*New estimate minimums (before taxes) will apply. Valid for new clients only. Other conditions may apply.
Excludes 3rd party costs such as Google PPC or printing.