

A photograph of a person's bare feet standing on large, moss-covered rocks in a lush, green forest. The scene is captured from a low angle, focusing on the feet and the texture of the moss and rocks. The background is filled with dense foliage and trees, creating a sense of being deep in nature.

Hale Pule Ayurveda & Yoga Online Certification Programs

share nature's wisdom





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Dear Seeker,

Ayurveda is a blueprint for life. To study Ayurveda is to learn the science of living but when we actually practice it in our lives it becomes an art also. Ayurveda is a science in the sense that it's grounded in the unchanging principles of nature. The creative skill of applying the principles in your unique life is what makes it an art.

The union of the scientific foundation and the experiential application of Ayurveda is at the core of our programs at Hale Pule. Our goal is to offer you an authentic, personal and direct experience of Ayurveda so that you can empower others to heal themselves from a place of true understanding. Through studying Ayurveda with us, you will learn how to take care of yourself. You will gain the tools to bring balance to your own body, mind, and spirit which will allow you to embody your true potential as a human being. From that place of inner connection you can share the gift of a healthy, vibrant life with others.

There are many ways to uplift and inspire as an Ayurvedic healer - through individual consultations, group workshops or creative online media. At Hale Pule we offer a range of online programs that will guide you to personally heal with Ayurveda and share the practices with your community in the way that inspires you most. This catalogue provides you with a comparative outline of our online programs so that you can clearly see your path and choose your next step.

May you learn to live well, in harmony with nature.

With love,

Myra



GROW WITH US

We aim to ignite a natural, holistic way of living through Ayurveda and Yoga.

Ayurveda embodies the deep wisdom of nature. It is an art, as well as a complete holistic science that has the tools to empower anyone to embody their potential for joyful living.

Ayurveda offers the precious gift of optimal health and happiness. As you practice you will transform beyond your imagination and assist others to do the same.

Our mission as educators is to inspire you to expand your perspective and develop a powerful connection with yourself, all of nature and the universe. We offer this to you through programs that are based in our core educational values.



OUR EDUCATIONAL VALUES

Share Ayurveda that is both authentic and relevant for modern times.

Present teachings grounded in the classical texts and shaped by decades of modern application and practical experience.

Honour Ayurveda's spiritual foundation as a basis for all healing.

Revere the spiritual aspect of humans as a continuous harmonic with the body and mind.

Offer an experiential and practical education.

Experience the truth and power of Ayurveda on the inside so that it can be shared in a way that is easily digestible and applicable to others.

Promote a holistic view of life and healing.

True health and well-being stems from the understanding that we are holistic beings, and that everything affects everything else.


Focus on self-responsibility in life and practice.

Realize the law of cause and effect in the universe and learn to make conscious choices to obtain our desired results in life.

Uplift through community building and engagement.

Include and engage all human beings in the cultivation of balance and harmony in order to enjoy greater peace, joy and healthy longevity.



A woman with long, flowing white hair is shown in profile, looking upwards and to the right. She is wearing a light-colored, possibly white, garment. The background is a lush, green forest with large, heart-shaped leaves in the foreground and a dense canopy of trees in the background. The overall tone is serene and natural.

"I used to feel at odds with everything— my body, nature and myself. With Ayurveda, my life came to make sense. I could understand the difficulties I'd had and why the things I had tried didn't work. The holistic approach allowed me to see myself and life in a completely different way that made sense. I particularly love how I can now work WITH the design of my body IN CONCERT with nature."

- MYRA LEWIN

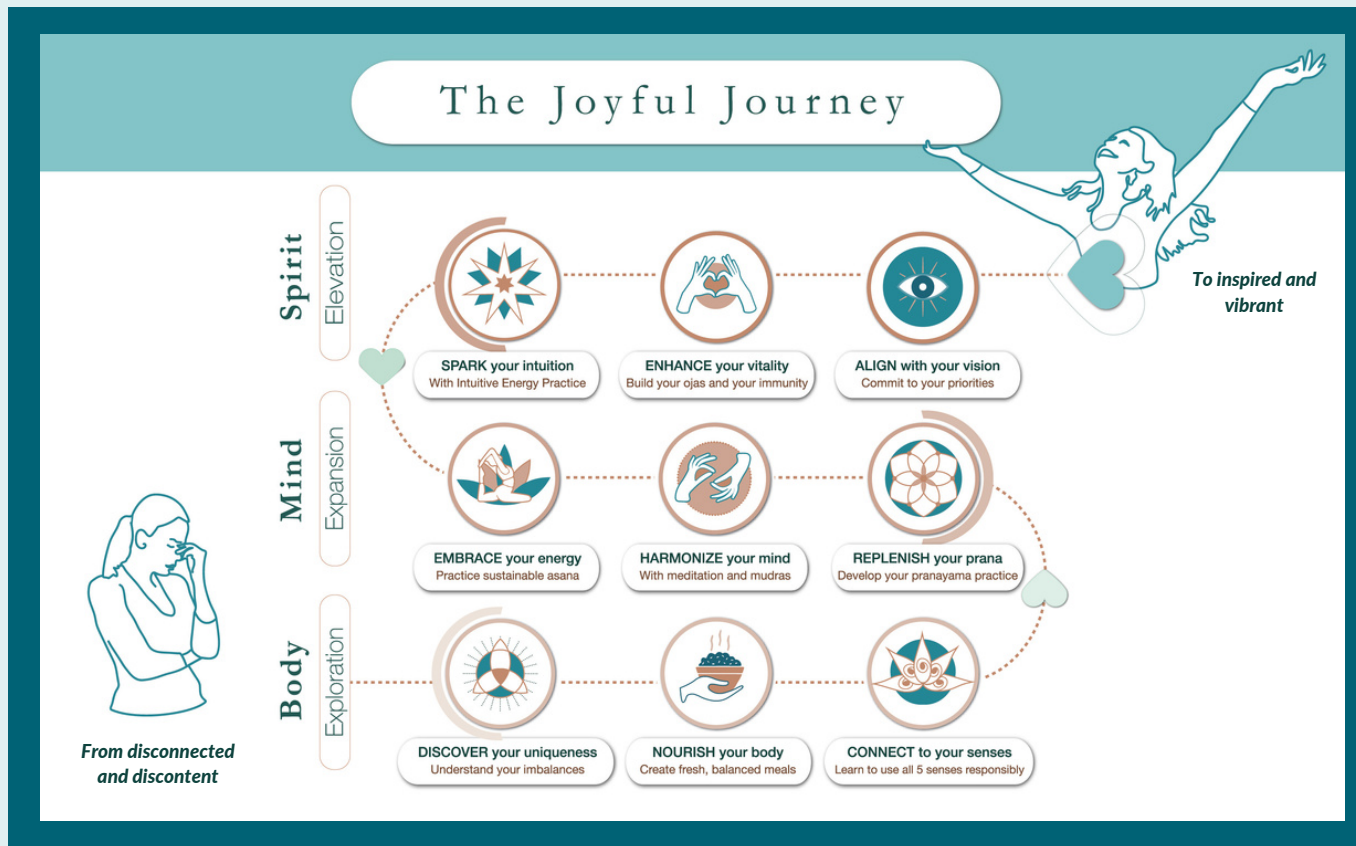


EVERYTHING IS CONNECTED

The Joyful Journey is a roadmap to total healing, and it forms the foundation of our programs at Hale Pule. This is a holistic approach to healing with Ayurveda and Yoga based on the understanding that everything affects everything else.

As a complete system of daily practices that heal body, mind and spirit, this natural way of life is a basis for vibrant health, rejuvenation, inspiration and longevity. Students of our Ayurvedic Health Advisor Program and Ayurvedic Health Advisor program first walk this path themselves, and then learn to guide others to do the same.

To embark on this journey is truly an act of self-love, and reverence for yourself as eternal spirit.





PATHS OF STUDY

At Hale Pule our focus is on providing you with an experiential and practical education.

Choose either our 200-hour Ayurvedic Health Advisor program or our 600-hour Ayurvedic Health Counselor program, depending on your goals.

The first step in both programs is to complete our Agni Therapy program which will guide you to integrate the fundamentals of Ayurveda and Yoga into your daily life. Along with deep personal healing you'll benefit from the profound wisdom of practical experience.

Following graduation from the programs, you can deepen your knowledge in specialized areas and enhance your counseling skills with our mentoring options.

This catalogue will provide you with comparative information on each program, so that you can be clear about your goals and next step.



BEGIN YOUR EXPERIENTIAL EDUCATION

AGNI THERAPY PROGRAM

A complete system of healing with Ayurveda and Yoga, Agni Therapy is a 4-week reset for your digestion and your life.

Agni Therapy is our signature healing program, which we have incorporated into our 200-hour Ayurvedic Health Advisor and 600-hour Ayurvedic Health counselor programs.

Agni Therapy offers you the opportunity for direct experience of the practices and principles of Ayurveda and Yoga. You will experience deep personal healing and gain a foundation for vibrant living. This will form a basis for you to grow and share your lived wisdom with others.

Once you have completed the Agni Therapy program, you will receive a 1-1 Ayurvedic health consultation, which will give you personalized guidance for resolving symptoms so that you can feel clear and energized. Plus you will have first-hand experience of Hale Pule's approach to counseling.

included in the program...

4-week (and beyond) guided integration of holistic eating and living practices

A 7-day Ayurvedic digestive reset

Videos, guides, recipes, wellness journal, tracking tools

Twice a month live Q&A sessions plus access to a library of Ayurvedic wisdom and practices

Ongoing access after the 4 weeks to all program content and live Q&A's so you can repeat the program during seasonal transitions or whenever you need a reset



THE HALE PULE SANGHA

learn in a community of ayurveda and yoga students

NETWORK WITH YOUR PEERS

Connect with individuals who want to integrate and explore Ayurveda and Yoga. Our community is global.



SHARE YOUR JOURNEY

Immerse yourself in daily discussions with your fellow classmates. Share photos of your journey and written reflections along the way.



RECEIVE 1-ON-1 MENTORING & DAILY SUPPORT

Join and receive a mentor that helps you review and complete your assignments. Ask Hale Pule's teachers any question and receive prompt guidance.



THE HALE PULE SANGHA

your inspiration, your community, your home

As a student in our programs you are welcomed into the Hale Pule Sangha, a vibrant online community of like-hearted people walking the same path. This is a place for inspiration, connection, and support. The Hale Pule Sangha is the where you'll find your course materials, and your new friends!

As you enter your course, you'll be greeted by the 'Activity Feed' – a place to ask questions and tune into discussions among your teachers and peers. This is where you'll find interesting case studies and thought-provoking questions that will encourage you to put into practice what you're learning.

Our teachers check in on the Activity Feed and the private course inbox to ensure any comments, questions, or concerns sent in from students are promptly responded to and addressed.

In the Sangha, monthly live lectures are led by Ayurveda Practitioner and Master Yogini, Myra Lewin. These sessions are an opportunity to receive wisdom and discuss your studies. No matter where you are in this self-paced program, we meet you there and support you to move forward with confidence.

If you can't attend a monthly live lecture, send in your question(s) and we'll post the recording in our ever-growing live lecture library.

*Feel supported by our global online community as you become an Ayurvedic Health Advisor
or Ayurvedic Health Counselor.*



A person wearing white traditional Indian attire is sitting cross-legged on a dark surface. In front of them is a lit diya (oil lamp) in a metal holder, casting a warm glow. To the right, there is a small glass jar containing yellow ghee and a red lid.

STEP 1: IGNITE THE STUDENT WITHIN & GROW AS A HEALER

**200-hour Ayurvedic Health
Advisor program**

&

**600-hour Ayurvedic Health
Counselor program**



200-HOUR AYURVEDIC HEALTH ADVISOR PROGRAM & 600-HOUR AYURVEDIC HEALTH COUNSELOR PROGRAM

Hale Pule offers two online, self-paced Ayurveda programs designed to support your growth as a healer:

- 200-hour Ayurvedic Health Advisor program (1-2 years to complete).
- 600-hour Ayurvedic Health Counselor program (1.5-3 years to complete).

The 200-hour program is not a pre-requisite for the 600-hour program, although some students do choose to complete the programs sequentially.

Here is a comparison between the two programs so that you can determine the best fit for you, depending on how you are inspired to experience and share the wisdom of Ayurveda.

WHO IS THIS PROGRAM FOR?

200-HOUR AYURVEDIC HEALTH ADVISOR PROGRAM

- Yoga teachers, advanced Yoga students, massage therapists, nutritionists, anyone interested in wellness and natural healing.
- Those inspired to provide foundational Ayurvedic education to their family and community.
- No prior experience in Ayurveda is required

600-HOUR AYURVEDIC HEALTH COUNSELOR PROGRAM

- Yoga teachers, advanced Yoga students, massage therapists, nutritionists, wellness coaches, medical professionals.
- Those called to work one-on-one with clients to correct health imbalances and support a healthy, vibrant lifestyle.
- No prior experience in Ayurveda is required




WHAT IS INCLUDED IN THE PROGRAM?

200-HOUR AYURVEDIC HEALTH ADVISOR PROGRAM

- The Agni Therapy program
- A health consultation with a Hale Pule practitioner.
- 10-lesson course manual.
- Support and feedback from our educators.
- Guidance on developing workshops.
- Monthly live group sessions with Myra Lewin including lectures and Q&A (plus ongoing access after graduation).
- Bonus access to catalogue of all previous live lectures.

600-HOUR AYURVEDIC HEALTH COUNSELOR PROGRAM

- The Agni Therapy program
- A health consultation with a Hale Pule practitioner.
- 20 lessons that include chapter readings along with supplemental audio and video lessons.
- Support and feedback from our educators on your written assignment from each lesson.
- Guidance in crafting a client intake wellness questionnaire.
- Observation of 25 recorded Hale Pule client consultations.
- Monthly live group sessions with Myra Lewin including lectures and Q&A (plus ongoing access after graduation).
- Bonus access to catalogue of all previous live lectures.
- Ongoing membership in the Hale Pule Ayurvedic Health Counselor Mighty Networks community.



"The best part of participating in the Ayurvedic Health Counselor program is how much it feels like coming home to myself every time I sit down to learn. There is something so special about the journey of Ayurveda - it simultaneously feels new and exciting, while at the same time feeling like something I've known all my life and just temporarily forgotten. Ayurveda just makes sense, which is what I love about it the most!"

- TONI



WHAT ARE THE OUTCOMES?

200-HOUR AYURVEDIC HEALTH ADVISOR PROGRAM

- Enhanced wellbeing and vitality through personal application of Ayurvedic practices.
- The capacity to provide foundational education in Ayurvedic diet (ahar) and lifestyle (vihar) to groups or individuals.
- An education in holistic health that will complement your existing practice or offerings in the wellness field.
- The ability to increase awareness and the practices of Ayurveda in your community.

600-HOUR AYURVEDIC HEALTH COUNSELOR PROGRAM

- Enhanced wellbeing and vitality through personal application of Ayurvedic practices.
- The capacity to counsel clients to eliminate symptoms and reverse the disease process based on a deep understanding of Ayurvedic principles and practices.
- The ability to guide and inspire clients to enjoy greater health and longevity through diet (ahar) and lifestyle (vihar) and complementary treatments.
- The ability to increase awareness and the practices of Ayurveda in your community.

WHAT IS THE SCOPE OF PRACTICE FOR GRADUATES?

200-HOUR AYURVEDIC HEALTH ADVISOR PROGRAM

- Personal advice for: dosha balance, agni balance, and stress reduction.
- Offer diet and lifestyle guidance to optimize digestion, improve mental clarity and physical mobility.
- Examples of symptoms that can be reduced or eliminated:
 - Digestive issues like bloating, gas and constipation
 - Weak immunity
 - Skin irritations
 - Inflammation
 - Disturbed sleep
 - Excess weight
 - Anxiety
 - Women's health issues (menopause, menstrual cycle disturbances, cravings, premature aging)
- Hosting community education workshops.
- Serving as a public educator / Ayurveda ambassador through written media including social media and blogs.

600-HOUR AYURVEDIC HEALTH COUNSELOR PROGRAM

- Work one-on-one with clients to prevent and recover from symptoms, illness and disease.
- Examples of symptoms and illness that can be reduced or eliminated:
 - Digestive disturbance including Celiac disease, Crohn's disease, IBS, diverticulitis
 - Food intolerances, excess candida
 - Depression, panic attacks, anxiety, compulsivity
 - Systemic acne, eczema
 - Autoimmune disorders
 - Addiction
 - Arthritis
 - Insomnia
 - Allergies
 - Osteoporosis
 - Hormonal imbalances
- Hosting community education workshops.
- Serving as a public educator / Ayurveda ambassador through written media including social media and blogs.



STEP 2: EXPAND YOUR PRACTICE

Clinical Mentoring Program & One-on-One Mentoring in Ayurveda



CLINICAL MENTORING PROGRAM & ONE-ON-ONE MENTORING IN AYURVEDA

Graduating from an Ayurveda program is just the beginning of learning how to work as a holistic healer. Ayurveda is an art as much as a science, and the various conditions, cases, and personality types you'll encounter as a healer will stimulate ongoing learning and growth in your understanding and application of Ayurveda.

Our mentoring programs give you access to a trusted guide in your early career, one who can deepen your understanding of Ayurveda and your approach to working with clients.

We offer two online mentoring options:

- Clinical Mentoring Program (2 years to complete).
- One-on-One Mentoring in Ayurveda (available through flexible 3-hour packages).

WHO IS THIS PROGRAM FOR?

CLINICAL MENTORING PROGRAM

- Graduates of our 600-hour Ayurvedic health counselor program or equivalent who are seeking support and advice in the early stages of working 1:1 with clients.
- Those seeking to deepen their existing Ayurveda practice, in particular those interested in focusing on Ayurvedic diet and developing counseling skills.

ONE-ON-ONE MENTORING IN AYURVEDA

- Advisors, counselors, and practitioners of Ayurveda seeking to expand their education in specific topics such as herbalism, aromatherapy, yoga therapy, women's health and the treatment of specific conditions or issues.
- Ayurvedic healers who would like to have a trusted guide to answer questions, talk through challenges and offer solutions.



WHAT IS INCLUDED IN THE PROGRAM?

CLINICAL MENTORING PROGRAM

- Support to create or enhance your client intake wellness questionnaire.
- Guidance on improving client communications.
- Detailed review of 25 of your client cases.
- A check-in with a Hale Pule practitioner after every five cases.
- Monthly live group sessions with Myra Lewin including lectures and Q&A (plus ongoing graduate access).
- Optional discounted Ayurvedic health consultation with a Hale Pule practitioner
- Optional add on: a capstone project to observe and assess 25 recorded client consultations conducted by Myra Lewin.

ONE-ON-ONE MENTORING IN AYURVEDA

- Mentorship packages are 3 hours.
- The first package includes a 60 minute Ayurvedic health consultation with a Hale Pule practitioner and 2 hours of open mentoring time.
- Each package thereafter includes 3 hours of mentorship to use in 30-90 minute mentoring sessions according to an established plan or on the subject of your choice for each session.



"I really enjoy how Hale Pule is making it so easy and accessible for me to stay connected, whether it be through the actual program, live lectures, Q&A's, podcast or others. I always feel like Myra and the rest of the Hale Pule team are there right beside me, walking with me on this path, helping and guiding me whenever needed."

- MIA



CLINICAL MENTORING PROGRAM

What is the scope of practice for graduates?

- Ability to work with increasingly complex client situations beyond the counselor level.

What are the outcomes?

- Greater competency in assessing clients and providing solutions.
- Increased efficiency before, during, and after consultations.
- A broader range of techniques, recommendations and tools to offer clients.
- Enhanced professionalism.
- 1-on-1 mentoring for setting up and establishing your business (how to market or set up workshops/programs, review offerings, improve confidence when marketing yourself)



ONE-ON-ONE MENTORING IN AYURVEDA

What is the scope of practice for graduates?

- The scope of practice will expand according to the focus of the mentoring sessions.

What are the outcomes?

- Improved ability to work with clients on particular challenges
- The development of specialized skills according to your area of interest, for example, making herbs and oils, aromatherapy, therapeutic Yoga, women's health, etc.
- 1-on-1 mentoring for setting up and establishing your business (how to market or set up workshops/programs, review offerings, improve confidence when marketing yourself)



Become an Ayurvedic Healer

your path home

Living Ayurveda is walking home to yourself, each day.
Your path is unique to you, and it will unfold as you dream it.

We hope that this catalogue has inspired you to blossom with Ayurveda and Yoga. If you would like more information on our programs please visit our website: halepule.com.

If you have questions, a member of our team is happy to connect with you on Zoom.

[BOOK A CALL TODAY](#)

