



ALMA MATER  
EUROPAEA  
ECM



# Postgraduate Certificate in Ayurveda for Health Professionals

Alma Mater Europaea – ECM University (AMEU)

Maribor, Slovenia

**30 ECTS Credits**

(European Credit Transfer and Accumulation System)

## PROSPECTUS

22 March 2023 - 17 March 2024  
a one-year part-time programme  
(online and with residential blocks)

# Table of Contents

---

The Program Structure at a Glance .....	3
Option to Complete the Alma Mater Europaea Masters in Health Sciences .....	3
Assessment.....	3
What the Certificate Will Enable You to Achieve .....	4
Evidence-Based Practices in Integrative Medicine.....	4
Educational Objectives.....	5
Contribution of Maharishi College of Perfect Health International (MCPHI) .....	6
Entry Requirements.....	6
How to Apply.....	6
Enrolment Deadline .....	6
Language of Instruction .....	6
Courses and Blocks .....	7
Study Activities in Home Study Blocks .....	7
Detailed Schedule 2023 – 2024.....	8
Faculty .....	9
Tuition Fees.....	11
Travel to Maribor and Accommodation.....	11
How to Receive Updated Information .....	11
Enquiries .....	11

## The Program Structure at a Glance

The programme consists of **six courses** and is structured into **13 blocks** with **three different teaching modalities**:

- 1. On-campus blocks** at Alma Mater Campus in Maribor, Slovenia:  
Students are presented with the core knowledge and skills of the program.  
The On-campus blocks are taken on the AMEU campus, during three eight- or nine-day stays at Maribor, Slovenia. Eight hours of lectures and workshops per day.
- 2. At-home blocks:** Students put the knowledge and skills into practice.  
105 to 120 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.
- 3. On-line webinars:** Opportunity for students to ask questions and share experiences during the At-home blocks. Duration of On-line webinars: 90 minutes.

The average workload per week of the At-home blocks is 17 hours including On-line webinars.

See the Detailed Schedule below for more information

**Starting Date:** Wednesday, 22 March 2023 **Ending Date:** Sunday, 17 Mar 2024

## Option to Complete the Alma Mater Europaea – ECM Master's in Health Sciences

The Postgraduate Certificate in Ayurveda constitutes one of the two years of study to complete the **Alma Mater Master's in Health Science**. The Ayurveda courses will be offered as an option in the Integrative Health Sciences module of the Master's in Health Sciences.

Prerequisite is that you have a Bachelor's degree or equivalent in medical or health science worth 180 ECTS or more. You may then use the 30 ECTS credits of the Postgraduate Certificate in Ayurveda for the Integrative Health Sciences Module, for which a total of 120 ECTS credits have to be collected.

A list of the other courses you may study to complete the Integrative Health Sciences module of the Master's in Health Sciences you will find at [en.almamater.si/health-sciences-c9#program](http://en.almamater.si/health-sciences-c9#program).

## Assessment

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



## What the Certificate Will Enable You to Achieve

This program provides a unique educational opportunity for eligible health professionals who wish to expand the scope and effectiveness of their health care practice, enabling them to begin a new career or to supplement their existing career with the profound, time-tested natural wisdom of Ayurveda.

Maharishi AyurVeda is the comprehensive and modern formulation of the world's oldest system of natural health care: prevention-oriented, free from harmful side-effects, and consciousness-based. Course participants will learn to apply the profound principles and practical skills of Maharishi AyurVeda in their clinical practice, for the prevention, diagnosis and treatment of common diseases, and the cultivation of optimum well-being.

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 AMEU Postgraduate Certificate in Ayurveda certifies the successful completion of the course.

## 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 program will present an extensively evidence-based approach to integrative medicine, providing training in the time-tested and practical approaches of Maharishi AyurVeda.

## Educational Objectives

Upon completion of the program, graduates will be able to:

- Integrate fundamental principles and practical procedures of Maharishi AyurVeda into their healthcare practice — to promote wellness, and prevent, as well as treat, disease.
- Discuss peer-reviewed published research on Maharishi AyurVeda, including the Transcendental Meditation® technique, and Ayurveda.
- Evaluate a patient's constitutional type (Prakriti) and underlying patterns of imbalance (Vikriti) through Ayurvedic principles of diagnosis.
- Apply the fundamentals of Maharishi AyurVeda Pulse Diagnosis (Nadi Vigyan) in clinical practice.



- Utilize Ayurvedic principles to optimize digestive health and nutrition.
- Restore biological rhythms through daily and seasonal behavioural regimens. Promote longevity through anti-aging modalities.
- Instruct patients in personalized self-care programs, including individualized dietary, behavioural, exercise and detoxification regimens, and methods of stress management.
- Prescribe Ayurvedic herbal food supplements to enliven the self-repair and healing mechanisms of the body.
- Implement multi-modality clinical protocols to address a wide range of common chronic conditions encountered in medical practice.
- Practice Aroma Therapy.
- Gain a profound scientific understanding of the relationship between consciousness and health.
- Increase their own resilience, overall well-being, and job satisfaction, reducing symptoms of fatigue and burnout, through personalized self-care programs, including the practice of **Transcendental Meditation®**.



# The Contribution of Maharishi College of Perfect Health International (MCPHI)

As a leading organisation in the worldwide revival of Ayurveda, Maharishi College of Perfect Health International (MCPHI) has many years experience in the training of Ayurveda practitioners.

The syllabus of the AMEU Postgraduate Certificate in Ayurveda has been provided by MCPHI, and the faculty teaching the program are affiliated to MCPHI. MCPHI is the accrediting body for the Certificate.

## Entry Requirements

- **Applicants for the Alma Mater Europaea Postgraduate Certificate in Ayurveda should have at least basic training in Western medicine.**

In all countries this includes medical doctors, osteopaths, chiropractors, and homeopaths. In Germany it includes Heilpraktiker. In many countries it includes dentists, clinical psychologists, psychotherapists, occupational therapists, pharmacists and naturopaths. If your profession is not listed here but you consider yourself eligible for the program, please apply. If you have questions, please contact Silvia Hawkins at [professional.training@imavf.org](mailto:professional.training@imavf.org).

The reason for this entry requirement is that, in addition to learning Maharishi AyurVeda's approaches to preventive health care and perfect health, participants will be trained in the Ayurvedic protocols for treating medical conditions through an Integrative approach that combines Maharishi AyurVeda and Western medicine.

- The applicant must have sufficient access to patients to complete five clinical practice assignments during each of the six courses in the program. 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.
- The applicant must have sufficient language proficiency in English to follow the course.
- Applications will be considered on a case by case basis by an academic board.

## How to Apply

For information about how to apply for the program, please visit [Ayurveda.Almamater.si](http://Ayurveda.Almamater.si) and click the 'HOW TO APPLY?' button.

## Enrolment Deadline

Please submit your application documents by 28 February 2023.

## Language of Instruction

English

## Courses and Blocks

Course Titles	On Campus	At Home
1) Fundamental Ayurvedic Principles of Prevention, Diagnosis and Treatment, Part 1	Block 1 (4 days)	Block 3 (7 weeks)
2) Fundamental Ayurvedic Principles of Prevention, Diagnosis and Treatment, Part 2	Block 2 (4 days)	Block 4 (7 weeks)
3) Ayurvedic Protocols for Treatment of Common Disorders	Block 5 (4 days)	Block 7 (7 weeks)
4) Ayurvedic Herbal Therapy (Dravyaguna)	Block 6 (4 days)	Block 8 (7 weeks)
5) Aromatherapy and Dermatology in Ayurveda	Block 9 (4 days)	Block 11 (6 weeks)
6) The Management of Tissues (Dhatus) and Channels (Srotas) in Ayurveda	Block 10 (4 days)	Block 12 (6 weeks)
Final Exams and Celebration	Block 13 (3 days)	

## Study Activities in Home Study Blocks

Activity	Minimum Number of Sessions in the Block	Average Number of Sessions per Week	Average Duration of Each Session (Minutes)	Approx. Time Spent on this Activity in the Block (Hours)
Consultations	7	1	120	14
Completing Pro-Forma Case Studies of Consultations	7	1	30	3,5
Pulse Taking	90	13	10	15
Self-Pulse Taking	150	21	5	12,5
Reading				28,5
On-line Webinars	3		90	4,5
Meditation	100	14	25	42
<b>TOTAL</b>				<b>120</b>

## Detailed Schedule 2023 – 2024

Block	Location	Content		Duration	Start Date	End Date
1	On Campus	Course 1	Full-time live lectures and workshops	4 days	Wednesday 22 Mar 2023 9 am	Saturday 25 Mar 2023
2	On Campus	Course 2	Full-time live lectures and workshops	4 days	Monday 27 Mar 2023	Thursday 30 Mar 2023 6 pm
3	At Home	Course 1	120 hours of home study / clinical practice incl. three on-line webinars	52 days	Friday 31 Mar 2023	Sunday 21 May 2023
4	At Home	Course 2	120 hours of home study / clinical practice incl. three on-line webinars	54 days	Monday 22 May 2023	Friday 14 Jul 2023
5	On Campus	Course 3	Full-time live lectures and workshops	4 days	Saturday 15 Jul 2023 9 am	Tuesday 18 Jul 2023
6	On Campus	Course 4	Full-time live lectures and workshops	4 days	Thursday 20 Jul 2023	Sunday 23 Jul 2023 6 pm
		Holidays		14 days	Monday 24 Jul 2023	Sunday 6 Aug 2023
7	At Home	Course 3	120 hours of home study / clinical practice incl. three on-line webinars	55 days	Monday 7 Aug 2023	Saturday 30 Sept 2023
8	At Home	Course 4	120 hours of home study / clinical practice incl. three on-line webinars	55 days	Sunday 1 Oct 2023	Friday 24 Nov 2023
9	On Campus	Course 5	Full-time live lectures and workshops	4 days	Saturday 25 Nov 2023 9 am	Tuesday 28 Nov 2023
10	On Campus	Course 6	Full-time live lectures and workshops	4 days	Thursday 30 Nov 2023	Sunday 3 Dec 2023 6 pm
11.1	At Home	Course 5	40 hours of home study / clinical practice incl. one on-line webinar	14 days	Monday 4 Dec 2023	Sunday 17 Dec 2023
		Holidays		15 days	Monday 18 Dec 2023	Monday 1 Jan 2024
11.2	At Home	Course 5	80 hours of home study / clinical practice incl. two on-line webinars	28 days	Tuesday 2 Jan 2024	Monday 29 Jan 2024
12	At Home	Course 6	120 hours of home study / clinical practice incl. three on-line webinars	45 days	Tuesday 30 Jan 2024	Thursday 14 Mar 2024
13	On Campus	Final Exams and Celebration		3 days	Friday 15 Mar 2024 9 am	Sunday 17 Mar 2024 6 pm



## Faculty

The program 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, MD, PhD**

Principal Professor leading the Program

Dr Gordana Markovic is a Western medical doctor with 19 years of medical practice and a specialist of Social medicine and Public Health. She has a master's degree in Emergency surgery and a PhD in improvement of Quality of healthcare from the Faculty of Medicine, University of Belgrade. She is a member of the State Expert Committee on Complementary Medicine, Ministry of Health of the Republic of Serbia and she contributes to specialist education at the Department of Social Medicine at the Faculty of Medicine at the University of Belgrade.

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 Ayurveda for Health Professionals will be the fourth 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."



### **Dr med. Walter Mölk**

Dr Walter Mölk is a medical doctor from Austria. He is founder and president of the Austrian Society of Ayurvedic Medicine and founding medical director of the first Maharishi AyurVeda health center in Austria. In 1996 Dr Mölk became a member of the international research team at Maharishi Vedic University in Vlodrop, The Netherlands. He is also a member of the board of directors of the Maharishi College of Perfect Health International and of the International Maharishi AyurVeda Foundation. Dr Mölk has more than 20 years of experience in leading Maharishi AyurVeda postgraduate trainings for health professionals worldwide.



### **Dr med. Rainer Picha**

Dr Rainer Picha is a medical doctor and senior consultant in cardiology. He received his MD at the University of Vienna in Austria and completed his postgraduate medical training in the Department of Cardiology of the Vienna General Hospital and in the Department of Cardiology of the State Hospital in Graz, where he became Assistant Director. He has been a specialized consultant in cardiac arrhythmias and a faculty member of the Austrian Doctor's Association.

Dr Picha has been a participant in several national and international training courses in Maharishi AyurVeda. Since 1996 he has been a full-time researcher at Maharishi Vedic University in Vlodrop, Holland. He also is the chairman of the International Maharishi AyurVeda Foundation and he Maharishi College of Perfect Health International.

---



### **Prof. Dr Guntant Yeola**

Dr Guntant Yeola is an Ayurveda Physician (Vaidya) and Professor and Head of Kayachikitsa Department at Dr. D.Y.Patil College of Ayurved and Research Centre, Pimpri, Pune after achieving MD PhD (Kayachikitsa). He is invited for lectures on Ayurveda and consultations in Portugal, The Netherlands, USA and Brazil.

---



### **Dr med. 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 Center in Ried in 1993 and recently the *soma* Center for Maharishi AyurVeda and Holistic Medicine in Geboltskirchen.

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 America and Europe.

## Tuition Fee

EUR 3.300 (30 credit points)

The tuition fee may be paid in up to four instalments. If you would like to pay by instalments, please enquire for further information.

## Travel to Maribor and Accommodation

Students are asked to make their own travel arrangements for the On-campus Blocks.

Accommodation is not provided by AMEU. Students are required to arrange their own accommodation on the residential blocks.

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 five and ten Euros.

AMEU can advise course participants on suitable accommodation in Maribor. Please contact: [international@almamater.si](mailto:international@almamater.si).

## How to Receive Updated Information

The Prospectus for the program is posted at [Ayurveda.Almamater.si](http://Ayurveda.Almamater.si). Updated versions will be posted at that address. To receive notifications about these updates, including information about CME credits, please return the Contact Form at that page.

Optional: We'd be grateful if you would include information about your qualifications and current occupation in the message section of the Contact Form.

## Enquiries

If you have any questions about the Postgraduate Certificate in Ayurveda at Alma Mater Europaea, please contact Silvia Hawkins at [professional.training@imavf.org](mailto:professional.training@imavf.org).