



**AYUVIDYA**  
College of America

*Authentic  
Ayurvedic  
Training*

# Ayurvedic Health Counselor PROGRAM

**BEGINS JANUARY 7, 2017**

## Learn and teach others how to:

- Prevent most disease by creating and restoring balance within body-mind-spirit
- Offer personalized nutritional recommendations to prevent and treat a variety of digestive issues
- Follow a daily routine to improve productivity and enhance the quality of life
- Make changes according to seasonal variation to enjoy each season, without getting sick
- How to calm the Mind and increase Mindfulness to de-stress your life
- Use home remedies to take care of minor problems, and avoid frequent visits to the doctors
- Get a vision to look at our life more naturally and achieve well being.

## Student Testimonial

*At AyuVidya College of America, we learn from well-known Ayurvedic doctors and practitioners having years of clinical experience. The classes are interactive with hands-on activities. Joining the program has changed my life. I am looking forward to completing the counselor program and continuing to the practitioner level. If you are passionate about Ayurveda and health, AyuVidya College is the place to learn. I highly recommend it. –Sharma, B.*



## OPEN HOUSE

**Sat. Sep 17 & Oct 22, 10am**

Dr. Jay's Health & Nature Wellness Center  
2495 Old Middlefield Way  
Mountain View, CA 94043

**To RSVP call (650) 584 - 3123**

## Program Highlights

- Authentic education
- Highly experienced faculty
- Convenient location, ideal facility
- Multiple payment plans
- Hands-on learning
- Affiliated with Tilak Ayurveda Mahavidyalaya in Pune
- Program approved to operate by CA State

**To order a catalog or for more information call (650) 584-3123**

[www.AyuVidya.com](http://www.AyuVidya.com) | [info@AyuVidya.com](mailto:info@AyuVidya.com)

Dr Jay's Health & Nature Wellness Center: 2495 Old Middlefield Way, Mountain View, CA 94043