



[Alma Mater Europaea - European Centre Maribor](#)  
[International Maharishi AyurVeda Foundation](#)

# **Postgraduate Certificate in Maharishi AyurVeda for Health Professionals 30 ECTS Credits PROSPECTUS**

## **1.1 Introduction**

This programme provides a unique educational opportunity for all health professionals who want to expand the scope and effectiveness of their health care practice.

Maharishi AyurVeda is the comprehensive and modern formulation of the world's oldest system of natural health care. Course participants will develop practical skills for the prevention, diagnosis and treatment of common diseases that can be immediately applied in their clinical practice. They will also learn personalized self-care programs (including [Transcendental Meditation](#)) to increase learning ability, job satisfaction, and general well-being in their own personal lives.

The Postgraduate Certificate in Maharishi AyurVeda at Alma Mater Europaea ECM will train you to apply the profound principles of Ayurveda and gain expertise in the unique procedure of Pulse Diagnosis, in addition to many other skills, qualifying you to begin a new career or to supplement your existing career with this time tested wisdom from mankind's most ancient science of natural medicine.

## **1.2 Evidence-Based Practices in Integrative Medicine**

The changing environment of healthcare is now placing greater emphasis on integrative approaches to treating patients. These approaches have the potential to improve the health of a large number of patients, while reducing overall health care costs. However, it is important that physicians and other health care providers incorporate integrative practices that are evidence-based. This programme will present an extensively evidence-based approach to integrative medicine, providing training in the time-tested and practical approaches of Maharishi AyurVeda, which are free from harmful side effects.

### 1.3 Educational Objectives of the Postgraduate Certificate in Maharishi AyurVeda

Upon completion of the programme, participants will be able to:

1. Integrate fundamental principles and practical procedures of Maharishi AyurVeda into their healthcare practice; to promote wellness, and prevent, as well as treat, disease.
2. Discuss peer-reviewed published research on Maharishi AyurVeda, including the Transcendental Meditation® technique.
3. Evaluate a patient's constitutional type (Prakriti) and underlying patterns of imbalance (Vikriti) through Ayurvedic principles of diagnosis.
4. Apply the fundamentals of Maharishi AyurVeda Pulse Diagnosis (Nadi Vigyan) in clinical practice.
5. Utilize Ayurvedic principles to optimize digestive health and nutrition.
6. Restore biological rhythms through daily and seasonal behavioral regimens.
7. Promote longevity through anti-aging modalities.
8. Instruct patients in personalized self-care programs, including individualized dietary, behavioral, exercise, and detoxification regimens, and methods of stress management
9. Prescribe Ayurvedic herbal food supplements to enliven the self-repair and healing mechanisms of the body.
10. Implement multi-modality clinical protocols to address a wide range of common chronic conditions encountered in medical practice.
11. Practice Aroma Therapy.
12. Gain a profound scientific understanding of the relationship between consciousness and health.
13. Increase their own resilience, overall wellbeing, and job satisfaction, reducing symptoms of fatigue and burnout, through personalized self-care programs, including the practice of [Transcendental Meditation](#)®.

### 2. Option to Complete the [Alma Mater Europaea ECM Masters in Health Sciences](#)

If you wish, you can use the 30 ECTS credits of the Postgraduate Certificate in Maharishi AyurVeda to complete the Alma Mater Masters in Health Science, Integrative Health Sciences Module.

To complete this diploma, you will need to earn a further 90 ECTS credits. You can earn these credits after completing the Postgraduate Certificate in Maharishi AyurVeda.

[At this link](#) you will see a list of all the other courses that constitute the Masters diploma. The Maharishi AyurVeda courses will be offered as part of the Integrative Health Sciences module.

### 3. Format and Duration

**Schedule of the Postgraduate Certificate in Maharishi AyurVeda  
2021 -- 2022**

Course 1 Basic Principles of Prevention, Diagnosis and Treatment, and Course 2 Basic Principles of Prevention, Diagnosis and Treatment continued		
<p>Spring 2021:</p> <p>8-day Residential Block at AME, Maribor, Slovenia.</p> <p>4 days x 8 hours of faculty contact, Course 1.</p> <p>4 days x 8 hours of faculty contact, Course 2.</p>	<p>Spring - Summer 2021:</p> <p>7 weeks of home study Course 1.</p> <p>7 hours of online webinars with faculty.</p> <p>90 hours of individual study / clinical practice. This will include practice of Maharishi AyurVeda Pulse Diagnosis and regular daily practice of Transcendental Meditation. Credit will be awarded for these activities, which will be recorded in a journal.</p>	<p>Summer 2021:</p> <p>A little more than 7 weeks of home study Course 2.</p> <p>7 hours of online webinars with faculty.</p> <p>90 hours of individual study / clinical practice.</p>

Course 3 Basic Principles of Prevention, Diagnosis and Treatment completed, and Course 4 Herbal Medicine and Aroma Therapy		
<p>Summer 2021:</p> <p>8-day Residential Block at AME, Maribor, Slovenia.</p> <p>4 days x 8 hours of lectures and workshops, Course 3.</p> <p>4 days x 8 hours of lectures and workshops, Course 4.</p>	<p>Summer - Autumn 2021:</p> <p>7 weeks of home study Course 3.</p> <p>7 hours of online webinars with faculty.</p> <p>90 hours of individual study / clinical practice.</p> <p>2 week Summer break.</p>	<p>Autumn 2021:</p> <p>A little more than 7 weeks of home study Course 4.</p> <p>7 hours of online webinars with faculty.</p> <p>90 hours of individual study / clinical practice.</p>

Course 5 Dermatology and Bodily Tissues, and Course 6 Bodily Tissues continued and Channels of Circulation:		
Autumn - Winter 2021:  8-day Residential Block at AME, Maribor, Slovenia.  4 days x 8 hours of lectures and workshops, Course 5.  4 days x 8 hours of lectures and workshops, Course 6.	Winter 2022:  7 weeks of home study Course 5.  7 hours of online webinars with faculty.  90 hours of individual study / clinical practice.  1 week holiday break December 21 – 28	Winter - Spring 2022:  A little more than 7 weeks of home study Course 6.  7 hours of online webinars with faculty.  90 hours of individual study / clinical practice.

Final Exams and Celebration:		
Spring 2022  2-day Residential Block at AME, Maribor, Slovenia with faculty.		

#### 4. Assessment on the Postgraduate Certificate in Maharishi AyurVeda Programme

Assessment will be a blend of written and oral examinations with individual written assignments, including a journal and reports on clinical practice.

#### 5. Language of Instruction

English

#### 6. Faculty

The programme will be taught by qualified western medical doctors and Indian Vaidyas with extensive knowledge, qualifications and experience in teaching Maharishi AyurVeda to health professionals.

##### **Dr. Gordana Marković, PhD, the Principal Professor Leading the Programme.**

A Western medical doctor of 16 years' experience, Dr Gordana Marković, is Head of the Specialist Medical Departments at the Primary Health Center of Zemun, one of the largest primary healthcare institutions in the Balkans. She contributes to specialist education at the Department of Social Medicine at the Faculty of Medicine at the University of Belgrade, and

is a member of the working group of the Ministry of Health of the Republic of Serbia drafting the rulebook on conditions and procedures for practicing traditional medicine.



*Dr. Gordana Marković*

Dr. Marković has studied Ayurvedic medicine in India, the Netherlands, Switzerland, Austria and Belgrade. She is the most experienced practitioner of Maharishi Ayurveda in Southeastern Europe, and has published over 50 articles on Maharishi Ayurveda and Aromatherapy. The Alma Mater Postgraduate Certificate in Maharishi Ayurveda for Health Professionals will be the third professional training course on Maharishi Ayurveda that Dr Marković has taught.

"After many years of practicing Western medicine I can say that I became a much better doctor when I learned Maharishi Ayurveda and pulse diagnosis. Ayurveda can be used as a separate system, but it is easily integrated as a great support to conventional Western medicine. By integrating the best of these two medical systems, we can significantly improve the health of our patients in the best way possible and reach more patients in need of medical help, who otherwise wouldn't have been able to afford it."

### **Professor Dr Subhash Ranade**

Professor Dr Subhash Ranade, one of the world's foremost experts on Ayurveda, will be contributing as a guest lecturer on the programme. Dr Ranade is a leading academician and physician in the field of Ayurveda. He is the author of one hundred and twenty-seven books on Ayurveda and Yoga, which have been published in fifteen languages. He has worked as Professor and Head of the Department of the Interdisciplinary School of Ayurveda, Professor and Head of the Department of Ayurveda at Pune University and Principal of Ashtang Ayurveda College, Pune, India. At present he is Chairman of the International Academy of Ayurveda, Pune, and Honorary Dean of Kerala Ayurveda Academy, USA.

### **Dr Wolfgang Schachinger**

Dr Wolfgang Schachinger from Austria will also be contributing as a guest lecturer. A general practitioner of western medicine since 1983, Dr Schachinger became an expert in Maharishi Ayurveda and founded the Maharishi Ayurveda Health and Seminar Centre in Ried in 1993. He has lectured extensively, co-authored five books on Ayurveda, and founded three Ayurveda medical associations. Dr Schachinger has received multiple awards for his pioneering work with Ayurveda in Europe.

Guest contributions are expected from other experienced Maharishi Ayurveda vaidyas and western medical doctors from India, America and Europe.

## 7. Prerequisites and Entitlement on Graduation

**7.1** People in two categories may apply to study for the Alma Mater Postgraduate Certificate in Maharishi AyurVeda. What the Postgraduate Certificate in Maharishi AyurVeda entitles them to do after graduation depends on which category they belong to. The following chart explains what the two categories are and what the Postgraduate Certificate in Maharishi AyurVeda will entitle people in each category to do:

Category	Qualifications on Applying for the Postgraduate Certificate in Maharishi AyurVeda	Examples	Value of Postgraduate Certificate in Maharishi AyurVeda on Graduation
1.	Health professional currently licensed to diagnose and treat patients according to the law of their country of residence.  Has a Bachelor's degree or equivalent in medical or health science worth 180 ECTS or more.	Medical Doctor, Osteopath, Chiropractor, Pharmacist (in some countries).	Accreditation by IMAVF to practice Maharishi AyurVeda professionally in the country where they are licensed.*  30 ECTS towards a Masters in Health Sciences at AME. (The Postgraduate Certificate in Maharishi AyurVeda constitutes one of the two years of study required for an AME Masters in Health Sciences)
2.	Health professional currently licensed to diagnose and treat patients according to the law of their country of residence.	Naturopath (Heilpraktiker), Homeopath, Clinical Psychologist, Psychotherapist.	Accreditation by IMAVF to practice Maharishi AyurVeda professionally in the country where they are licensed.*

\*The competencies given by this programme only allow graduates to treat and diagnose patients professionally if they have a license to do so according to the law of their country.

**7.2** Applications will be considered on a case by case basis by an academic board.

**7.3** The applicant must have sufficient access to patients to complete 10 clinical practice assignments during each of the six courses in the programme. If you don't have access to patients who are attending a professional clinic it is acceptable to examine family members, friends and others for clinical practice.

**7.4** The applicant must have sufficient language proficiency in English to follow the course.

## **8. Tuition Fees**

EUR 3.300 (30 credit points)

### **8.1 Payment by Instalments**

Tuition Fees may be paid in up to 4 instalments. If you would like to pay by instalments, please enquire for further information.

## **9. Enrolment Deadline**

To be announced.

## **10. Starting date**

The starting date has yet to be finalised. It will be announced at least six months in advance.

## **11. Continuing Medical Education (CME) Accreditation**

We will publish information on CME accreditation for this programme in the online version of this prospectus (see point 16.) as soon as it is available.

## **12. Accommodation on Residential Blocks**

**12.1** Accommodation is not provided by Alma Mater Europaea ECM. Students are required to arrange their own accommodation on the residential blocks.

**12.2** Alma Mater Europaea ECM can advise course participants on suitable accommodation in Maribor ([international@almamater.si](mailto:international@almamater.si)).

**12.3** Usually the cost of bed and breakfast for one night in Maribor is about 35 to 40 Euros. Simple meals in a restaurant cost between 5 and 10 Euros.

## **13. Travel to Maribor**

Students are asked to make their own travel arrangements to the Residential Blocks.

## **14. Applications**

Details of how to apply for the programme will be posted at [imavf.org/professional-training](http://imavf.org/professional-training) as soon as they are available. If you visit [imavf.org/professional-training](http://imavf.org/professional-training) and register on the form at that address, we will send you notifications about new information as soon as it is published.

## **15. How to Receive Updated Information**

The Prospectus for the programme is posted at [imavf.org/professional-training](http://imavf.org/professional-training). Updated versions will be posted immediately at that address. To receive notifications about these updates, including information about CME credits and how to apply for the programme, please register on the form at that address.

## **16. Enquiries**

If you have any questions about the Postgraduate Certificate in Maharishi AyurVeda at Alma Mater Europaea, please contact Thomas Dyball, Health Professionals Training Coordinator at International Maharishi AyurVeda Foundation: email [professional.training@imavf.org](mailto:professional.training@imavf.org)