

50-Hour Ayurvedic Therapy Foundation Course

IN ASSOCIATION WITH SEN WELLNESS ACADEMY

Who Is This Course For?

The 50-Hour Ayurvedic Therapy Foundation Course is designed for people who wish to develop a clear, practical and responsible understanding of Ayurvedic medicine, lifestyle and therapeutic principles.

It is particularly suitable for:

- Former and returning guests or patients of Sen Wellness who have developed a natural interest in Ayurveda through their own healing journey
- Yoga teachers and movement practitioners
- Nutritionists and health coaches
- Massage therapists and bodyworkers
- Existing Ayurvedic therapists seeking to deepen or refresh their foundations
- Osteopaths, physiotherapists and complementary healthcare practitioners
- Integrative and holistic medicine practitioners
- Wellness professionals and retreat facilitators
- Individuals interested in applying Ayurvedic lifestyle principles to their own health and daily life

> ***No previous training in Ayurveda is required.*** *The course is suitable both for complete beginners and for established practitioners who wish to integrate a foundational understanding of Ayurveda into their existing field of work.*

Purpose of the Foundation Course

This carefully designed 50-hour programme introduces participants to the essential principles, science and practical applications of Ayurveda.

The course develops a grounded understanding of Ayurvedic philosophy, constitution, lifestyle, nutrition, therapeutic observation and basic assessment principles. Participants are also introduced to relevant anatomy and physiology, creating an accessible bridge between traditional Ayurvedic knowledge and contemporary Western healthcare understanding.

The programme combines three interconnected areas of learning:

AREA 01

Theoretical Foundation

Participants study the essential principles of Ayurveda, including:

- The philosophy and origins of Ayurveda
- The five elements
- The three doshas
- Individual constitution and imbalance
- Agni, digestion and metabolism
- Ama and the Ayurvedic understanding of accumulation
- Daily and seasonal rhythms
- Ayurvedic nutrition and lifestyle
- Introduction to basic assessment and observation
- The relationship between body, mind, environment and wellbeing
- Relevant foundational anatomy and physiology
- Professional ethics, boundaries and responsible practice

AREA 02

Clinical Observation

Participants receive guided exposure to the clinical environment within the Sen Wellness medical centre.

This allows them to observe how Ayurvedic principles are applied within a living therapeutic setting, including:

- Basic understanding of initial consultation and case understanding
- Basic knowledge of constitution and imbalance assessment
- Treatment planning
- The relationship between the Ayurvedic doctor, therapist and patient
- Therapeutic preparation and aftercare in a clinical setting
- The responsible integration of lifestyle, nutrition, body therapies and contemplative practices

> *Clinical exposure is observational and educational. It does not qualify Foundation Course participants to diagnose, prescribe or practise independently.*

AREA 03

Vedagedara: The Ayurvedic Medicinal House

A distinctive part of the programme is regular guided visits to Vedagedara, the Ayurvedic medicinal house. Participants enter a traditional setting where medicinal plants are cared for and medicines are prepared, learning alongside local indigenous practitioners and knowledge holders who carry the living wisdom of Ayurveda.

Through these visits, participants encounter the care, prayer and intention that accompany traditional medicine preparation. They learn how respect for plants, attention to the preparation process and the knowledge passed down through generations shape the work of the medicinal house.

Participants also have access to the medicinal pharmacy at Sen Wellness Sanctuary, where they observe how herbs are processed and prepared and take part in guided, basic medicine preparation. Visits to the local nature reserve introduce selected medicinal plants and herbs in their natural environment, connecting plant identification with the preparations explored during the course.

Participants are introduced to:

- Selected medicinal plants and herbs, including their identification and traditional uses
- The journey from medicinal leaves and other plant materials to finished preparations
- Basic methods for preparing oils, herbal powders, decoctions and other simple preparations
- Practical preparation activities guided by experienced practitioners
- The relationship between plant, season, preparation and therapeutic purpose
- Prayer, intention and care within the living traditions of Ayurvedic medicine
- Simple preparation methods that can be responsibly applied in their own daily lives

Rooted in the living traditions of Ayurveda, this experience introduces participants to plant wisdom through guided, practical and hands-on learning. It connects the knowledge carried by local practitioners with the care of medicinal plants and the preparation of simple medicines, nurturing a living relationship with nature and community.

> *Plant identification and medicine preparation remain guided foundation-level learning activities and do not qualify participants to prescribe medicines or practise independently.*

What Participants Will Gain

By the end of the Foundation Course, participants should have:

- A clear understanding of the fundamental principles of Ayurveda
- A basic understanding of the doshas, constitution and imbalance
- Greater awareness of digestion, lifestyle, daily routine and seasonal health

- Introductory knowledge of Ayurvedic observation and assessment principles
- An understanding of the role of herbs, oils and traditional preparations
- Basic knowledge of relevant anatomy and physiology
- Practical tools that can be responsibly applied within their own life
- The confidence to introduce appropriate Ayurvedic lifestyle principles into an existing professional practice
- A clear understanding of the boundaries between lifestyle guidance, therapeutic support and clinical Ayurvedic practice
- A foundation for progressing to more advanced levels of study

Scope of the Certificate

Successful participants receive a certificate confirming completion of:

- Three case studies
- Practical examination
- Professional conduct
- The standard 50-hour curriculum

Participants who successfully complete the programme will be guided towards apprenticeship opportunities at the Sen Wellness Medical Centre.

This certificate recognises foundational education in Ayurvedic principles, lifestyle, therapeutic observation and practical application, authorised by the Department of Ayurveda, Sri Lanka, and the Ministry of Health, in association with Sen Wellness Academy.

> *The Foundation Course does not by itself qualify a participant as an Ayurvedic doctor, Ayurvedic medical practitioner or independent Ayurvedic therapist.*

COURSE LEADERSHIP

Faculty

Dr Sam Kankanamge Course Lead	Dr Chamodika Gunathilake Chief Medical Officer	Professor K. Priyani Peiris Head of the Faculty, University of Indigenous Medicine, Sri Lanka

Participants wishing to progress towards professional therapeutic practice may continue through the advanced Sen Wellness training pathway.