

INNER SUN & MOON | School Of Natural & Holistic Therapeutics

THE AYURVEDIC DOULA

Specialized Certification In Ayurvedic Postpartum Care

210-hour Diploma Program

CURRICULUM

Textbooks (to self-purchase):

Touching Heaven Vol 1: Postpartum Care by Ysha Oakes

Touching Heaven Vol 2: Postpartum Recipes by Ysha Oakes

Optional textbooks (to self-purchase):

Ayurveda: The Science Of Self Healing by Dr. Vasant Lad

The Complete Book Of Home Remedies by Dr. Vasant Lad

Required additional purchases:

Supplies for practicums—including meal ingredients, spices, herbs, oil, belly binding cloth, and related items

Plan to spend about \$200 on practicum supplies. You may be able to do it with less, and you could also optionally spend a lot more. There is a good amount of freedom in what you choose to create. This \$200 can be spread out over several months. You don't need to purchase all supplies at once. You may find you have a lot of it in your house already, especially spices and meal ingredients; this will also save you money.

8 x AyurDoula training modules; each module includes video classes, pdf downloads, hands-on assignments, and reading assignments

Module 1: The Sacred Window & The Pillar of Rest

8 pages of notes to accompany videos

In this module you will gain an understanding of the importance of the postpartum Sacred Window & look at how to honor it through the Ayurvedic tradition, get a big picture overview of Ayurvedic postpartum care & why it works, take a look at what mama is experiencing during the first 42 days after birth, and learn the principles of postpartum rest that support mama's best recovery and mama & baby bonding.

Video Classes:

- Intro To Module 1 - 0:02:56
- Ayurvedic Perspectives On Pregnancy Vs Postpartum – 0:05:09
- Birth Is An Initiation + The Importance Of The Postpartum Sacred Window – 0:32:39
- Scope Of Practice – 0:11:27
- A General Overview Of Ayurvedic Postpartum Care – 0:16:40
- A Deeper Look At Vata Dosha + Overview Of How To Balance Vata In The Postpartum Time – 0:07:13
- What Mama Is Physically Experiencing In The Early Weeks After Birth – 0:16:47
- The Pillar Of Rest: Principles Of Post-Birth Rest As Per Ayurveda – 0:27:46
- Getting More Familiar With The Three Doshas – 0:45:53

Module 2: The Pillar of Diet

21 pages of notes to accompany videos

In this module you will come to understand the principles of the Ayurvedic postnatal diet, get acquainted with recommended postnatal recipes & how to properly prepare them to support optimal post-birth recovery, and gain hands on postpartum cooking experience in your own kitchen.

Video Classes:

- Intro To Module Two – 0:03:32
- Key Concepts In Ayurveda: Agni, Ama, Ojas, The 7 Dhatus, & The 3 Gunas – 0:29:53
- The Pillar Of Diet: Ayurvedic Nourishment For Mama - 1:15:54
- Important Nuances In Preparing Foods For A New Mama -0:13:46
- Blanching Almonds Demo – 0:00:35
- Proper Preparation & Benefits Of Cow's Milk – 0:20:14

- 3-Times Boiled Milk Demo – 0:04:03
- All About Ghee – 0:27:56
- Ghee Demo 1 – 0:00:04
- Ghee Demo 2 – 0:00:06
- Ghee Demo 3 – 0:00:04
- Ghee Demo 4 – 0:00:29
- The First Day's Rice Pudding – 0:05:41
- What If Mama Had A Cesarean Birth? – 0:00:45
- Stewed Fruit Instead Of Stool Softeners – 0:08:23
- Stewed Fruit Demo – 0:01:55
- A Detailed Look At The First 2 Weeks Postpartum – 0:08:09
- What Kind Of Vitamins Should Mama Take? – 0:04:12
- Eating The Placenta & Ayurveda – 0:06:37
- Practicalities & Logistics Of Cooking For A New Mama — An Interview With Guest Teacher Rati Rasa – 1:05:51
- Q&A With Rati Rasa — Cooking For New Mamas – 1:20:18

Ayurvedic Postnatal Cooking Practicum — Accompanying hands-on practice assignments to be completed in your own kitchen.

Module 3: The Pillar of Herbs

23 pages of notes to accompany videos

In this module, you will learn the core Ayurvedic postpartum herbals and how to properly prepare them in the traditional methods with hands on practice + learn the most valuable flower remedies, essential oils, homeopathics & western herbs to bring mamas in your care added layers of support.

Video Classes:

- Intro To Module Three – 0:05:02
- The Pillar Of Herbs: Overview & Important Considerations - 1:02:09
- The Details On The 7 Core Postpartum Herbals – 1:08:31
- Herbal Prep Demonstrations
- Dashamula Demo – 0:00:44
- Sweetwater Lactation Tea Demo – 0:00:48
- Digestive Chewing Herbs Demo – 0:02:59
- Garlic Chutney Demo – 0:02:43
- Shatavari Kalpa & Candied Nuts Demo – 0:01:32
- Sesame Laddus With Shatavari Demo – 0:03:25
- Herbal Milk Tonic Demo – 0:00:57

- Extra Herbal Formulas I Love To Make For Mamas – 0:14:45
- Where To Find All Your Herbs & Supplies – 0:01:43
- The Postpartum Calendar: When To Do What – 0:01:54

Surprise Bonus! Moonday Chats

- Ashwagandha – 0:46:09
- Bala – 0:29:07
- Brahmi – 0:36:18
- Cardamom – 0:28:26
- Dashamula – 0:57:45
- Ginger – 0:07:25
- Guduchi – 1:19:57
- Japa/Hibiscus – 0:24:33
- Neem – 0:26:49
- Saffron – 0:32:41
- Sandalwood – 0:25:40
- Shankhapushpi – 0:36:52
- Shatapatri/Rose – 0:55:45
- Shatavari – 0:34:19

Ayurvedic Postnatal Herbal Preparations Practicum — Accompanying hands-on practice assignments to be completed in your own kitchen.

Module 4: The Pillar of Massage & Body Care

10 pages of notes to accompany videos

In this module, you will learn the art of abhyanga—Ayurvedic warm oil massage—for yourself & for the mothers in your care. You will learn a self-abhyanga sequence + how to choose & prepare abhyanga oils, how to do Ayurvedic style belly binding, how to choose herbs for herbal bath soaks + prepare beautiful herbal baths, and how to bring ceremony into the work you do for the mamas in your care.

Video Classes:

- Intro To Module Four – 0:08:06
- The Ayurvedic Daily Routine To Support Your Self Care – 0:10:23
- The Pillar Of Massage + Abhyanga How-To Basics – 1:18:41
- Curing Oil Demo – 0:00:02
- Self-Abhyanga Sequence Demo – 0:24:11
- Ayurvedic Style Belly Binding + Creating Ceremony – 0:44:48

- Ayurvedic Belly Binding Demo – 0:03:57
- Sped Up Demo 1 – 0:00:46
- Demo 2 – 0:00:09
- Making Belly Binding Cloths Demo – 0:10:56
- Making Herbal Baths For New Mamas – 0:25:58
- Herbal Bath Prep Demo – 0:04:06
- Finished Bath Soaks – 0:01:30
- The Art Of Making Sacred Ceremonial Fresh Flower Baths – 1:15:03
- A Note On Using Essential Oils – 0:07:38
- Just For Fun: A Look At Classic Postpartum Care In India – 0:03:03

Ayurvedic Postnatal Body Care Practicum — Accompanying hands-on practice assignments to practice on yourself + friends & family.

Module 5: Sacred Baby Care

12 pages of notes to accompany videos

In this module you will learn the principles of Ayurvedic newborn care, including feeding baby, healthy mama breast milk, how to give & teach Ayurvedic baby massage with hands on practice, how to choose baby massage oils, and how to bathe + make herbal baths for baby.

Video Classes:

- Intro To Module Five – 0:01:18
- Ayurvedic Baby Care: The Early Days + Mama's Milk – 0:51:46
- Ayurvedic Baby Care: Baby Massage, Ubtan, & Bathing - 1:12:40
- Ayurvedic Baby Massage Sequence Demo – 1:18:14
- Baby Massage Workshop With My 4 Week Old Baby – 0:27:14
- Preparing For & Teaching Baby Massage – 0:31:22

Ayurvedic Baby Care Practicum — Accompanying hands-on practice assignments to practice on your own children or with friends & family.

Module 6: Troubleshooting & Special Alterations

15 pages of notes to accompany videos

In this module, you will begin networking & building your referral list, learn about cesarean incision care + special alterations needed, gain an understanding of how to make a hospital room less aggravating to vata, come to more clearly see vata-pitta-kapha tendencies in a new

mother, and learn how to troubleshoot and help turn around all the most common postnatal ailments in both mama and baby.

Video Classes:

- Intro To Module Six – 0:07:34
- Legal Concerns: Keeping Yourself Safe As An Ayurdoula - Written Only
- Networking & Your Referral List – 0:08:49
- Cesarean Birth Care, Special Alterations For Medical Conditions, And Reducing Vata During The Hospital Stay – 0:31:14
- Identifying Vata, Pitta, And Kapha Tendencies In New Mothers – 0:28:30
- Troubleshooting For Both Baby & Mama; Part 1 – 0:43:54
- Troubleshooting For Both Baby & Mama; Part 2 – 1:52:02

Module 7: VISION Your Dream Birth Work Business

11 pages of notes to accompany videos

In this module you will vision the birth work business of your dreams, understand the daily rhythms of Ayurvedic postpartum care-giving in a new mother's home, begin packaging up your sacred work into irresistible offerings that are unlike anyone else's, receive guidance in structuring successful initial consultations to connect with potential clients, and make the legal documents like contracts and intake forms needed to be ready to accept your first clients as an Ayurvedic Postpartum Care Specialist.

By the time you have completed this module, you will be able to apply for your Ayurvedic Postpartum Care Specialist Certification!!!!

Video Classes:

- Intro To Module Seven – 0:02:55
- Vision Your Dream Birth Work Business – 0:08:11
- Meet Your Soul Client Avatar – 0:21:06
- What Services Can I Offer As An Ayurvedic Postpartum Care Specialist & How Should I Structure My Time With A Mama? – 1:13:33
- Live Q&A Replay: My Postpartum Experience + More – 0:55:15
- Packaging Up Your Sacred Work – 0:49:07
- Offering & Running A Free Initial Consultation – 0:24:12
- Writing Your Intake Form, Policies, & Contracts – 0:25:30
- How Do I Schedule Mamas When There Is No Telling When Baby Will Come? – 0:08:13
- What To Do Next: The Final Exam, Certification, & Next Steps – Written Only

Final Exam — 100 question written final exam.

Module 8: CREATE Your Dream Birth Work Business

9 pages of notes to accompany videos

This is the CREATE your dream birth work business module.

Get support, feedback, and insight as you are creating your dream business, developing your packages and offers, creating your signature formulas and products, and working with your first mama clients!

Video Classes:

- Mark Your Calendar For The Next Live Q&A Calls – Written Only
- Add Yourself To The Inner Sun & Moon Student + Graduate Directory – Written Only
- How To Charge Your Worth & Create Sustainable Service Packages With Guest Teacher Madhu – 1:03:26
- Finalize Your Packages – Written Only
- Get These Books To Support Your Sacred Business Journey – Written Only
- Business Set Up Checklists – Written Only
- Know Your Soul Niche + Write Your Result Statement – 0:18:54
- Identify Your Soul Clients' Pain Points (In Their Words) – 0:19:57
- Create Your Divine Free Opt In / Free Gift To Offer Potential Clients – 1:01:01
- Create Your Email List Welcome Series – 0:10:04
- Run FREE Live Classes & Events – 0:15:01
- Join The Free Sacred Mama Facebook Group & Start Promoting Yourself – 0:03:33
- Creating Consistent Income As An AyurDoula – 1:13:27
- Social Media 101 For Business With Nadia Carriere – 0:59:39
- DIY Design & Branding With Guest Teacher Brenna Paxton, Part 1 – 1:05:15
- DIY Design & Branding With Guest Teacher Brenna Paxton, Part 2 – 1:07:10
- DIY Design & Branding With Guest Teacher Brenna Paxton, Part 3 – 3:01:12

Live Q&A Calls + Facebook Community – 12 Months Access

Gather together 3 x monthly to get your questions answered + receive implementation guidance and mentorship as you create or rebuild your business as an Ayurvedic Doula.

- Calls are held in Zoom on the 1st, 2nd, and 3rd Mondays of each month at 6:30 pm CT. Joining us live is optional; you can submit questions ahead of time & watch the recordings if you can't join us live. Graduates are invited to return to Q&A calls any time they want or need.
- Get 12 months access to the private Facebook group where you can network with other students and receive support/community along your journey. Graduates are invited to remain in the Facebook group as this is your community!

Bonus One

35 pages of notes to accompany videos

Use these classes to deepen your skill set in relation to your passions + expand your services and offerings!

Video Classes:

- Ayurvedic Birth Preparation: The Traditional Ayurvedic Way To Prepare For Birth – 1:15:20
- 5/25/20 Moonday Chat: Holistic & Ayurvedic Birth Prep – 0:40:21
- Sacred Beginnings: Ayurvedic Traditions For The First Moments Of Baby's Life – 0:38:23
- Ayurvedic Preparation Of Herbal Ghee – 0:44:46
- Ayurvedic Preparation Of Herbal Oil – 0:50:52
- Western Herbalism Preparation Of Herbal Oil; Part One: Using Dry Herbs – 0:50:34
- Western Herbalism Preparation Of Herbal Oil; Part Two: Using Fresh Herbs & Flowers – 0:13:18
- Using Basti To Support Postpartum Recovery – 1:25:00
- Introduction To Ayurvedic Marma Therapy For New Mothers – 1:15:41
- Marma Therapy Treatment Demo – 1:22:14
- Introduction To Giving New Mother's Abhyanga Massage – 1:03:34
- New Mother's Abhyanga Treatment Demo – 1:52:34
- Postpartum Abhyanga Immersion Recording – 7 additional classes with approximately 15 hours of class time

Workshop Archive

Here you will find an archive of past live workshops on subjects related to Ayurvedic mama & baby care—for your enjoyment + to deepen your skill set where you want to deepen it!

- Herbal Oils, Formulation, Mantra, & Yantra – 1:58:56
- Raab Demo With Rati-rasa – 0:38:59
- Making Paneer & Turkish Zucchini With Rati-rasa – 0:58:55
- Kansa Master Class For AyurDoulas With Joan Ngo – 2:22:46
- Ayurvedic Beauty & Feminine Rituals With Joan Ngo – 1:27:13
- Essential Oils For Emotions With Nadia Carriere – 1:22:13
- Butters, Creams, & Beauty Treatments For Pregnant Mamas With Nadia Carriere – 1:09:45
- Shirodhara Workshop With Guest Teacher Lauren Quelhurst – 0:55:21

- 5-Day Immersion: Sacred Ayurvedic Ways For Birth & Postpartum Recovery
- Medicine Making With Prayer – 1:19:23
- Wise Woman + Ayurvedic Womb Massage – 1:48:31
- Ayurvedic Yoni Steaming Workshop – 0:34:51
- Making Traditional Rose Sheero Halava – 0:47:07
- Flower Essence Bonus Class: Transcendental Body Care Treatment – 0:28:44
- Flower Essences For Birth Workers – 1:10:44
- Making Traditional Ayurvedic Baby Massage Oil: A Master Workshop – 1:01:01

Bonus Two (Pay In Full Bonus)

Available when you enroll by paying in full!

Sacred Flower Essences For Birthkeepers: Practitioner's Set + Master Training

- 24-piece Sacred Flower Essence Set specially created for birth workers to support mamas and babies through pregnancy, birth & postpartum
- 3 part mastery training on mastering the art of using your sacred flower essence set – 5 hours
- Read full course description here: <https://innersunandmoon.com/floweressencesforbirthkeepers>

If you receive the pay in full bonus when enrolling in The Ayurvedic Doula, you will receive your flower essence set & accompanying training at no extra charge when you complete your Ayurvedic Postpartum Care Specialist Certification. When Sarva mails you your certification, she will also mail your flower essence set to you!

Optional Additional Purchase

Occasionally available as a FREE bonus during special events.

Sacred Essential Oils For Birthkeepers: Practitioner's Set + Master Training

- 16-piece Sacred Essential Oil + Rose Hydrosol Set specially created for birth workers to support new mamas & newborns
- 3 part mastery training on mastering the art of using your sacred essential oil + rose hydrosol set – 5 hours
- Read full course description here: <https://innersunandmoon.com/essentialoilsforbirthkeepers>

If you receive the essential oil bonus when enrolling in The Ayurvedic Doula, you will receive your essential oil set & accompanying training at no extra charge when you complete your Ayurvedic Postpartum Care Specialist Certification. When Sarva mails you your certification, she will also mail your essential oil set to you!

Exclusive Directory Listing

Your enrollment in The Ayurvedic Doula includes an exclusive listing in our Inner Sun & Moon student + graduate practitioner directory; this listing is always free of charge to you and can be updated as often as you want/need!

The Time Frame

Enrollment into The Ayurvedic Doula is evergreen, meaning you can enroll when the time is right for you and work through the program in your own pace. We recommend spending up to 12 months moving through the modules, completing your certification, and continuing to receive support & guidance as you accept your first clients as an Ayurvedic Doula. We see the best results when students spend 8 months doing modules 1-7 & completing their certification, and then use the next 4 months to get continued support as they set up their business and take their first clients. However, we are happy to grant you any amount of time you need to complete your certification.

Certification Requirements

To be awarded your certification and title as an Ayurvedic Postpartum Care Specialist, you must complete Modules 1 - 7, satisfactorily complete 4 hands-on practicums – Ayurvedic Postnatal Cooking, Ayurvedic Postnatal HerbalsPreparations, Ayurvedic Postnatal Body Care, and Ayurvedic Baby Care, and complete a 100-question written final exam with a score of 85% or higher.

Number Of Hours

The entire program is approximately 210 hours of lecture training, mentoring, and hands-on experience.

Ready To Enroll?

We are overjoyed to welcome you into The Ayurvedic Doula training —

[Enroll today by booking an enrollment call with Sarva!](#)