QUESTIONS & REGISTRATION

info@rasayana.se

RASAYANA

The art of positive health

Would you like to deepen your knowledge of Ayurveda?

Ayurvedic Lifestyle Consultant • starts 20 February 2027

Rasayana Wellness offers a flexible education in Ayurveda. Take the full programme to train as an Ayurvedic lifestyle consultant, or choose individual modules to suit your goals and interests.

Course structure

You can attend online or in person at Rasayana, Ringvägen 107, Stockholm. Modules 4 and 5 take place in person. The cooking day in module 3 is practical and takes place in person. The course progresses from Ayurvedic principles and self-care to practical assessment and more advanced topics.

Modules 1–3 Ayurveda for self-care: foundations, bodily functions, food and cooking.

Modules 4–7 Practical assessment, Ayurveda and the mind, Panchakosha and energy channels.

Modules 8–12 Digestion, breathing, women's health and other health concerns, with student practice.

Fees and flexibility

The full course costs SEK 35,000 including VAT. You can also take individual modules. Students who intend to practise as Ayurvedic lifestyle consultants complete student consultations during the course. See the overview on the next page for fees and content.

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Explore Ayurveda and discover a path to lasting wellbeing

This course welcomes both newcomers to Ayurveda and those who want to build on what they already know. Each module gives you practical tools for daily life or future work as a lifestyle consultant.

Course overview

1 Introduction to Ayurveda

2 Subdoshas and bodily functions

3 Ayurvedic food and cooking

4 Pulse, tongue, nails and face

5 Ayurvedic assessment in depth

6 Ayurveda and the mind

7 Panchakosha and energy channels

8 Digestion, part 1

9 Digestion, part 2, stress and lifestyle-related concerns

10 Breathing, allergies and immunity

11 Women's health

12 Metabolism, skin, sleep and Panchakarma

Fees and flexibility

Full course

SEK 35,000 incl. VAT

Modules 1–3 together

SEK 9,800 incl. VAT

Module 1 only

SEK 1,500 incl. VAT

Cooking class separately

SEK 1,250 incl. VAT

Modules 4–12

SEK 3,500 per module incl. VAT

Starts 20 February 2027 • Ringvägen 107, Stockholm or online

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Curriculum

Modules 1–3 provide a foundation in Ayurveda, self-care and Ayurvedic cooking.

20–21 February 2027
HYBRID

Module 1 Introduction to Ayurveda (2 days)

The history, origins and philosophy of Ayurveda. Health and illness from an Ayurvedic perspective, Vata, Pitta and Kapha, and daily and seasonal self-care routines.

Price SEK 1,500 incl. VAT

12–14 March 2027
HYBRID

Module 2 Subdoshas and bodily functions (3 days)

The subdoshas of Vata, Pitta and Kapha. The body's tissues and elimination processes, Dhatu and Mala, and the balance between body, mind and environment.

9–11 April 2027
HYBRID

Module 3 Ayurvedic food and cooking (3 days)

Ayurvedic food principles, the effects of the tastes and digestion. The cooking day is practical and takes place in person, using Ayurvedic ingredients and spices.

Modules 1–3 cost SEK 9,800 together, including VAT. The cooking day in module 3 can also be booked separately for SEK 1,250 including VAT.

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Curriculum

Modules 4–7 require the preceding modules or equivalent knowledge. The fee is SEK 3,500 including VAT per module.

1–2 May 2027
IN PERSON

Module 4 Ayurvedic assessment of pulse, tongue, nails and face (2 days)

Observation of the pulse, tongue, nails and face. Practical training in pulse reading and identifying signs of imbalance.

5–6 June 2027
IN PERSON

Module 5 Ayurvedic assessment in depth (2 days)

Further study and practical training in pulse, nail and tongue assessment.

3–4 July 2027
HYBRID

Module 6 Ayurveda and the mind (2 days)

Ayurvedic principles for understanding mental balance, daily routines and wellbeing.

7–8 August 2027
HYBRID

Module 7 Panchakosha and energy channels (2 days)

Panchakosha and the body's energy channels from an Ayurvedic perspective.

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Curriculum

Modules 8–12 are for students completing the Ayurvedic lifestyle consultant course. The fee is SEK 3,500 including VAT per module.

4–5 September 2027 HYBRID	**Module 8 Digestion, part 1 (2 days)** Ayurvedic perspectives on digestion and its importance for health.
2–3 October 2027 HYBRID	**Module 9 Digestion, part 2, stress and lifestyle-related concerns (2 days)** Further study of digestion, stress and lifestyle-related concerns. Practical training through student consultations.
30–31 October 2027 HYBRID	**Module 10 Breathing, allergies and immunity (2 days)** Ayurvedic perspectives on breathing concerns and allergies, and ways to support immunity. Practical training through student consultations.
4–5 December 2027 HYBRID	**Module 11 Ayurveda and women's health (2 days)** Women's health from an Ayurvedic perspective, focusing on different stages of life and self-care. Practical training through student consultations.
15–16 January 2028 HYBRID	**Module 12 Metabolism, skin, sleep and Panchakarma (2 days)** Metabolic imbalances, skin concerns and sleep, with an introduction to Panchakarma.