

Professional Training in Maharishi AyurVeda Phase I & II

Alma Mater Europaea University (AMEU)

Maribor, Slovenia

55 ECTS Credits

(European Credit Transfer and Accumulation System)

PROSPECTUS

April 2027 – Spring 2028

(online and with residential blocks)

Version 16.1

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The Programme Structure at a Glance

The Professional Training in Maharishi AyurVeda consists of two parts, Phase I and Phase II.

In Phase I, you will study six different subjects:

- Basic Principles of Prevention, Diagnosis, and Treatment, Part 1
- Basic Principles of Prevention, Diagnosis, and Treatment, Part 2
- Ayurvedic Herbal Therapy (Dravyaguna), Part 1
- Ayurvedic Protocols for the Treatment of Common Disorders, Part 1
- Aromatherapy and Dermatology in Ayurveda
- The Management of Tissues (Dhatus) and Channels (Srotas) in Ayurveda

In Phase II, you will learn three advanced subjects:

- Protocols for the Treatment of Common Disorders, Part 2: Marma Therapy
  Marma Therapy is the art of treating specific vital points (Marmas) of the human body. Specific blends of essential oils are applied with a tender, careful touch. This subtle and delicate treatment enlivens the inner intelligence in the Marmas to heal, purify, strengthen, rejuvenate and revitalize.
- Protocols for the Treatment of Common Disorders, Part 3: Applying Aromatherapy
  You will expand your knowledge on how to prescribe the appropriate essential oils and learn methods of application according to the principles of Maharishi AyurVeda to improve different health conditions.
- Ayurvedic Herbal Therapy (Dravyaguna), Part 2

One can enrol for Phase II only after completion of Phase I.

In this programme, three different teaching modalities are applied:

1. **On-campus blocks** at Alma Mater Campus in Maribor, Slovenia:
   Students are presented with the core knowledge and skills of the programme. Phase I and Phase II each include two 9-day in-residence sessions in Maribor, with eight hours of lectures and workshops per day — a total of four in-residence sessions over the course.
2. **Online lectures and webinars:** Some courses are taught online. Regular webinars give students the opportunity to ask questions, present case studies and share experiences.
3. **At-home blocks:** Students perform self-study and put the knowledge and skills into practice. This will include the practice of Maharishi AyurVeda Pulse Diagnosis and the regular daily practice of Transcendental Meditation. Credit will be awarded for these activities, which will be recorded in a journal.

See the detailed schedule on the next page for more information.

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The Programme Structure in Detail

PROFESSIONAL TRAINING PHASE I April – September 2027 (180 contact hours, 30 ECTS)			
Courses	**Online lectures, webinars & at-home studies**	**On-campus at Maribor**	**ECTS**
1) Basic Principles of Prevention, Diagnosis, and Treatment, Part 1	April – September 2027	10 – 18 April 2027	5
2) Basic Principles of Prevention, Diagnosis, and Treatment, Part 2			5
3) Ayurvedic Herbal Therapy (Dravyaguna), Part 1		none	5
4) Ayurvedic Protocols for the Treatment of Common Disorders, Part 1		17 – 25 July 2027	5
5) Aromatherapy and Skin Disorders			5
6) Management of Dhatus and Srotas		none	5

PROFESSIONAL TRAINING PHASE II October 2027 – Spring 2028 (150 contact hours, 25 ECTS)			
Courses	**Online lectures, webinars & at-home studies**	**On-campus at Maribor**	**ECTS**
7) Ayurvedic Protocols for the Treatment of Common Disorders, Part 2: Aromatherapy	October 2027 – Spring 2028	27 November – 5 December 2027	10
8) Ayurvedic Protocols for the Treatment of Common Disorders, Part 3: Marma Therapy		Spring 2028	10
9) Ayurvedic Herbal Therapy (Dravyaguna), Part 2		none	5
Final Exam Postgraduate II		Spring 2028	

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What the Professional Training Will Enable You to Achieve

This programme provides a unique educational opportunity for anyone who wishes to conduct Ayurveda consultations* and health professionals who wish to expand the scope and effectiveness of their healthcare practice, enabling them to begin a new career or 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 healthcare: 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 consulting practice for the prevention, diagnosis and treatment of common diseases, and the cultivation of optimum well-being.

In addition, students will be encouraged to learn **Transcendental Meditation®** to increase the learning ability, job satisfaction, and general well-being in their own personal lives. Experience shows that regular practice of Transcendental Meditation® increases the accurateness of Ayurvedic pulse diagnosis.

Graduates of the Professional Training in Ayurveda at AMEU receive a certificate of completion for each successfully completed phase of the programme.

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 healthcare costs. However, it is important that physicians and other healthcare providers incorporate evidence-based integrative practices. This programme will present an extensively evidence-based approach to integrative medicine, providing training in the time-tested and practical approaches of Maharishi AyurVeda.

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Educational Objectives

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

- Conduct Ayurveda consultations* effectively and integrate fundamental principles and practical procedures of Maharishi AyurVeda into their healthcare practice — to promote wellness and prevent disease.
- Discuss peer-reviewed published research on Maharishi AyurVeda, including the Transcendental Meditation® technique, and Ayurveda.
- Evaluate a client'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 the consulting 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 clients in personalized self-care programmes, including individualized dietary, behavioural, exercise and detoxification regimens as well as 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.
- Practice Marma and 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 the practice of Transcendental Meditation® (taught in a standardized course, not included in the training programme).

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

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

The syllabus of the AMEU Training in Maharishi AyurVeda has been provided by MCPHI, and the faculty teaching the programme are affiliated with MCPHI. MCPHI is the accrediting body for the Training.

Entry Requirements

- The applicant must have sufficient language proficiency in English to follow the course.
- Applications will be considered case-by-case by an academic board.

How to Apply

To apply for the programme, please click **here**.

Enrolment Deadline

Please submit your application documents by 1 March 2027.

Language of Instruction

English

Tuition Fee

Phase I: €3.600 Phase II: €3.000

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

Assessment

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

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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.



Gordana Marković, MD, PhD

Principal Professor leading the Programme

Dr Gordana Marković is a Western medical doctor with more than 20 years of medical practice and a Social Medicine and Public Health specialist. 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.

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. She has extensive experience in teaching Ayurveda in numerous European countries and has published over 50 articles on Maharishi AyurVeda and Aromatherapy.

"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 Walter Mölk

Dr Walter Mölk is a medical doctor from Austria. He is the founder and president of the Austrian Society of Ayurvedic Medicine and the founding medical director of the first Maharishi AyurVeda health centre 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 Maharishi College of Perfect Health International and the International Maharishi AyurVeda Foundation board of directors. Dr Mölk has over 20 years of experience leading Maharishi AyurVeda postgraduate trainings for health professionals worldwide.

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Dr 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 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 participated 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 the Maharishi College of Perfect Health International.



Prof. Dr Gunvant Yeola

Dr Gunvant Yeola is an Ayurveda Physician (Vaidya). After receiving his MD and PhD (Kayachikitsa), he has been a Professor and Head of the Kayachikitsa Department at Dr D.Y. Patil College of Ayurved and Research Centre, Pimpri, Pune. He has given multiple consultations and lectures on Ayurveda in Portugal, The Netherlands, the USA and Brazil.



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 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.

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Travel to Maribor and Accommodation

Students are asked to make their travel arrangements for the on-campus blocks.

Students are required to arrange their own accommodation for the residential blocks.

Usually, the cost of bed and breakfast for one night in Maribor is about 50 to 60 Euros. Simple meals in a restaurant usually cost around ten Euros.

AMEU can advise course participants on suitable accommodation in Maribor. Please contact: **international@almamater.si**.

Enquiries

If you have any questions about the Professional Training in Maharishi AyurVeda at Alma Mater Europaea, please contact Anita Tilly at **professional.training@imavf.org**.

Option to Complete the Alma Mater Europaea – Master in Health Sciences

The Professional Training in Maharishi AyurVeda constitutes one of the two years of study to complete the **Alma Mater Master in Health Science**. The Ayurveda courses will be offered as an option in the Integrative Health Sciences module of the Master in Health Sciences.

Prerequisite is a Bachelor's degree or equivalent in medical or health science worth 180 ECTS or more. You may then use the 55 ECTS credits of the Professional Training in Maharishi 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 in Health Sciences you will find at **en.almamater.si/health-sciences-c9#program**.

*Please note that providing healthcare services is subject to the legal regulations of the country where you wish to practice. The legal conditions for professional Ayurvedic practice vary by country. It is the responsibility of each student to ensure compliance with national and local regulations regarding the provision of Ayurvedic health services. This programme provides the educational foundation for professional practice but does not grant a license to practice unless such authorization is recognized in your country.

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