



Mahayogi CCTP



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COURSE DURATION: 8 WEEKS (2 MONTHS)

MODE: 40% THEORY AND 60% HANDS-ON PRACTICAL

FORMAT: SELF-PACED ONLINE LEARNING PORTAL (VIDEO MODULES & STUDY MATERIAL) WITH WEEKLY LIVE SESSIONS AND ONE2ONE MENTORING ON PRACTICALS.

LANGUAGE: HINDI & ENGLISH

TARGET AUDIENCE:

- NATUROPATH & ALTERNATIVE THERAPY DOCTORS
- FITNESS PROFESSIONALS (GYM / ZUMBA / YOGA ETC)
- BEAUTY & SPA PROFESSIONALS (BEAUTICIAN, MASSAGE THERAPIST ETC)
- WELLNESS PROFESSIONALS (NUTRITIONISTS, DIETICIAN, ACUPRESSURE, PHYSIOTHERAPISTS ETC)
- HEALING PROFESSIONALS (PLR, REIKI, AKASHIC, EFT, MID-BRAIN ETC)
- INDIVIDUALS LOOKING TO IMPROVE THEIR HEALTH, BOOST ENERGY & DETOX.

ELIGIBILITY: PREFERABLY GRADUATE BUT, THERE IS NOT ANY SPECIFIC EDUCATIONAL QUALIFICATION CRITERIA FOR THIS CERTIFICATE COURSE.

SYLLABUS: THE SYLLABUS OF THIS THERAPY PRACTITIONER COURSE COVERS ONLY THE ESSENTIAL AND CORE TOPICS REQUIRED FOR BECOMING AN INDEPENDENT PRACTITIONER. THE IDEA IS TO COMPLETE THE WHOLE COURSE IN 8 WEEKS (2 MONTHS) WITH EASY AND SELF-PACED LEARNING. THE EIGHT SECTIONS OF THE THEORY SYLLABUS ARE AS UNDER:

SECTION I : KNOWING TOXINS

WHAT ARE TOXINS?

HOW TOXINS ARE SLOW POISONING YOUR LIFE?

TOXINS IN AIR

TOXINS IN FOOD

TOXINS IN YOUR HOUSEHOLD PRODUCTS

MECHANISM OF TOXIN ACCUMULATION IN YOUR BODY

HOW TOXINS DAMAGE YOUR BODY?

WHAT ARE PARASITES?

SECTION II : KNOWING DETOX

WHAT IS DETOX?

BODY'S NATURAL DETOX SYSTEM

WHY AND HOW BODY'S NATURAL DETOX SYSTEM SLOWS DOWN

HOW YOU CAN INCREASE EFFICIENCY OF DETOX SYSTEM OF BODY

LIFESTYLE PRACTICES FOR DETOX

HYDRATION AND DETOXIFICATION

DETOXING THE MIND AND EMOTIONS

GUT HEALTH AND ITS ROLE IN TOXIN

ELIMINATION DETOXING THROUGH NUTRITION & SUPPLEMENTS

SECTION III : SUMMARY OF HUMAN BODY ANATOMY

ORGAN SYSTEMS

DETOXIFYING ORGANS – LIVER, KIDNEY, SKIN, LUNG

THE ROLE OF THE LIVER, KIDNEYS, GUT AND SKIN IN

DETOX SENSE ORGANS

INTERNAL ORGANS, FUNCTIONS, HOW CLEANSING HELPS

SECTION IV : KNOWING KIDNEY & LIVER

KIDNEY AND HOW IT FUNCTIONS

LIVER AND HOW IT FUNCTIONS

WHEN THE LIVER IS OVERLOADED

WHY KIDNEY AND LIVER NEEDS CLEANSING?

SIGNS OF TOXIN BUILT UP

SECTION V : WHAT IS CLEANSING THERAPY

WHAT IS CLEANSING THERAPY?

SCIENCE BEHIND CLEANSING THERAPY

HOW A CLEANSING THERAPY HELPS DETOX YOUR BODY?

WHY KIDNEY CLEANSE?

WHY LIVER CLEANSE?

WHO NEEDS CLEANSING THERAPY

WHICH DISEASES CAN BE PREVENTED

TYPE OF CLEANSING

WHY CLEANSING THERAPY IS SO SAFE

SECTION VI : HOW CLEANSING THERAPY IS DONE

KIDNEY CLEANSING

LIVER CLEANSING

LUNG CLEANSING

PARASITE CLEANSING

THYROID CLEANSING

VAGINAL CLEANSING

SECTION VII : YOUR HEALTH IN YOUR HAND

FOOD AS MEDICINE

PREVENTIVE VS CURATIVE

ACT BEFORE IT IS TOO

LATE HEALTH IS WEALTH

BETTER LIVING

MAXIMISE LIVING

SECTION VIII : LIFESTYLE DISEASES

UNDERSTANDING OBESITY

UNDERSTANDING DIABETES

UNDERSTANDING BLOOD PRESSURE

PAIN, REASONS AND BASIC UNDERSTANDING

HEART HEALTH RELATED TERMS

WOMEN OVARY AND UTERUS HEALTH RELATED TERMS

COMMON DISEASES RELATED TO DIGESTION
HEALTH & MEDICINE TERMS YOU SHOULD
KNOW TYPES OF DOCTOR / SPECIALIST



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