



## Baby's Best Beginnings Home Study Program

Our ***Baby's Best Beginnings Home Study Program*** is for anyone who wants to know the *basics* of how to take care of postpartum mothers and their newborns using Ayurveda. Everyone is welcome to join us for this wonderful program. While we've designed it as part of our Professional Ayudoula training, it's also great for moms, partners, family and friends. It provides the practical foundation of Ayurvedic methods for postpartum care that have been around for thousands of years, yet are largely lost to modern care models.

Being able to study the ancient ways of postpartum care is a rare gift and, for most people, it's a complete paradigm shift from contemporary views of mother-newborn support. We guarantee that taking these few potent classes will totally change the way you look at the *sacred window* of time when a new life is welcomed into this world. You will learn how to:

- Naturally feel less overwhelmed, sleep better, and stabilize moods and hormones
- Apply valuable daily Ayurvedic practices for the 6 weeks following birth
- Understand the special dietary needs of a mother after giving birth
- The value of a warm oil Ayurvedic massage for yourself and your baby massage
- Help family and friends provide the most appropriate support to the new mom and baby
- And so much more...

This package includes 24 hours of online lectures with the late Ysha Oakes, a highly regarded expert in Ayurvedic postpartum care, and founder of Sacred Window School. It also includes class notes for each lecture series, and our popular book set: *Touching Heaven – Tonic Postpartum Care and Recipes*, an invaluable collection of traditional wisdom, care protocols, and recipes for the postpartum window. You will reuse these books again and again in the coming years; the information is that timeless and potent.

### LECTURE SERIES INCLUDED IN BABY'S BEST BEGINNINGS HOME STUDY PROGRAM

Introduction to Ayurveda (5 webinars)	5 hrs
Ayurvedic Nutrition for Modern Lifestyles (5 webinars)	7 hrs
Ayurveda for Mother and Newborn Care (13 webinars)	6 hrs
Ayurvedic Postnatal Nutrition --Baby's Best Nourishment (8 webinars)	6 hrs

## BABY'S BEST BEGINNINGS PROGRAM DESCRIPTION

### **Ayurveda: Hidden Secrets for Integration of Life**

This Introduction to Ayurvedic Medicine complements our *Foundations of Ayurveda* course. Founding faculty, Ysha Oakes begins with compassion, clarity, and story-telling, to describe the source of Ayurvedic Medicine from historical as well as esoteric perspectives. She illuminates how to learn about and use the laws of nature in our own lives and that of our clients.

As the knower of your own reality, your self-knowledge and empowered choices can be influenced by many forces little understood in western alternative or allopathic medicine. Ayurveda describes the relationship of 5 elements, qualities of the mind, metabolic principles (doshas), transformative chemistries (enzymes – agnis), and waste products with the goal of balancing these energies to produce a happy mind, awakened senses and contented soul as integral to a fulfilled life.

In this class you will learn some of the core concepts and practices of Ayurvedic medicine along with other integrative medical perspectives to help you on your self-care journey using Ayurveda.

### **Ayurvedic Nutrition: Theory for Modern Lifestyles**

This 6 hour class introduces the science behind Ayurvedic food and cooking. Students will learn how to use food and seasoning to heal and rejuvenate the body and mind. We cover the theory of seasonal and panchakarma diets, culinary herbs and spices, as well as foods and their preparation priorities. The instructor includes stories, forgotten knowledge and insights to deepen even a seasoned Ayurvedic's education.

### **Ayurveda for Mother and Newborn Care**

Learn little known, deeply transformative care practices for the powerful 6 to 8 week window after childbirth. This sacred window, called *kayakalpa sootika* in Ayurvedic medicine, is similar to many wise-woman practices found in older traditions throughout the world, though many of them with faded understanding and use. Many problems that modern moms face are seeded by inadequate care after childbirth, causing impacts for months and years to come. Using these ancient practices has been shown to eliminate or greatly reduce many of the common problems.

This course provides core theory and skills for daily postpartum wellness care after normal childbirth or clinical births, addressing common needs such as, breastfeeding issues; assessing and correcting breast milk quality as it influences baby's tummy, mood comforts and growth; adjusting for cultural, budgetary and personal preferences; planning for baby's first foods and weaning while optimally supporting emotions, hormones, lactation, digestion and elimination for both mother and baby.

Because our emphasis is on Ayurvedic care principles, we also address mother and baby needs in terms of *guna, dosha, subdosha, prakruti and vikruti, agni, ama, dhatu, mala, srotamsi* and *ojas*. These sanskrit medical terms all are defined in the Introduction to Ayurveda class.

### **Ayurveda for Mother and Newborn Nutrition: Baby's Best Nourishment**

Learn little known, deeply transformative nutrition and dietary approaches for the powerful 6 to 8 week window after childbirth and beyond, for baby's best nourishment, and for nourishing the prime nourisher – the Mom.

This 6 hour course is the other half of the *Ayurveda for Mother and Newborn Care* course, with a stronger emphasis on food and nutrition. In it you will hear valuable discussion about how to improve the quality and quantity of breast milk, the cause and remedy for two types of colic, baby's first foods, and many keys for maternal rejuvenation, including discussion of the tool created by Ysha called "*Menu Planning by Weeks Postpartum*" based upon known milestone transitions after childbirth.



If you are interested in this program, or learning more about Sacred Window's classes, please visit our website: [sacredwindow.com](http://sacredwindow.com). To speak to someone about starting our professional Ayurvedic Postpartum Care training, please email [sacredwindowprograms@gmail.com](mailto:sacredwindowprograms@gmail.com). Thank you for your interest!