

# CATALOG



**Ayurvedic Wellness *Practitioner* v2.9**

Fall Program

October 2014 - August 2015

**California**

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# Mission, Purpose & Commitment

**Our Mission:** To integrate traditional Ayurvedic wisdom and healing with scientific research.

**Our Purpose:** To serve as an authentic source of Ayurvedic education, research and community health care.

**Our Commitment:** To bring the highest caliber of academic excellence to the US and abroad.

## Welcome to the Kerala Ayurveda Academy

The Kerala Ayurveda Academy (KAA) invites you to embark on a journey into the world of Ayurveda, where you will discover a profound potential for health and well-being offered by a time-proven, harmonious and holistic healthcare system.



Healthcare in the United States is changing. Health science has evolved to encompass our beliefs, our emotions, our behavior, our thoughts, our family and cultural systems, as well as the environmental context in which we live. All of these elements are relevant to our health. Ayurveda is a 5000 year old Indian system of healing that encompasses these aspects while offering solutions to achieve harmony at the level of Body, Mind and Spirit. Join us and get involved in this pioneering work that is transforming and reshaping our healthcare industry to a newer model of holistic healthcare for the 21<sup>st</sup> century.

Kerala Ayurveda Academy is committed to offering the highest quality of education and services to our students so they become the finest Ayurvedic health practitioners and educators for the future. Our aim is to maintain the authenticity of Ayurveda in the United States.

The KAA curriculum is based on an Ayurvedic educational curriculum from Indian universities and is academically challenging and rewarding. Students will find studying at KAA intellectually stimulating and competitive. The programs encompass all fields of Ayurveda including Ayurvedic philosophy, herbology, psychology, Ayurvedic Dosha imbalance management, research, clinical practice, and clinical application.

We have assembled the most qualified and experienced faculty to teach Ayurvedic principles. Most faculty members have Ayurvedic degrees from prestigious universities in India and 15 to 30 years of clinical experience. Feel assured that you will receive an authentic Ayurvedic education. The program coordinators at each location are also very supportive and eager to assist students in any way they can.

*We congratulate you on your decision to become part of an inner circle of Ayurvedic practitioners who promote healing, well-being and wellness.*

**THE KERALA AYURVEDA ACADEMY TEAM**



# Ayurveda

## Kerala Ayurveda Academy *invites you on a great life adventure...*

The Kerala Ayurveda Academy is the first institute in the US to provide authentic Ayurvedic programs throughout the country. We currently offer classroom programs in the states of California and Washington.

### Upon completion, graduates will be able to:

- Determine and analyze a client's unique Body Constitution
- Perform Ayurvedic Nutritional Consultations
- Perform Ayurvedic Lifestyle Consultations
- Teach Pranayama and Meditation
- Offer special Ayurvedic Therapies and Home Remedies

### Testimonial

My experience... has been nothing short of wonderful... educational, enjoyable, practical and indispensable...I watched my relationship with family, friends and myself blossom to levels I never could have imagined. KAA has taught me that Ayurveda is truly a way of life, a balanced life and a better life.

Kari

Ayurveda, the science (Veda) of life (Ayus), is a part of the world's oldest and most well-documented comprehensive healthcare system. According to Ayurveda, harmony at the level of the Body, Mind and Spirit is true health. Ayurveda emphasizes the individual rather than a disease. The concept of body constitution distinguishes Ayurveda from many other healing sciences. Knowledge of Ayurvedic science in today's world is essential. Conventional medicine has its strength in disease management and treatment. Ayurvedic science is aimed at the preservation of health and prevention of disease by establishing balance and harmony through nutrition, herbs, meditation, and daily routines. Conventional medicine is a science that takes care of the physical body and its systems. Ayurvedic science provides knowledge to unfold the reality beyond the physical body and achieve harmony of Body, Mind and Spirit. The World Health Organization recognizes Ayurveda as a complete natural health care system.

This is the perfect time for Ayurvedic graduates. They have a unique opportunity in this day and age to lead successful lives by assisting family, friends and clients in creating healthier bodies and lifestyles, thus eventually lowering healthcare costs. Licensed health care practitioners can utilize their Ayurvedic knowledge to enhance their current practice. Massage therapists and body workers can open Panchakarma centers. Students interested in health and beauty might start Ayurvedic spas, beauty centers, or wellness centers. Freelance writers may start Ayurvedic publications. Research savvy students may get involved in Ayurvedic research projects. The Office of Alternative Medicine funds many research projects in holistic health care. Business entrepreneurs might develop Ayurvedic herbal products, food packages, or even Ayurvedic cosmetics. Students in academics may get into teaching or may want to deepen their education,

pursuing more in-depth studies. It is really up to the graduating student to invent or discover new avenues. KAA offers advanced classes to further their education and also offers programs at our Kerala Ayurveda Academic Facilities in Cochin and Bangalore, India.

## Why choose Kerala Ayurveda Academy for my Ayurvedic training?

Authenticity	→ We offer the highest level of Ayurvedic training outside of India
Comprehensiveness	→ Includes course manuals, lectures, practical workshops, and clinical internship
Leading Experts	→ Several of the world's leading academics and physicians
Convenience	→ Ten 2-day In-class weekends



## Take Pride in Knowing...

- You are part of a globally recognized and highly respected Ayurvedic lineage which is experiencing spectacular growth in the West...
- You embark on your journey knowing that you can get a Masters degree in Ayurveda via the Kerala Ayurveda Academy's partner programs...
- With 1000 alumni, you are a part of one of the largest student bodies in the country...
- Kerala Ayurveda Academy is backed by its parent, Kerala Ayurveda Limited (KAL), which has hospitals, clinics, academies and spas throughout Southern India...
- KAL is a 65-yr old full spectrum Ayurveda company and has touched more than a million lives with its authentic products and services...
- KAL is from Kerala, referred to as God's own country, the land that cherishes the practice of Ayurveda in its purest and most authentic form...
- KAL and KAA have embarked on a journey to make Ayurveda a global choice for better health...
- KAL's mission is to "Evolve Ayurveda" with substantial investments in research so that Ayurveda is promoted globally in an authentic manner for the benefit and wellness of humankind...
- KAL is a part of Kutra Life Sciences, which aims at providing "Wellness Naturally" to all.
- Kerala Ayurveda Academy supports the Asha Foundation in India, an organization dedicated to the service of child welfare and rehabilitative assistance, especially in the areas of autism and cerebral palsy...
- At the Kerala Ayurveda Academy, you will benefit from KAL's partnership with Banaras Hindu University (BHU) in Research and Education for authentic Ayurvedic herbs and treatments. BHU is an internationally reputed University founded in 1916 – it is a premier institution hosting schools in medicine, science, technology, social science and performing arts with over 20,000 students and 2500 scholars...



# Ayurvedic Wellness Practitioner (AWP)

## (1000 Hour Certification Program)

The Ayurvedic Wellness Practitioner (AWP) Program is based on the second goal of Ayurveda— '*Aaturasya Vikara Prashamanam*' (Disease management). At this level, the emphasis is on gaining a deeper understanding of the disease process and management techniques at its various stages. Students will gain a deeper understanding of Ayurvedic concepts and techniques. Upon successful completion of the AWP Course you will be awarded an Ayurvedic Wellness Practitioner Certificate.

### Prerequisites

KAA accepts a limited number of students in each class (approx 25). The prerequisite for admission to the AWP program is completion of the AWC or an equivalent 600-hour program from a recognized university or institution. Students applying for admission to the AWP program who have completed a program equivalent to the AWC program will be required to complete a qualification exam to determine their competency in Ayurvedic principles and practices. This examination covers topics in the AWC (Level One) program only. Students who take this exam and do well may be exempt from our AWC program. The fee for the placement examination is \$500.00. Due to variations in educational program standards, we do not accept direct transfer of credits from other institutions.

### Course Objectives

#### KAA 201—ADVANCED ANATOMY, PHYSIOLOGY & BASIC PRINCIPLES

Advanced Anatomy, Physiology & Basic Principles includes an in-depth discussion of the doshas, subdoshas, dhatus, malas, and agni. Greater emphasis is placed on the srotas, kalas and marmas. This course also includes a deep exploration of the basic principles directly from the scriptures such as the Soothrasthana of '*Ashtanga Hrudayam*'.

#### KAA 202— PATHOPHYSIOLOGY & AYURVEDIC DIAGNOSTIC METHODS

Pathophysiology and Ayurvedic Diagnostic Methods includes a detailed exploration of the five stages of disease identification: Nidan, Purvaroop, Roopa, Upashaya, and Samprapti. This course also looks at the six stages of the disease process: Sanchaya, Prakopa, Prasara, Sthanasmshraya, Vyakti and Bheda. Students will gain an understanding of the signs of Dhātu and Srota Dushti. Students will delve deeply into threefold client examination: Darshana, Sparshana, and Prashana, as well as the eight-fold clinical evaluation: Pulse, Tongue, Voice, Physical Stature, Vision, Skin, Urine, and Bowel.

#### KAA 203—ADVANCED HERBOLOGY & AYURVEDIC PHARMACEUTICS

Advanced Herbolology expands upon the principles of Ayurvedic herbal energetics, actions, uses and preparations with over thirty additional herbs. Other topics include the preparation of popular Ayurvedic formulations and their clinical application (pills, powders, oils, ghees, jams, etc.), times of administration and anupanas. Other topics include measurements and dosage of Ayurvedic herbs and formulations.

#### KAA 204—ADVANCED BODYWORK, DETOXIFICATION & RASAYANA

Advanced Bodywork, Detoxification and Rasayana is a hands-on course. A detailed theory of Panchakarma will be covered, including the Poorvakarma (Preparation), Pradhanakarma (Main Procedure) and Paschatkarma (Post procedural convalescence). The preparatory procedures including, various types of Snehana & Swedana therapies including Abhyanga, Choornasweda, Patrapotala Sweda, Njavarakizhi, Pizhichil, Kateevasthy, Nethratharpanam, Lepam, Pichu, etc. This course also includes the five-fold Ayurvedic Detoxification procedures such as Vamana,





Virechana, Anuvasana, Niroohavasthy and Nasya. The post Panchakarma convalescence like specific food and lifestyle modification is also a part of this course. This course also covers various aspects of Rasayana- the anti-ageing modalities of Ayurveda.

#### **KAA 205—KAYACHIKITSA I: MANAGEMENT OF DIGESTIVE SYSTEM & METABOLIC DISORDERS**

Kayachikitsa I includes the Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several digestive and metabolic disorders such as Stomatitis, GERD, Hyperacidity, Ulcers, Diarrhea, IBS, Hepatitis, Fatty Liver, Ulcerative Colitis, Gallbladder Stones, Diabetes, Obesity, High Cholesterol, Anemia and Thyroid problems.

#### **KAA 206— KAYACHIKITSA II: MANAGEMENT OF NERVOUS SYSTEM & MUSCULOSKELETAL DISORDERS**

Kayachikitsa II includes the Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several nervous system and musculoskeletal disorders such as Multiple Sclerosis, Hemiplegia, Parkinson's Disease, Motor Neuron Disease, Rheumatoid Arthritis, Osteo-arthritis, Gout, Osteoporosis, Sciatica, Fibromyalgia, Muscular Dystrophy, Low back Pain, Spondylitis, Avascular Necrosis. This course also includes fracture management and bandages.

#### **KAA 207— KAYACHIKITSA III: MANAGEMENT OF RESPIRATORY SYSTEM & CARDIOVASCULAR SYSTEM DISORDERS**

Kayachikitsa III includes the Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several respiratory, circulatory and cardiac disorders such as Allergic Rhinitis, Asthma, Cough, COPD, Sleep Apnea, Hypertension, Coronary Artery Disease, DVT, Migraine and Varicose Veins.

#### **KAA 208-KAYACHIKITSA IV: MANAGEMENT OF SKIN, SPECIAL SENSES, & MENTAL DISORDERS**

Kayachikitsa IV includes the Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several skin disorders, diseases of sense organs and mental disorders such as Eczema, Psoriasis, Acne, Rosacea, Herpes, Atopic Dermatitis, Cataract, Macular Degeneration, Stye, Myopia, Otitis, Meniere's Disease, Nasal Polyp, Anxiety, Depression, Insomnia, Schizophrenia, ADHD, Alzheimer's Disease, Autism, Addiction and Dementia.

#### **KAA 209— KAYACHIKITSA V: MANAGEMENT OF REPRODUCTIVE & EXCRETORY SYSTEM DISORDERS, GYNECOLOGY & PEDIATRICS**

Kayachikitsa V includes the Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several female and male reproductive system disorders such as Amenorrhea, Menorrhagia, Dysmenorrhea, PMS, Menopausal syndrome, Endometriosis, PCOD, Yeast Infection, Erectile Dysfunction, Prostate Enlargement, Impotency, Urinary Stones, UTI, Hemorrhoids, Anal Fissures, Fistula-in-Ano, Infertility, Anti-Natal Care and Post-Natal Care. This course also covers a general outline of child care and management of pediatric conditions.

#### **KAA 210 – CLINICAL IN-CLASS INTERNSHIP (80 HOURS)**

40 hours of internship is included in the 10 sessions of the 2 day monthly in-class learning experience. Another 40 hours of internship with one-on-one consultation is included as a clinical internship project. Students will evaluate clients in the following areas: Potential treatments, dietary and lifestyle recommendations, Ayurvedic herbal formula recommendations, daily routines and seasonal changes.

**KAA 210—CLINICAL INTERNSHIP (200 HOURS)**

Students must complete 200 hours of clinical internship based on the following choices:

- ➔ 20 Day (200 Hour) Trip to India (details on page 16)
- ➔ 20 Day (200 Hour) Trip to Fremont, CA: 5 days/week for 4 non-consecutive weeks working directly under the supervision of Dr. Jayarajan Kodikannath and Faculty Practitioners. Students will complete either 30 Ayurvedic consultations or 15 Ayurvedic consultations and 15 Ayurvedic procedures.
  - Four non-consecutive weeks may also be taken in the following format:
    - Four weeks in Fremont, CA working with Dr. Jayarajan and Faculty OR
    - 5 days/week for 2 weeks (100 Hours) is required, working directly under the supervision of Dr. Jayarajan Kodikannath and Faculty Practitioners in Fremont, CA during which students will complete 15 Ayurvedic consultations/procedures.
      - In addition, students must complete a 100 Hour externship with an approved Ayurvedic doctor or practitioner\* in their local area
        - 100 Hour externship may be broken into a 50 hour externship and 50 hours of community clinical services (Ayurvedic assessments, counseling or procedures with written report provided to KAA)

\*If chosen Ayurvedic Professional is not on the KAA Approved List, credentials will be provided to KAA.

***In-Class Intensives & Internships******200 Hours***

No.	Course Description	# of Days	Hours
KAA 201	<ul style="list-style-type: none"> <li>In-depth discussion of the doshas, subdoshas, dhatus, malas, agni, dhatu agni and srotas.</li> <li>Detailed learning on the srotas and marmas.</li> </ul>	2	20 Hours
KAA 202	<ul style="list-style-type: none"> <li>Detailed learning on the disease progression and five stages of disease identification: Nidan, Purvaroop, Roopa, Upashaya, Samprapti.</li> <li>Six stages of the disease process: Sanchaya, Prakopa, Prasara, Sthanasamshraya, Vyakti and Bheda.</li> <li>Signs of Dhatu and Srota Dushti.</li> <li>Threefold client examination (Darshana, Sparshana, and Prashana)</li> <li>Eight-fold clinical evaluation (pulse, tongue and sound evaluation, observation of physical stature &amp; vision and examination of the malas).</li> </ul>	2	20 Hours
KAA 203	<ul style="list-style-type: none"> <li>Principles of Ayurvedic pharmaceuticals</li> <li>Study of over thirty additional herbs</li> <li>Preparation of Formulations: Decoctions, Herbal Oils, Ghees, Pastes, Poultices, Pills, Powders &amp; Jams</li> <li>Measurements &amp; Dosage</li> <li>Traditional Preparation of Buttermilk &amp; Ghee from Milk</li> </ul>	2	20 Hours

<b>KAA 204</b>	<ul style="list-style-type: none"> <li>Advanced Bodywork &amp; Detoxification Methods</li> <li>Snehana &amp; Swedana Therapies - Abhyanga, Choornasweda, Patrapotala Sweda, Njavarakizhi, Pizhichil, Udwartanam, Kateevasthy, Nethratharpanam, Lepam, Pichu</li> <li>Panchakarma: Vamana, Virechana, Anuvasana, Niroohavasthy &amp; Nasya</li> <li>Rasayana</li> </ul>	2	20 Hours
<b>KAA 205</b>	<ul style="list-style-type: none"> <li>Digestive and Metabolic Disorders               <ul style="list-style-type: none"> <li>Nidana and Samprapti</li> <li>Ayurvedic Clinical Assessment</li> <li>Management Protocol</li> <li>Preparation of Specific Formulations</li> </ul> </li> <li>Internship</li> </ul>	2	20 Hours Practical Training & Internship (2 Clinical encounters)
<b>KAA 206</b>	<ul style="list-style-type: none"> <li>Musculoskeletal &amp; Neurological Disorders               <ul style="list-style-type: none"> <li>Nidana and Samprapti</li> <li>Ayurvedic Clinical Assessment</li> <li>Management Protocol</li> <li>Preparation of Specific Formulations</li> </ul> </li> <li>Internship</li> </ul>	2	20 Hours Clinical Training & Internship (2 Clinical encounters)
<b>KAA 207</b>	<ul style="list-style-type: none"> <li>Respiratory and Cardiovascular System Disorders               <ul style="list-style-type: none"> <li>Nidana and Samprapti</li> <li>Ayurvedic Clinical Assessment</li> <li>Management Protocol</li> <li>Preparation of Specific Formulations</li> </ul> </li> <li>Internship</li> </ul>	2	20 Hours Clinical Training & Internship (2 Clinical encounters)
<b>KAA 208</b>	<ul style="list-style-type: none"> <li>Diseases of Special Senses and Mental Disorders               <ul style="list-style-type: none"> <li>Nidana and Samprapti</li> <li>Ayurvedic Clinical Assessment</li> <li>Management Protocol</li> <li>Preparation of Specific Formulations</li> </ul> </li> <li>Internship</li> </ul>	2	20 Hours Clinical Training & Internship (2 Clinical encounters)
<b>KAA 209</b>	<ul style="list-style-type: none"> <li>Reproductive &amp; Excretory System Disorders               <ul style="list-style-type: none"> <li>Nidana and Samprapti</li> <li>Ayurvedic Clinical Assessment</li> <li>Management Protocol</li> <li>Preparation of Specific Formulations</li> </ul> </li> <li>Ayurvedic Gynecology</li> <li>Ayurvedic Pediatrics               <ul style="list-style-type: none"> <li>Prenatal &amp; Post-Natal Therapies</li> <li>Baby massage</li> </ul> </li> <li>Internship</li> </ul>	2	20 Hours Clinical Training & Internship (2 Clinical encounters)
<b>KAA 210</b>	<ul style="list-style-type: none"> <li>Clinical Internship               <ul style="list-style-type: none"> <li>Supervised internship</li> <li>One-on-one clinical consultation and creation of chikitsa protocol</li> </ul> </li> </ul>	2	20 Hours Clinical Training & Internship (10 Clinical encounters)

## Weekly Virtual Classroom Sessions

75 hours

Virtual Classrooms are conducted through WebEx video conferencing every week. The faculty will take the students through various topics in the curriculum and provides students the opportunity to ask questions and to clarify the concepts and topics from the course material and class videos. Each virtual classroom takes place on Thursdays from 6:00PM to 07:30PM PST with a member of the Kerala Ayurveda Academy faculty. Students are expected to attend all virtual classroom sessions (please see graduation requirements on page 21 for more details). The date, time and access code of the virtual classroom will be available on the e-learning calendar or contact the Senior Manager (Administration). Each virtual classroom is archived and accessible for review on the e-learning system. *These dates and times are subject to change.*

Date	Topic
October 2, 2014	Metabolic disorders
October 9, 2014	Mamsagata vata (Fibromyalgia)
October 16, 2014	Kateegraham & Gridhrasi (Low back pain & Sciatica)
October 23, 2014	Vatarakta (Gout)
October 30, 2014	Sandhigata vata (Osteo-arthritis)
November 6, 2014	Amavata (Rheumatoid Arthritis)
November 13, 2014	Neurological Disorders
November 20, 2014	Fracture management in Ayurveda
December 4, 2014	Respiratory Disorders
December 11, 2014	Bhrusha Kshavadhu (Allergic Rhinitis)
December 18, 2014	Raktatimardam (Hypertension)
January 8, 2015	Siragrandhi (Varicose vein)
January 15, 2015	Sirasoola (Headaches)
January 22, 2015	Hrudroga (Heart disorders)
January 29, 2015	Ayurvedic protocol for skin disorders
February 5, 2015	Sidhma Kushtam (Psoriasis)
February 12, 2015	Visarpam (Shingles)
February 19, 2015	Ayurvedic protocol for Eye disorders
February 26, 2015	Ayurvedic protocol for mental disorders
March 5, 2015	Chinta & Vishada (Anxiety & Depression)
March 12, 2015	Ayurvedic protocol for menstrual disorders
March 19, 2015	Ayurvedic protocol for Infertility
March 26, 2015	Ayurvedic protocol for pediatric conditions



<b>April 2, 2015</b>	Samprapti- the etio-pathological cycle
<b>April 9, 2015</b>	Srotas- in Samprapti (etio-pathogenesis) and Chikitsa (management protocol)
<b>April 16, 2015</b>	Ayurvedic Clinical Case paper- do's and don'ts
<b>April 23, 2015</b>	Clinical examination- the art of Ayurvedic diagnosis
<b>April 30, 2015</b>	Pulse diagnosis
<b>May 7, 2015</b>	Marmas- clinical relevance
<b>May 14, 2015</b>	Structuring the Ayurvedic clinical protocol
<b>May 21, 2015</b>	Consideration of Agni in Ayurvedic management
<b>May 28, 2015</b>	Pathya-apathaya- Educating patients on do's and don'ts during Ayurvedic protocol
<b>June 4, 2015</b>	Creating a herb combination based on Samprapti
<b>June 11, 2015</b>	Role of traditional Ayurvedic oils in clinical protocols
<b>June 18, 2015</b>	Importance of Kalpanas (various types of formulations)
<b>June 25, 2015</b>	Snehapana in clinical protocol
<b>July 12, 2015</b>	Selection of traditional Ayurveda therapies in chikitsa
<b>July 9, 2015</b>	Creating a complete Panchakarma protocol
<b>July 16, 2015</b>	Disease specific Rasayanas
<b>July 23, 2015</b>	Classical Rasayana protocol
<b>July 30, 2015</b>	Principles of clinical management of digestive system disorders
<b>August 6, 2015</b>	Clinical management of Ama at different levels
<b>August 13, 2015</b>	Amlapitta (hyperacidity)
<b>August 20, 2015</b>	Soola (Gastric and Duodenal ulcers)
<b>August 27, 2015</b>	Grahani- a group of disorders of GIT
<b>September 3, 2015</b>	Ano-rectal disorders
<b>September 10, 2015</b>	Yakrut roga (Liver disorders)
<b>September 17, 2015</b>	Pandu (Anemia)
<b>September 24, 2015</b>	Clinical Management Review

## E-learning & Video Instruction

270 hours -

No.	Course Name	Sanskrit	Hours
KAA 201	Advanced Ayurvedic Anatomy, Physiology & Basic Principles	Dosha Dhatu Mala Vigyan	24 Class Video, 10 Home Study
KAA 202	Pathophysiology & Ayurvedic Diagnostic Methods	Advanced Nidan & Rogi Pariksha	24 Class Video, 10 Home Study
KAA 203	Advanced Herbology & Ayurvedic Pharmaceutics	Dravya Guna & Bhaishajya Kalpana	32 Class Video, 10 Home Study
KAA 204	Advanced Bodywork, Detoxification Methods & Anti-Aging	Panchakarma & Rasayana	32 Class Video, 10 Home Study
KAA 205	Management of Digestive System & Metabolic Disorders	Kayachikitsa I	32 Class Video, 10 Home Study
KAA 206	Management of Nervous System & Musculoskeletal Disorders	Kayachikitsa II	32 Class Video, 10 Home Study
KAA 207	Management of Respiratory System & Cardiovascular Disorders	Kayachikitsa III	32 Class Video, 10 Home Study
KAA 208	Management of Skin, Special Senses & Mental Disorders	Kayachikitsa IV	32 Class Video, 10 Home Study
KAA 209	Management of Reproductive, Excretory Disorders, Gynecology & Pediatrics	Kayachikitsa V	32 Class Video, 10 Home Study

## Individual Clinical Consultations

40 hours

Chikitsa Consultations:

- Each student will complete 2 clinical consultations (120 minutes) for each module KAA 205-209 and 2 follow-up sessions (60 minutes each)

## Home Study

135 hours

The AWP Program uses several Home Study tools to provide high quality education to our students. Students are expected to review or complete each of these home tools. The Home Study tools include:

- Manuals for each course module
- Home Study Guides
- Power Point Presentations
- Online Testing

## Special Projects

80 hours

### Community Health Education Assignment-30 Hours

Students will prepare a total of two (2) presentations for a group in the community. They may organize this presentation themselves and invite the public or arrange to deliver this presentation at an office, school or other place of business. Each presentation should run **two hours** in length and be delivered on a topic of interest to the group. This topic may be related to their Research Project or Paper but may not substitute for time spent completing the research paper or project and vice versa. The student may also select to do their research paper or project on the outcome and experience of their presentations.



Approximately 13 hours of preparation should go into each presentation's preparation and planning, for a total of 26 hours of planning and 4 hours (2 hour each for both presentations) of uninterrupted delivery (i.e. the student is the main presenter and speaker).

The student must notify Kerala Ayurveda of each of their presentations at least two weeks (14 days) ahead of time.

## Research Paper – 50 Hours

Research Paper or Project, as follows:

1. A comprehensive **Research Paper**, 15 to 20 pages in length, on a topic of interest to you that is first approved by the Academic Director/Chief Academic Officer. *See Research Paper Format below for format guidelines.*

Research Paper topic ideas:

- a. Describe how Ayurveda could support and strengthen the existing modern medical infrastructure.
- b. Follow a specific herb or herb(s) used in various treatments. Evaluate its history, properties and uses, and suggest a few new ones.
- c. Write a sample grant letter to obtain funding for further research into a specific Ayurvedic herb or therapy for the generalized alleviation of systems of either 1) a specific disease or disorder or 2) general disorders related to stress, rehabilitation from an accident or chronic dysfunction, etc.

### Research Paper Format

- Typed, double spaced
  - Font: Times New Roman 12 point font
  - Include cover page and clear description of thesis or claim
  - Number each page with initials (i.e. JD 1, JD 2...)
  - Cite references and include detailed Bibliography
  - Chapter Outline or Table of Contents, if applicable
  - May include charts and graphs (charts and graphs are additional and may not substitute for pages or text)
2. A detailed **Research Project** on a topic and format approved by the Academic Director/Chief Academic Officer. *More information available upon request.*

Research Project topic ideas:

- a. Create a product line (skin or hair care, supplements, foods), including a business name, logo, write up of your various products, and two or three samples.
- b. Create an almanac of local or indigenous herbs using the principles of Ayurvedic Herbology.
- c. Create an Ayurvedic not-for-profit organization providing healing therapies to the less fortunate. Write about your experience or create a visual representation and presentation, such as a sandwich board and booklet (this could fall into either the Research Paper or Research Project category).
- d. Create and record a CD of Ayurvedic chants.
- e. A research project related to a topic of interest to you. Your proposal should detail the project *topic*, how it is using or spreading the information taught to you in the AWP program and what you are presenting as a physical representation of your project topic (i.e. book, cd, business proposal, etc).





# The 20-Day Trip to India

200 Hours

## Overview

The annual “Trip to India” is both an opportunity for students to learn as well as to experience the healing effects of Ayurveda. The Trip to India will include visits to the Kerala Ayurveda Hospital in Cochin and Ayurvedagram Heritage Wellness Resort in Bangalore. Students will have the opportunity to shadow Doctors in daily rounds as well as clinical evaluations. Also included are tours of the Kerala Ayurveda manufacturing unit, Panchakarma Center, Ayurvedic Herb Plantation and Research & Development Wing. Students will also receive their own customized Ayurvedic Consultation and Panchakarma treatments.



Each morning, students may participate in Yoga, meditation and Pranayama sessions. After breakfast, they will be engaged in diagnosis, treatment planning, prescribing herbal formulation to the patients with expert Ayurvedic doctors. In the afternoon, they will undergo practical bodywork training including the preparation and application of various treatments and also they will experience the various Bodywork techniques. Each student will practice the various skills and Panchakarma treatments in groups, with the opportunity to both give and receive several of these healing therapies. This practical training is designed to give each student *real-world experience* in the application and efficacy of Ayurveda, enabling them to become more confident and versatile as Ayurvedic Counselors and Practitioners. They will also receive training in Ayurvedic cooking and Ayurvedic beauty therapies. Apart from attending the regular Yoga & Pranayama sessions all the students will be trained in special yoga modules including relaxation techniques and SMET (Self-Management of Excessive Tension).



*Ayurvedagram received the prestigious Frost & Sullivan award- “The Integrated Wellness Provider Company of the year” in 2010 and 2011 for the dedication and commitment devoted towards holistic healing and wellness.*







*Kerala Ayurveda Hospital, Aluva, Cochin is a unique Ayurvedic hospital having excellent infrastructure to accommodate over fifty patients at a time and for rendering all types of Ayurvedic treatment. Here, a panel of eminent Ayurvedic physicians works in unison to bring about the best of treatment and wellness.*

## India Trip Prerequisites

Completion of either the sixth Module of the Ayurvedic Practitioner Program or equivalent experience in Ayurvedic studies after approval from the Kerala Ayurveda Academy Director.

## India Trip Course Highlights

- Internship with Senior Ayurveda Doctors on Ayurveda Diagnosis, Panchakarma, Diet & Lifestyle
- Experience Traditional Panchakarma Therapies
- Ayurvedic Cooking
- Ayurveda Beauty Therapies
- Special Yoga Modules
- Learn about Medicinal Herbs in a Herbal Garden of more than 500 herbs
- Ayurvedic Medicine Manufacturing
- Procuring & Storage of Medicinal Herbs
- Exposure to Ayurveda Research & Development Methodologies

This Internship will cover the science behind Ayurvedic patient histories, practical demonstrations of physical observation and examination, how to evaluate Prakruti and Vikruti and design individualized Ayurvedic treatment plans consisting of customized natural diet plans, healing herbal and nutritional supplements, detoxification with Panchakarma therapies, Rasayana rejuvenation and Ayurvedic daily and seasonal routines.

## In-Class Intensives & Internship Schedule - Fall 2014-2015

Module	Subject	Month	Fremont, CA
KAA 201	Advanced Physiology (Dosha Dhatu Mala Vigyan)	November	15,16
KAA 202	Pathophysiology & Diagnostics (Nidan & Rogi Pariksha)	December	13,14
KAA 203	Advanced Herbology & Pharmaceutics (Dravya Guna & Bhaishajya Kalpana)	January	17,18
KAA 204	Advanced Bodywork & Detoxification (Panchakarma & Rasayana)	February	21,22
KAA 205	Kayachikitsa I: Management of Digestive System & Metabolic Disorders	March	21,22
KAA 206	Kayachikitsa II: Management of Nervous System & Musculoskeletal Disorders	April	18,19
KAA 207	Kayachikitsa III: Management of Respiratory System & Cardiovascular Disorders	May	16,17
KAA 208	Kayachikitsa IV: Management of Skin, Special Senses & Mental Disorders	June	20,21
KAA 209	Kayachikitsa V: Management of Reproductive & Excretory System Disorders, Gynecology & Pediatrics	July	18,19
KAA 110	Clinical Internship	August	15,16

## Program Breakdown by Hour

- ➔ Homework and tests are graded online and research papers are returned within thirty (30) days.
- ➔ Grade Reports will be available online.
- ➔ Transcripts are available by request to the Academy Manager. Notarized transcripts may be requested for an additional fee.

<b>In-Class Hands-on/Internship</b>	200 hours
<b>Virtual Classroom</b>	75 hours
<b>Online Class Video</b>	270 hours
<b>Home Study</b>	135 hours
<b>Special Projects</b>	80 hours
<b>Clinical Consultations</b>	40 hours
<b>Trip to India</b>	200 hours
<b>Total</b>	<b>1000 hours</b>

*\*This program includes 280 hours mandatory internship hours. This includes 140 hours of Instructor Supervised Clinical Internship and 140 Hours One on One Consultation.*

<b>Applicable Course or Project for Internship</b>	<b>Total Hours for Internship</b>	<b>Hours for Case Management w/Supervisor</b>	<b>Hours for One-on-one Rogi(Client) Contact</b>	<b>Total number of clinical encounters</b>
<b>KAA 205</b>	4 Hours	4 Hours	0 Hours	2
<b>KAA 206</b>	4 Hours	4 hours	0 hours	2
<b>KAA 207</b>	4 hours	4 hours	0 hours	2
<b>KAA 208</b>	4 hours	4 hours	0 hours	2
<b>KAA 209</b>	4 hours	4 hours	0 hours	2
<b>KAA 210</b>	20 hours	20 hours	0 hours	10
<b>India/US Clinical Internship</b>	200 hours	100 hours	100 hours	60
<b>Clinical Internship Project</b>	40 Hours	0 hours	40 hours	30
<b>TOTAL</b>	<b>280 hours</b>	<b>140 hours</b>	<b>140 hours</b>	<b>110</b>



## Tests

Test	Quantity	Duration	Topics Covered
Module Tests	7	1 hour	Material studied during the previous month
Midterm Examination	1	1.5 hours	Material taught in modules 1 through 5
Final Examination	1	1.5 hours	Material taught in modules 1 through 9

## Notes about Tests

- The tests and exams are completed online and are in multiple choice format.
- Each test and exam is closed book and closed notes.
- A passing grade is 70%.
- Students must complete all tests before they are eligible for graduation. See graduation requirements for more information.
- Students may retake tests/exams for a maximum of 5 times

## In-Class Practical Training & Internships (200 hours)

Each session is 2 days long (see In-Class Practical/Hands-on & Internship Schedule). Class begins at 8am and ends at 6pm with a 1 ½ hour lunch break beginning at 12:00pm each day, as follows:

Time	Saturday – Sunday
8:00 am to 8:30 am	Pranayama, Meditation, Welcome
8:30 am to 10:45 am	Review of previous module/s
11:00 am to 12:00 pm	Hands-on/Internship
12:00 pm to 1:30 pm	Lunch
1:30 pm to 2:30 pm	Review, Practical Classroom
2:45 pm to 4:15 pm	Hands-on/Internship
4:30 pm to 6:00pm	Hands-on/Internship

## Graduation Requirements

- Completion of all 9 exams with a minimum grade of 70%.
- Completion of all Assignments.
- This program consists of 475 contact hours, of which the student needs to complete 450. Virtual classes account for 75 contact hours, in-class sessions and live broadcasts account for 200 contact hours and the Clinical Internship accounts for 200 contact hours. A student may be absent from either one in-class or live broadcast session and 3 virtual classroom sessions OR 16 virtual classroom sessions. The Clinical Internship of 200 hours is required.
- All tuitions and fees paid in full.
- Completion of 200 Hour Clinical Internship

At the successful completion of the above requirements the student will receive an Ayurvedic Wellness Practitioner Certificate of Completion.

## Training Facilities

Seattle, WA – 8234A 17<sup>th</sup> Ave NE. Located 6 miles from the Seattle Seaport, the Kerala Ayurveda Academy facility in Washington consists of a state of the art classroom for lectures, radiant floors for yoga classes, and a fully equipped kitchen for nutrition and cooking classes. Free Wifi. Street parking. Walking distance to local cafes.

Fremont, CA – 46500 Fremont Blvd. #702. Located in San Francisco East Bay and 10 miles from the San Jose Airport, Kerala Ayurveda Academy & Wellness Center consists of a spacious classroom for lectures and Yoga, a well equipped kitchen for herb formulation making and cooking classes, two Panchakarma rooms, a library and an herb lab. Free Wifi. Ample parking space, Walking distance to hotels, restaurants and health clubs.

West Los Angeles, CA – 3283 Motor Ave. Located at the well-known Elizabeth Taylor's Aquatic Center and International Sportsmedicine Institute™, 6 miles from the Los Angeles International Airport., our satellite location in LA features a classroom, consultation offices, kitchen and a Yoga space. Street parking. Walking distance to restaurants and cafes.

## Faculty

*The goal of Kerala Ayurveda Academy is to offer authentic Ayurvedic courses by experienced Ayurvedic Doctors. Many of our faculty members are established Ayurvedic physicians who have received degrees from renowned Universities in India – the “Holy Land” of Ayurveda – and have more than 15 years of experience in Ayurvedic practice and teaching. They are eager to share and hand over this ancient wisdom to our enthusiastic students.*

**Teri Adolfo, MTCM, L Ac, CAP**

**Dr. Shekhar Annambhotla, BAMS, MD (Ayurveda)**

**Johanna Bennett, Yoga**

**Dr. Rucha Kelkar, BAMS, M.PT**

**Dr. K. Jayarajan Kodikannath, B.Sc, BAMS Director of Academy**

**Dr. Manisha Kshirsagar, BAMS, LMT, DYA**

**Dr. Suhas Kshirsagar, BAMS, MD (Ayurveda)**



**Mamta Landerman, CAS, PKS**

**Girija Iyer**

**Dr. Anila Pillai, BAMS, MD (Ayurveda)**

**Dr. Pratibha Shah, BAMS, MD (Ayurveda)**

**Dr. Ram Tamang, BAMS**

**Mas Vidal, BA**

**Kim Valeri, ERYT, CEO of Kerala Ayurveda**

**Rajashree Krishnamurthy**

## Board of Advisors

### **Dr. K. Anil Kumar, BAMS, Director and Founder**

Dr. K. Anil Kumar, Executive Director of Kerala Ayurveda Ltd is now the elected member of the Central Council of Indian Medicine (CCIM) – the Apex Body of the Government of India for the Indian System of Medicine. He was the President of the Ayurvedic Medical Association of India and is a former Joint Secretary of the Ayurvedic Drug Manufacturers' Association of India. He is currently Executive Member of the Ayurvedic Medicine Manufacturers Organization of India.

### **Dr. David Frawley (Pandit Vamadeva Shastri)**

Dr. David Frawley (Pandit Vamadeva Shastri) is a one of the most well known teachers of Ayurveda, Yoga and the Vedic sciences today. His work has long been honored in India and in the West for his ability to explain the authentic deeper teachings and place them in an easy to understand modern language. Vamadeva is the author of more than forty books published in twenty languages over the last thirty years. He has written numerous articles and several sets of training courses. His books on Ayurvedic Medicine have been pioneers in their field. These include Ayurvedic Healing (1989), which was the first book published in the West to explain the Ayurvedic treatment of common diseases, and Yoga and Ayurveda (1999), which remains the most popular book explaining the interface of these two profound Vedic healing systems. He is the director of the American Institute of Vedic Studies that represents his work, teachings and programs.

### **Dr. Suhas Kshirsagar BAMS; MD (Ayurveda, India)**

Dr. Suhas Kshirsagar is an accomplished Ayurvedic doctor with a varied background and experience. He was a research associate in an Indian Ayurvedic pharmaceutical company, Ayurveda Rasashala. He was Chairman of Dept. of Medicine at Maharshi College of Vedic Medicine in Albuquerque, NM from 1999-2001. He was a medical director and an assistant professor at the Maharshi University of Management, Fairfield, IA from 2001-2002. He has published research articles and given lectures on radio and television worldwide. He has extensive clinical experience in Ayurvedic therapies and Panchakarma and has treated thousands of people.

## Faculty Testimonials

Dr. Suhas [Kshirsagar] could not be any more kind, knowledgeable or funny.  
Anonymous

It was such a pleasure meeting Dr. Jayarajan in person. I was encouraged to not just be a student of Ayurveda but also be a contributor of Ayurveda to the society and bring about awareness to the community at large. His method of teaching was very organized and thorough. I certainly want to be a part of the Kerala Ayurveda Family. I thank him for being so passionate about Ayurveda; he is truly an inspiration!  
Bobby

I really enjoyed and appreciated the high level of interaction Rucha Kelkar provided... her teaching was fantastic... and inspiring!  
Anonymous

Mamta [Landerman] is an excellent and gifted teacher.  
Renée



## Tuition & Fees

Tuition		
Registration Fee	\$100	Please see refund policy*
Tuition*	\$6,300	Please see refund policy*
India Trip Tuition	\$3,000	Please see refund policy*

\*Refunds are location specific. Please see page 24 for more information.

### The Asha Foundation™

The Asha Foundation is a medical service and research foundation in India that provides complimentary and rehabilitative healthcare to children suffering from various ailments, particularly autism and cerebral palsy.

Every year, Kerala Ayurveda® Academy donates a portion of its proceeds to the Asha Foundation.

## Payment Plans for Tuition\*

Payment Plan	Cost	First Payment Due	# of Payments	Registration Fee	Total Cost*
Tuition in Full	\$5,985	Upon Enrollment	1	\$100	\$6,085
Half yearly	\$3,150	Upon Enrollment	2	\$100	\$6,400
Quarterly	\$1,610	Upon Enrollment	4	\$100	\$6,540
Monthly	\$550	Upon Enrollment	12	\$100	\$6,700
Extended Monthly- I	\$450	Upon Enrollment	15	\$100	\$6,850

\*Does not include the India Trip tuition of \$3,000. The India Trip or equivalent 200 hour training recognized and approved by the Kerala Ayurveda Academy Director must be completed by the end of the AWP program in order to receive certification.

- Kerala Ayurveda Academy does not offer state or federal financial aid, educational loans or tuition scholarships or discounts to students at this time.
- Students choosing an extended payment plan will be required to complete and sign a Payment Agreement Contract upon enrollment.
- Please note California students are required to pay a non-refundable Student Tuition Recovery Fee. Each qualifying institution shall collect an assessment of fifty cents (\$.50) per one thousand dollars (\$1,000) of institutional charges, rounded to the nearest thousand dollars, from each student in an educational program who is a California resident or is enrolled in a residency program. For institutional charges of one thousand dollars (\$1,000) or less, the assessment is fifty cents (\$.50)



# Application Process

## *How to Enroll*

Online Application: The Enrollment agreement/Application process is found by going to our website: [www.ayurvedaacademy.com](http://www.ayurvedaacademy.com) and clicking on 'Academy Enrollment.'

## Policies & Procedures

### *Student Complaint Procedure*

If a student complaint should arise, they may contact the Academy Manager, Courtney Spongberg, at (978) 927-0099 or at [admin@ayurvedaacademy.com](mailto:admin@ayurvedaacademy.com). If the student's complaint is not resolved after speaking to the Academy Administrator they may contact the Director of Kerala Ayurveda Academy, Dr. Jayarajan Kodikannath at (888)275-9103, [director@ayurvedaacademy.com](mailto:director@ayurvedaacademy.com) or at 46500 Fremont Blvd, #702, Fremont, CA 94538

#### **State of California**

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589 or by completing a complaint form, which can be obtained on the Bureau's Internet Web site [www.bppe.ca.gov](http://www.bppe.ca.gov).

#### **State of Washington**

If the student's complaint is not resolved after exhausting the institution's grievance procedure, the student may file a complaint with the Workforce Training and Education Coordinating Board, 128 Tenth Avenue S.W., P.O. Box 43105, Olympia, Washington 98504-3105, (360) 709-4600. This school is licensed under Chapter 28C.10 RCW in the State of Washington.

## Transferring of Credits & Credentials

### **"Notice concerning transferability of credits and credentials earned at Kerala Ayurveda Academy"**

"The transferability of credits you earn at Kerala Ayurveda Academy is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in the Ayurvedic Wellness Counselor or the Ayurvedic Wellness Practitioner programs is also at the complete discretion of the institution to which you may seek to transfer. If the certificate that you earn at this institution are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending Kerala Ayurveda Academy to determine if your certificate will transfer."





# Refund and Cancellation Policy

## *The Student's Right to Cancel*

The student has a right to cancel the enrollment agreement and obtain a refund. **A written notice from the student, about the cancellation is required within one (1) year of leaving the program** and should be sent to the address below. For specifics related to your refund, refer to the refund tables according to your State.

Academy Manager  
Kerala Ayurveda Academy  
P.O. Box 2337  
South Hamilton, MA 01982

## Refund Policy

### *State of California*

The registration fee is nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class session, or the seventh day after enrollment, whichever is later. There will be no refund if the student decides to withdraw after 60% of the classes (attendance of the 6<sup>th</sup> class) or online modules (accessed 6<sup>th</sup> online module).

Each In-Class Intensives covers the content of one online modules. Refund Requests will be processed based on In-Class Intensives and online modules accessed (whichever is greater).

A written notice from the students, about the cancellation will be required. A telephone call about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, student will not receive the refund for that period. The refund will be processed within 30 days from the day KAA receives the official written notice of cancellation from the student. The refund check will be mailed to the official address of the student. If original payment is by credit card the refund will be processed on the credit card.

Eligible refunds will not include the applicable interest during the enrollment period.

In case the student decides to withdraw during the program, before the 60% of the classes are over, the following will be the refund calculation:

### *Refund Calculation*

- |        |   |
|--------|---|
| Step 1 | Deduct \$100 (registration fee) from the total tuition paid                   |
| Step 2 | Divide the total tuition paid by 9 (number of modules) = 'tuition per module' |
| Step 3 | Multiply number of classes attended by 'tuition per module'                   |
| Step 4 | Subtract the amount in step 3 from the amount in step 1                       |

This is the refund amount.

**Example:** if the student decides to withdraw after completing 2 In-Class Intensives and if he/she has paid the full tuition, the refund will be as follows:

Step 1	\$6400 – \$100	\$6300.00
Step 2	\$6300 / 9	\$700.00
Step 3	2 classes (worth 4 modules) * \$2800	\$2800
Step 4	\$6300 – \$2800	\$3500
<b>Total refund will be \$ 3500.00</b>		



**Refunds** will be issued within 30 days of the date of student notification, or date of school determination (withdrawn due to absences or other criteria as specified in the school catalog), or in the case of a student not returning from an authorized Leave of Absence (LOA), within 30 days of the date the student was scheduled to return from the LOA and did not return.

## State of Washington

**Five-Day Cancellation:** An applicant who provides written notice of cancellation within five days (excluding Saturday, Sunday and federal and state holidays) of signing an enrollment agreement is entitled to a refund of all tuition paid. No later than 30 days after receiving the notice of cancellation, the school shall provide a 100% refund of tuition paid excluding nonrefundable tuitions & fees, including course materials.

**Other Cancellations:** An applicant requesting cancellation more than five days after signing an enrollment agreement and making an initial payment, but prior to entering the school, is entitled to a refund of all monies paid (*minus an administrative/registration fee of \$100*).

**Rejection:** An applicant rejected by the school is entitled to a refund of all monies paid.

## Refund Policy Defined - WA

1. The school must refund all money paid if the applicant is not accepted. This includes instances where a starting class is canceled by the school. The school must refund all money paid if the applicant cancels within five business days (excluding Sundays and holidays) after the day the contract is signed or an initial payment is made, as long as the applicant has not begun training.
2. The school may retain an established registration fee equal to ten percent of the total tuition cost, or one hundred dollars, whichever is less, if the applicant cancels after the fifth business day after signing the contract or making an initial payment. A "registration fee" is any fee charged by a school to process student applications and establish a student record system.
3. If training is terminated after the student enters classes, the school may retain the registration fee established under (3) of this subsection, plus a percentage of the total tuition as described in the following table:

If the student completes this amount of training:	The school may keep this percentage of the tuition cost:
One week or up to 10%, whichever is less (attended 1 <sup>st</sup> class or accessed 1 <sup>st</sup> online module)	10%
More than one week or 10% whichever is less but less than 25% (attended 2 <sup>nd</sup> class or accessed 2 <sup>nd</sup> online module)	25%
25% through 50% (attended 3 <sup>rd</sup> class or accessed the 3 <sup>rd</sup> , 4 <sup>th</sup> , 5 <sup>th</sup> or 6 <sup>th</sup> online module)	50%
More than 50% (no refund issued after attending 5 <sup>th</sup> class or accessing 5 <sup>th</sup> , 6 <sup>th</sup> , 7 <sup>th</sup> , 8 <sup>th</sup> , 9 <sup>th</sup> online module)	100%

1. When calculating refunds, the official date of a student's termination is the last day of recorded attendance:
  - a) When the school receives notice of the student's intention to discontinue the training program; or,
  - b) When the student is terminated for a violation of a published school policy which provides for termination; or,
  - c) When a student, without notice, fails to attend 2 consecutive in-class sessions or, fails to access online modules for ninety calendar days.



2. All refunds must be paid within thirty calendar days of receiving a completed and signed Kerala Ayurveda official refund request form and the student's official termination date.
3. Eligible refunds will not include the applicable interest during the enrollment period.

**Example:** if the student decides to withdraw after completing 2 classes or after accessing the 4<sup>th</sup> online module and if he/she has paid the full tuition, the refund will be as follows:

Step 1	\$6400 – \$100	\$6300.00
Step 2	3 of 10 classes completed 3/10 =30%, or 3 of 9 modules accessed online 3/9= 33%	
Step 3	25% through 50% completion = KA retains 50%	\$3150.00
Step 4	\$6300 – \$3150	\$3150.00

**Total refund will be \$ 3150**

## Attendance Policy

This program consists of 475 contact hours, of which the student needs to complete 450. Virtual classes account for 75 contact hours, in-class sessions and live broadcasts account for 200 contact hours and the Clinical Internship accounts for 200 contact hours. A student may be absent from either one in-class or live broadcast session and 3 virtual classroom sessions OR 16 virtual classroom sessions. The Clinical Internship of 200 hours is required.

## Make-up and Retake Policy

If student is absent from an in-class or live broadcast session, he/she may make it up at any KAA training location or via live broadcast, free of charge. If a student wishes to retake an in-class session, he/she may do so for a fee of \$100 per weekend session. Please contact the Academy Manager to make arrangements for all make-up or retake sessions.

## Conduct

At KAA, programs are directed toward professional training. The students shall show respect to others and observe correct standards of conduct. The Honor System embodies values of personal integrity, honesty, and trust. Fundamental to the Honor System is the Honor Code of Responsibility, and it is upon its principles that the Academy has based the Standards of Conduct.

### Honor Code of Responsibility

- Each member is responsible for maintaining a high level of civility, integrity, honesty, and trust within the community.
- Each student is responsible for presenting work of her/his own creation, and refraining from representing as her/his own work that which is not hers/his.
- Conduct in keeping with the attendance policies.

## Termination Policy

1. If the course is terminated after the student begins classes, the Academy may retain a percentage of the total tuition as described in the table below.
2. The official date of termination of a student shall be the last date of recorded attendance when withdrawal occurs in any of the following manners:
  - a. When the student is terminated for a violation of a published Academy policy which provides for termination; or,
  - b. When a student, without notice, either fails to attend classes or check out course videos for thirty (30) calendar days.



3. A student will be determined to be withdrawn from the institution if the student has not attended any class for three consecutive class weekends. He/she will be notified by telephone after two missed weekends and their termination will be drafted after the third weekend.
4. For a student who is on authorized Leave of Absence, the withdrawal date is the date the student was scheduled to return from Leave and failed to do so.

## Suspension and Dismissal Policy

There are disciplinary guidelines to provide an environment to learn and grow independently, which give students rights and responsibilities.

1. Any behavior disruptive to other students or the smooth running of the class will not be allowed.
2. Students will have to pay the tuition on time.
3. Students have to maintain a passing grade of 70%.

At first incidence, warning will be given. At the second incidence the student will be suspended for the entire weekend. Student will be readmitted after suspended weekend. If the behavior persists, the student will be dismissed from the program. Kerala has the right to dismiss a student at any time based on the extraordinary disruptive behavior of a student that potentially puts the other students at risk of being harmed.

## Leave of Absence

Students can take a leave of absence for up to one (1) year with written permission. School may be contacted at (978) 927-0099 or by mail at P.O. Box 2337, South Hamilton, MA 01982. The student may resume classes the following year at the level where he/she took leave. Unless prior arrangements are made with the school about the payment, student is obligated to pay the tuition as per plan.

## Financial Aid

Kerala Ayurveda Academy does not offer state or federal financial aid to students. If a student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund. If the student has received federal student financial aid funds, the student is entitled to a refund of the moneys not paid from federal student financial aid program funds.

If a student is eligible for a loan guaranteed by the federal or state government and the student defaults on the loan, both of the following may occur:

- The federal or state government or a loan guarantee agency may take action against the student, including applying any income tax refund to which the person is entitled to reduce the balance owed on the loan.
- The student may not be eligible for any other federal student financial aid at another institution or other government assistance until the loan is repaid.

**"Notice** - Any holder of this consumer credit contract is subject to all claims and defenses that the debtor could assert against the seller of the goods or services obtained pursuant hereto or with the proceeds hereof, recovery hereunder by the debtor shall not exceed amounts paid by the debtor hereunder."

"Kerala Ayurveda Academy does not have a pending petition in bankruptcy, is not operating as a debtor in possession, has not filed a petition within the preceding five years, and has not had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11U.S.C. Sec. 1101 et seq.)."



## Student Tuition Recovery Fund – State of California

“You must pay the state-imposed assessment for the Student Tuition Recovery Fund (STRF) if all of the following applies to you:

1. You are a student, who is a California resident and prepays all or part of your tuition either by cash, guaranteed student loans, or personal loans, and
2. Your total charges are not paid by any third-party payer such as an employer, government program or other payer unless you have a separate agreement to repay the third party.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if either of the following applies:

1. You are not a California resident, or are not enrolled in a residency program, or
2. Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party.”

“The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by California residents who were students attending certain schools regulated by the Bureau for Private Postsecondary and Vocational Education. You may be eligible for STRF if you are a California resident, prepaid tuition, paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The school closed before the course of instruction was completed.
2. The school’s failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. The school’s failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other cost.
4. There was a material failure to comply with the Act or the Division within 30-days before the school closed or, if the material failure began earlier than 30-days prior to closure, the period determined by the Bureau.
5. An inability after diligent efforts to prosecute, prove, and collect on a judgment against the institution for a violation of the Act.”

However, no claim can be paid to any student without a social security number or a taxpayer identification number

Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education at 2535 Capital Oaks Drive, Suite 400, Sacramento, CA 95833 (mailing address: PO Box 980818, West Sacramento, CA 95798-0818), Toll free: (888) 370-7589, FAX: (916) 263-1896.

## English as a Second Language & Foreign Students

Foreign students are accepted, however, KAA courses are instructed in English and KAA does not offer English as a second language. Students are required to have the English proficiency associated with the requirements of completing a high school diploma or GED. Successful completion of the ‘General English Proficiency Test’ - *Intermediate level* is required for enrollment of all foreign students. Visa services are not provided and Kerala Ayurveda will not vouch for student status and any associated charges.

## Experiential Credit

There is no credit granted for experiential learning.



## Record Retention

All records concerning the Kerala Ayurveda Academy are kept for five years after student's graduation, withdrawal or termination, with the exception of transcripts which are kept for 50 years. California records are kept at 46500 Fremont Blvd, #702, Fremont, CA 94538. Washington and Online Learning records are kept at 8234A 17th Ave NE, Seattle, WA 98115. Students requesting copies of these documents must submit a signed letter to the above address to the attention of the Academy Administrator.

## FAQ'S

### *Frequently Asked Questions*

**1. How much do your programs cost?**

The entire tuition for the AWP program is \$9,300 (not including interest, application fee and STRF fee).

**2. Is it legal to practice Ayurveda in all fifty states?**

A bill has been passed in six states (California, Minnesota, Oklahoma, Idaho, and Rhode Island, New Mexico) to allow the practice of alternative medicine, which includes Ayurveda. Currently, Iowa is working on passing the bill. The National Ayurvedic Medical Association (NAMA) is working on getting Ayurveda licensed in the United States.

**3. Does each state regulate the practice of Ayurvedic sciences?**

→ No.

→ Ayurvedic practitioners are not licensed in the United States, and its practice is not regulated by state or federal agencies. Standards of competency are set by individual schools that have received state approval. Ayurvedic practitioners in the United States are taught how to practice legally within a limited scope of practice so they are not viewed as practicing medicine without a license. We might say that Ayurveda's current status in the US is analogous to the Chinese medical profession during its early years in the 1970s. While each state does not regulate the practice of Ayurvedic medicine itself, some aspects of Ayurvedic practice may fall within the scope of professions that are regulated. Students and graduates of the academy should be careful not to allow their practice to overlap one of those regulated professions unless they are licensed in that particular profession. Please contact your local state representative for more information about regulations in your area.

**4. Can I practice Ayurveda outside of the state where I receive my certification?**

Yes, Ayurveda is currently practiced all over the United States.

→ While none of the US states currently have Ayurvedic practitioners or physicians as primary care physicians, many of these well-trained professionals utilize their education and skills in combination with other health care related credentials.

→ Yoga Instructors, Massage Therapists, Registered Nurses, Nutritionists/Dietitians, Acupuncturists, Chiropractors, Medical Doctors and other health care professionals are recognizing and utilizing the benefits of educational training in Ayurveda.

→ NAMA is currently working on developing educational standards, scope of practice, and related materials to support future licensing initiatives throughout the US.

→ Many Academy graduates use their Ayurvedic education to enhance preexisting professional careers.

**5. Is there an Ayurvedic association which links other practitioners and students together?**

Yes, there is the National Ayurvedic Medical Association (NAMA) and the California Association of Ayurvedic Medicine (CAAM).



**6. Is there an alumni association? Can I contact previous students?**

Yes, we can provide you with the contact information of several students for you to talk to. Kerala Ayurveda is soon to announce a supportive network of alumni services and information.

**7. I'm not a health care professional; can I still earn a diploma and practice Ayurvedic medicine?**

The primary prerequisite for the AWC program is a passion for Ayurveda. The prerequisite for the AWP program is the AWC program. The minimum admission requirements into the AWC program are a high school diploma and Basic Anatomy and Physiology. If you have not taken Anatomy and Physiology, you can finish the requirement within six (6) months of your start date. Kerala Ayurveda also offers an Anatomy & Physiology course. Inquire with the Senior Manager (Administration) for more information.

**8. How many of your graduates practice Ayurvedic medicine?**

There are different ways students utilize their Ayurvedic education. Many of the students incorporate Ayurvedic knowledge in their current practice as physicians, nurses or massage therapists. Others start a career manufacturing and selling various Ayurvedic products, while others start a health counseling practice. Studying Ayurveda is very different than studying mathematics, accounting, or computers. You will learn about life studying Ayurveda. So your actual studying will happen during the day, when you are interacting with other people. If you read the text material for an hour to an hour and a half every morning (early morning ideally) you will do well in the course. What you read in the morning, you will experience during the day. Observing other people and interacting with them is the way you will learn true Ayurveda.

**9. Are there monthly tests? I feel very anxious about taking tests.**

You should not feel anxious about tests at all. They are for you (and us) to know what you have learned and what you didn't so we can keep you up to speed. We want to make sure our students understand all the Ayurvedic concepts clearly. Ayurveda is about human health, so a clear understanding is vital.

**10. I will be traveling from out of town to attend classes, is there housing assistance available?**

KAA does not have dormitories. There are a few hotels near the campuses where students can book a room for the weekend. The range of cost is approx. \$50-\$125. In the past, some students have made good friends with classmates and stayed with them on those weekends. KAA has no responsibility to assist a student in finding housing.

**11. When can I visit the school? Do you have open houses or visitor's events?**

We arrange an open house beginning two or three months before classes begin. We also allow our prospective students to sit in with the current class, so that they get a feel of the classroom setting and the topic. With a prior appointment, students are welcome to visit the academy and talk to the program coordinator. We are here to assist our students in any way we can.

**12. What student services are provided?**

Student mentoring is supported throughout the entire term of the program. On occasion, KAA posts job openings as they become available on group emails to students and alumni. KAA will do its best to help graduates to get into practice or a related career but there are no specific student services for career planning or job placement.

**13. Do you offer further Ayurvedic Studies?**

The Ayurvedic Wellness Practitioner course is the 2<sup>nd</sup> level course. With a bachelor's degree and KAA's 1<sup>st</sup> and 2<sup>nd</sup> levels completed you can study to receive a Master's of Ayurvedic Science (MASC) through Hindu University in Florida.





**14. Administrative Office and Contact Information?**

For additional questions, please contact Courtney Spongberg, Academy Manager, at (978) 927-0099, email: [admin@ayurvedaacademy.com](mailto:admin@ayurvedaacademy.com) located at the Executive Offices in South Hamilton, MA.

**15. What materials do I need to bring to class and what should I expect in the classroom?**

A notebook and writing implement. KAA will provide classroom facilities and course manuals. The classes are taught in traditional, clean, well lit classroom settings with tables and chairs for your comfort. On occasion there are special requirements for each class i.e. cooking herbs that will be provided by KAA.

**16. If I have additional questions....?**

In case a student has any complaint, he/she may contact Courtney Spongberg, Academy Manager, at (978) 927-0099 or at [admin@ayurvedaacademy.com](mailto:admin@ayurvedaacademy.com). "Any questions a student, from the State of CA, may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at 2535 Capital Oaks Drive, Suite 400, Sacramento, CA 95833, [www.bppe.ca.gov](http://www.bppe.ca.gov), (888) 370-7589." Inquiries or complaints regarding this private vocational school may be made to the: Workforce Board, 128 10<sup>th</sup> Ave. SW, Box 43105, Olympia, Washington 98504. Web: [wtb.wa.gov](http://wtb.wa.gov), Phone: (360) 709-4600, E-mail address: [wtecb@wtb.wa.gov](mailto:wtecb@wtb.wa.gov).

**17. Ownership?**

Kerala Ayurveda Academy is run by Ayurvedic Academy Inc., a wholly owned subsidiary of Kerala Ayurveda Limited, Athani, Aluva Post, Kerala, India 683585. Kerala Ayurveda Limited is a pioneer in Ayurveda and operates herbal plantations, Wellness centers, manufacturing facilities, Ayurvedic academies, and the Ayurvedic Resort. Kerala Ayurveda Academy's Board of Directors includes Ramesh Vangal and Dr Jayarajan Kodikannath. Dr Jayarajan Kodikannath is the Academy Director. Courtney Spongberg is the Academy Manager.

## Academy Locations

**Fremont, CA**

46500 Fremont Blvd, #702 Fremont,  
CA 94538

**Los Angeles, CA**

3283 Motor Ave.  
West Los Angeles, CA 90034

**Seattle, WA**

8234A 17<sup>th</sup> Ave NE  
Seattle, WA 98115

**Dr. Jayarajan Kodikannath**

**Academy Director**

[director@ayurvedaacademy.com](mailto:director@ayurvedaacademy.com)

Toll Free: (888) 275-9103

Fax: (206) 729-0164

**Suzanne Otterbein**

**National Enrollment Advisor**

[admissions@ayurvedaacademy.com](mailto:admissions@ayurvedaacademy.com)

(978) 468-3099

Fax: (978) 468-4799

**Courtney Spongberg**

**Academy Manager**

[admin@ayurvedaacademy.com](mailto:admin@ayurvedaacademy.com)

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Fax: (978) 468-4799





# CATALOG



**Ayurvedic Wellness *Counselor* v6.9**

**Fall Program  
October 2014-September 2015**

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**REGISTERED OFFICES:**

***State of CA***

Kerala Ayurveda Academy -  
46500 Fremont Blvd, #702, Fremont, CA 94538 -  
Toll Free: (888) 275-9103 Fax: (206) 729-0164 -

***State of WA***

Kerala Ayurveda Academy and Online Learning -  
8234A 17<sup>th</sup> Ave NE, Seattle, WA 98115 -  
Toll Free: (888) 275-9103 Fax: (206) 729-0164 -

For registration – [admissions@ayurvedaacademy.com](mailto:admissions@ayurvedaacademy.com) -  
For all other course support – [admin@ayurvedaacademy.com](mailto:admin@ayurvedaacademy.com) -  
[www.ayurvedaacademy.com](http://www.ayurvedaacademy.com) -

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*Kerala Ayurveda Academy, in the State of Washington, is licensed under Chapter 28C.10 RCW. Inquiries or complaints regarding this private vocational school may be made to the: Workforce Board, 128 10<sup>th</sup> Ave. SW, Box 43105, Olympia, Washington 98504. Web: [wtb.wa.gov](http://wtb.wa.gov), Phone: (360) 709-4600, E-mail address: [wtecb@wtb.wa.gov](mailto:wtecb@wtb.wa.gov).*



# Mission, Purpose & Commitment

**Our mission:** To integrate traditional Ayurvedic wisdom and healing with scientific research.

**Our purpose:** To serve as an authentic source of Ayurvedic education, research and community health care.

**Our commitment:** To bring the highest caliber of academic excellence to the US and abroad.

## Welcome to the Kerala Ayurveda Academy

The Kerala Ayurveda Academy (KAA) invites you to embark on a journey into the world of Ayurveda, where you will discover a profound potential for health and well-being offered by a time-proven, harmonious and holistic healthcare system.



Healthcare in the United States is changing. Health science has evolved to encompass our beliefs, our emotions, our behavior, our thoughts, our family and cultural systems, as well as the environmental context in which we live. All of these elements are relevant to our health. Ayurveda is a 5000 year old Indian system of healing that encompasses these aspects while offering solutions to achieve harmony at the level of Body, Mind and Spirit. Join us and get involved in this pioneering work that is transforming and reshaping our healthcare industry to a newer model of holistic health care for the 21<sup>st</sup> century.

Kerala Ayurveda Academy is committed to offering the highest quality of education and services to our students so that they become the finest Ayurvedic health practitioners and educators for the future. Our aim is to maintain the authenticity of Ayurveda in the United States.

The KAA curriculum is based on an Ayurvedic educational curriculum from Indian universities and is academically challenging and rewarding. Students will find studying at KAA intellectually stimulating and competitive. The programs encompass all fields of Ayurveda including Ayurvedic philosophy, herbology, psychology, Ayurvedic Dosha imbalance management, research, clinical practice, and clinical application.

We have assembled the most qualified and experienced faculty to teach Ayurvedic principles. Most faculty members have Ayurvedic degrees from prestigious universities in India and 15 to 30 years of clinical experience. Feel assured that you will receive an authentic Ayurvedic education. The program coordinators at each location are also very supportive and eager to assist students in any way they can.

*We congratulate you on your decision to become part of an inner circle of Ayurvedic practitioners who promote healing, well-being and wellness.*

**-The Kerala Ayurveda Academy Team**



# Ayurveda

## Kerala Ayurveda Academy *invites you on a great life adventure...*

The Kerala Ayurveda Academy is the first institute in the US to provide authentic Ayurvedic programs throughout the country. We currently offer classroom programs in the states of California and Washington and online programs for the distant learner.

### Upon completion, graduates will be able to:

- Determine and analyze a client's unique Body Constitution
- Perform Ayurvedic nutritional consultations
- Perform Ayurvedic lifestyle consultations
- Teach Pranayama and Meditation
- Offer special Ayurvedic therapies and home remedies

### Testimonial

"My experience... has been nothing short of wonderful... Educational, enjoyable, practical and indispensable...I watched my relationship with family, friends and myself blossom to levels I never could have imagined. KAA has taught me that Ayurveda is truly a way of life, a balanced life and a better life."

Kari

**Ayurveda and Yoga** are sister sciences and belong to the world's oldest and most well-documented healthcare system. Ayurveda, the science (Veda) of life (Ayur), balances the body and mind using natural therapies and herbal medicines. Yoga, the science of mind brings balance and purity to the body. The two complement each other and together act to achieve harmony of the Body, Mind and Spirit – which is the essence of true health. Knowledge of Ayurveda in today's world is essential as it is aimed at the preservation of health and prevention of disease by establishing balance and harmony through nutrition, herbs, meditation, and daily routines. Ayurvedic science provides knowledge to unfold the reality beyond the physical body and achieve harmony of Body, Mind and Spirit. The World Health Organization recognizes Ayurveda as a complete natural health care system.

Now is the perfect time for Ayurvedic graduates. They have a unique opportunity in this day and age to lead successful lives by assisting family, friends and clients in creating healthier bodies and lifestyles, thus eventually lowering healthcare costs. Licensed healthcare practitioners can utilize their Ayurvedic knowledge to enhance their current practice. Massage therapists and body workers can open Panchakarma centers. Students interested in health and beauty might start Ayurvedic spas, beauty centers, or wellness centers. Freelance writers may start Ayurvedic publications. Research savvy students may get involved in Ayurvedic research projects. The Office of Alternative Medicine funds many research projects in holistic healthcare. Business entrepreneurs might develop Ayurvedic herbal products, food packages, or even Ayurvedic cosmetics. Students in academics may get into teaching or may want to deepen their education, pursuing more in-depth studies. The possibilities are endless. KAA offers advanced classes to further their education and also offers programs at our Kerala Ayurveda Academic Facilities in Cochin and Bangalore, India.

## Why Choose Kerala Ayurveda Academy for My Ayurvedic Training?

Authenticity	→ We offer the highest level of Ayurvedic training outside of India
Comprehensiveness	→ Includes course manuals, lectures, practical workshops, and clinical internship
Leading Experts	→ Several of the world's leading academicians and physicians
Convenience	→ Twelve 2-day weekend In-Class Intensives (for AWC program)
Flexible	→ State of the Art E-Learning system & Live Streaming



## Take Pride in Knowing...

- You are part of a globally recognized and highly respected Ayurvedic lineage which is experiencing spectacular growth in the West.
- You embark on your journey knowing that you can get a Master's degree in Ayurveda via the Kerala Ayurveda Academy's partner programs.
- With 1000 alumni, you are a part of one of the largest student bodies in the country.
- Kerala Ayurveda Academy is a 100% subsidiary of Kerala Ayurveda Ltd., India - a full spectrum Ayurveda company operating 30 Ayurveda Clinics, 2 Hospitals, 400 Herbal formulations, herb garden, and Ayurvedagram (winner of the Frost & Sullivan award for best integrated wellness provider in India for both 2010 & 2011).
- Over the last six decades we have provided wellness naturally. We cure more than 120,000 patients every year and have cured more than a million people to date.
- KAL is from Kerala, referred to as "God's Own Country", the land that cherishes the practice of Ayurveda in its purest and most authentic form.
- KAL and KAA have embarked on a journey to make Ayurveda a global choice for better health.
- KAL's mission is to "Evolve Ayurveda" with substantial investments in research so that Ayurveda is promoted globally in an authentic manner for the benefit and wellness of humankind.
- KAL is part of Kutra Life Sciences, which aims at providing "Wellness Naturally" to all.
- Kerala Ayurveda Academy supports the Asha Foundation in India, an organization dedicated to the service of child welfare and rehabilitative assistance, especially in the areas of autism and cerebral palsy.
- We have arguably the best research team in Ayurveda, and have applied science to adapt this ancient wisdom for the new millennium – for products that are pure, safe and which cure.
- Kerala Ayurveda Academy (KAA) programs have been developed under the guidance of experts from the Faculty of Ayurveda, Banaras Hindu University as per the benchmarks for training in Ayurveda published by the World Health Organization (WHO) in 2010. BHU is an internationally reputed University founded in 1916 – it is a premier institution hosting schools in medicine, science, technology, social science and performing arts with over 20,000 students and 2500 scholars.

## Program Overview

### Ayurvedic Wellness Counselor (AWC) - 625 Hour Certification Program

The Ayurvedic Wellness Counselor (AWC) Program is based on the first goal of Ayurveda—*Swasthasya Swasthya Rakshanam* - to preserve the health of a healthy person. Students will gain the tools necessary to restore and preserve health and prevent disease. These tools include a comprehensive nutritional education (Ahara), daily routines and practices to maximize health (Vihar) and a clear understanding of the mind and thought processes (Vichara) and their relationship to well-being.

Upon successful completion of the AWC course you will be awarded an Ayurvedic Wellness Counselor Certificate.

### Teaching Format

Each student receives a course manual with the description of the topic to be covered. This manual is a skeleton of the program. The teacher will follow the notes for the proper flow of understanding. The classes are taught in English in a seminar format. Each student is provided with an E-Learning account where they will access course materials, review videos, take tests and submit projects.

### Program Structure

- This course covers 11 modules with internship & weekly virtual classroom sessions over a 12 month period
- One weekend in-class intensive per month for twelve months
- New programs begin every year in the Spring and Fall
- Courses available online through our E-Learning system
- Students can attend in-class sessions via Live Streaming from our Fremont, CA location



## Prerequisites

KAA accepts a limited number of students in each class (*Approximately 25 – 30 students*). The minimum admission requirement is a high school diploma or equivalent and Basic Anatomy and Physiology. If you have not taken Anatomy and Physiology, you can finish the requirement within six (6) months of your start date. The Kerala Ayurveda E-learning System offers access to an Anatomy & Physiology course free of charge. KAA welcomes students with BS degrees in any field or Certified/Licensed Practitioners in a health-related field including Massage Therapy, Chiropractic, Nursing, Naturopathy and Allopathic Medicine, etc.

## Course Description & Objectives

This AWC course is a perfect blend of Online Learning, In-Class Practical Training experience and Internships to ensure proper theoretical and practical/hands-on training.

### KAA 101 – The Essence of Ayurveda (Tarka Sankhya and Sharir)

Begin your Ayurvedic Wellness Counselor education with an introduction to the 5,000 year-old history and philosophy of Ayurveda. Topics will include:

- The three universal energies and five elements (Doshas and Mahabhutas) and their importance in health and wellness.
- The key to health and the twenty foundational qualities of life (Gunas).
- The concepts of physiological disposition (Prakruti), imbalance (Vikruti) and Dynamic Balance.
- The fundamental tenets of an effective Ayurvedic health program.
- The universe and humanity's place within it: An Ayurvedic view.
- The cosmology of the soul.
- A comprehensive introduction to basic Ayurvedic concepts: *Doshas, Dhatus, Malas, Marmas, Asthis, Sandhis and Srotas*.

### KAA 102 – Ayurvedic Physiology (Dosha Dhatu Mala Vigyan)

Ayurvedic Physiology is designed to describe the subtle energies and foundational structures of the human body. Topics will include:

- The fifteen subtle energies of the body (Subdoshas), their locations, qualities and their importance in health.
- The seven physical structures (Dhatus) and their relation to the digestive process.
- Natural wastes and their functions.
- The essence of life that is responsible for vigor and youthfulness (Ojas), as well as how it is regenerated and preserved.

### KAA 103 – Ayurvedic Psychology (Manasa Shastra)

Ayurvedic Psychology offers a fascinating look into the psychology of the human being from a cosmological and energetic perspective. Topics will include:

- The layers of illusion that mask our full human experience.
- The psychological energies (subtle Doshas), their function, location and origin.
- Kundalini energy and the mechanics of vital living.
- The chakras, their importance and how to keep them healthy.
- The nature and aspects of the mind and how it functions and operates.
- The physical energy centers (Marmas) and their role in health and disease.
- How the three Gunas govern the mind and emotions.
- Meditation, Pranayama (breathing techniques).



**KAA 104 – Ayurvedic Nutrition & Cooking (Ahara Vigyan)**

Ayurvedic Nutrition & Cooking places an emphasis on foods that ground the soul, nourish the body and delight the senses. Topics will include:

- Cooking for the five senses and six tastes.
- Tools and techniques for maximum nutrient absorption.
- The mechanics of satiation and its relationship to the tastes and senses.
- When, where, what and how to eat.
- Preparing simple, nutritious and sensually-gratifying meals.
- The definition of health.
- The importance of digestion and how to maintain a balanced digestive system.
- Chaturvidha Ahara, Shatrasas, Ahara Vidhi Vishesha and the Guna Karma of spices and Ayurvedic cooking.

**KAA 105 – Ayurvedic Prevention Science (Swastha Vritta)**

Ayurvedic Preventive Science provides a comprehensive blueprint for daily and seasonal living to maintain optimal health, year-round.

- Daily Routines to maintain balance and maximize effectiveness.
- Seasonal Routines to maintain health and prevent allergies and seasonal infections.
- How to stay healthy year-round: the surprisingly simple key to a strong immune system.
- How a modification or change in your daily routine according to season will impact your health.

**KAA 106– Ayurvedic Herbology (Dravya Guna Shastra)**

Ayurvedic Herbology marks the halfway mark in your Ayurvedic Wellness Counselor education and your midterm examination. This detailed class will introduce the concepts of herbal energetics and how to identify the healing properties of household herbs. Special emphasis will be placed on over twenty different Ayurvedic herbs such as Amla, Brahmi, Neem and Shatavari. Topics will include:

- Herbs to boost the immune system, delay aging and improve the quality of life.
- Comprehensive analysis of taste, potency, post-digestive effect and what they mean for your health.
- How to maximize the absorption of particular herbs and medicines.
- Preparing and administering specialized herbs and herbal concoctions.
- Popular formulations and recipes.
- Over twenty detailed descriptions of Ayurvedic herbs, energetics and uses.

**KAA 107 – Yoga Therapy (Yoga Vigyan)**

Yoga Therapy will focus on Ashtanga and Therapeutic Yoga designed for the individual. Topics will include:

- A detailed understanding of the eight limbs of yoga.
- The postures you should or shouldn't be doing, depending on your Prakriti and Vikruti.
- Simple postures to increase blood flow and immunity.
- Yoga Asanas for the various systems and organs of the body.
- How Yoga and Ayurveda combined can create the foundation for a transformed experience of living.
- How to maximize the effects of Yoga.
- Yoga and Ayurveda to deepen your spiritual practice.
- Pranayama and meditation techniques.

**KAA 108 – Introduction to Ayurvedic Bodywork**

Introduction to Ayurvedic Bodywork will focus on hands-on techniques to promote cellular healing and regeneration. Topics will include:

- Daily therapies to promote healing and wellness.
- Simple therapies that have an anti-aging effect, improve digestive absorption, calm the mind and improve sleep.
- Concoctions and treatments to improve skin tone and luster and soothe the nervous system.
- A hands-on introduction to Snehana, Swedana, Shirodhara, Padabhyanga, Shiroabhyanga, Kati basti, Lepas, Udvartana and Soundarya shringar.

### **KAA 109 – Disease Pathology (Roga Nidan)**

Disease Pathology will describe how diseases form and progress. Topics will include:

- The Ayurvedic energies and structures (Dosha, Dhatu, Mala) and their role in the disease process.
- Simple ways to identify warning signs long before they become full-blown symptoms.
- How to analyze the various systems and structures of the body and identify potential warning signs: tongue, pulse and mala diagnosis.
- In-depth examination of case studies.

### **KAA 110 – Disease Management (Kaya Chikitsa)**

Disease Management will describe how to address various disease manifestations and how to prevent their progression. Topics will include:

- The Ayurvedic energies and structures (Dosha, Dhatu, Mala) and their role in various etio-pathogenesis. The evolution of diseases through various dosha stages reaching the final degenerative phase.
- Simple ways to identify warning signs long before they become full-blown symptoms and methods of arresting the disease progression.
- Mapping of various stages of etio-pathogenesis to arrive at a treatment protocol.
- Tools and techniques including simple herbal treatments and dietary & lifestyle changes to restore and maintain equilibrium.
- Various methodologies involved in Palliative (Shamana) and Purification (Shodhana) treatments.

### **KAA 111 – Review, Clinical Management**

Review and Clinical Management will take a final look at the prior ten months in a summarized review, and investigate Ayurveda's application in modern times. Students will be guided on how to build and sustain a clinical practice and how the science of Ayurveda applies to the business model. Topics will include:

- The structure of state and national practice regulations and the state of Ayurvedic affairs in the United States.
- The future of Ayurveda in the United States.
- Tools, tips and spreadsheets to help you run your business.
- How to build and sustain your Ayurvedic practice.
- How other graduates did it and what they learned from the experience.
- An opportunity for students to speak with graduates and ask questions of faculty with several years experience running successful Ayurvedic practices.

### **KAA 112 – Clinical Internship (Chikitsa Abhyasam)**

Clinical internship is a hands-on clinical training session, instructed, supervised and independent. Students will be guided on how to conduct a consultation and Ayurvedic assessment, and create a Chikitsa protocol based on Prakriti and basics of Vikriti. Topics will include:

- Observation of clinical sessions with the instructor.
- Case paper making.
- Ayurvedic assessment through Ashtasthana Pareeksha- Nadi (pulses), Netra (eye), Jihwa (tongue), Twak (skin, nails, hair), Malam (stool), Mutra (urine), Akriti (structure), and Shabda (voice).
- Creation of a Chikitsa protocol based on Samprapti.
- Ayurvedic Counseling based on assessment outcome.

## In-Class Intensives

240 hours

The In-Class Intensives are offered once per month (please see pages 20-21 for schedule). If you cannot make it to a scheduled class, KAA is excited to offer a brand new feature of Live Streaming from our Fremont, CA location. KAA will provide all details on how to connect prior to the start of each training.

No.	Course Description	# of Days	Hours
KAA 101	<ul style="list-style-type: none"> <li>The three universal energies and five elements (Doshas and Mahabhutas) and their importance in health and wellness.</li> <li>The twenty foundational qualities of life (Gunas).</li> <li>The concepts of physiological disposition (Prakruti), imbalance (Vikruti) and Dynamic Balance.</li> <li>The fundamental tenets of an effective Ayurvedic health program.</li> <li>The universe and humanity's place within it: An Ayurvedic view.</li> <li>The cosmology of the soul.</li> <li>A comprehensive introduction to basic Ayurvedic concepts: <i>Doshas, Dhatus, Malas, Marmas, Asthis, Sandhis and Srotas</i>.</li> </ul>	2	20 Hours
KAA 102	<ul style="list-style-type: none"> <li>The fifteen subtle energies of the body (Subdoshas)</li> <li>The seven physical structures (Dhatus) and natural wastes (Malas)</li> <li>Natural wastes and their functions</li> <li>The essence of life that is responsible for vigor &amp; youthfulness (Ojas)</li> </ul>	2	20 Hours
KAA 103	<ul style="list-style-type: none"> <li>The psychological energies (subtle Doshas) and their functions</li> <li>The chakras, their importance and how to keep them healthy.</li> <li>The physical energy centers (Marmas)</li> <li>Meditation, Pranayama (breathing techniques).</li> </ul>	2	20 Hours
KAA 104	<ul style="list-style-type: none"> <li>Cooking for the five senses and six tastes.</li> <li>Tools and techniques for maximum nutrient absorption.</li> <li>Preparing simple, nutritious and sensually-gratifying meals.</li> <li>Chaturvidha Ahara, Shad rasas, Ahara Vidhi Vishesha and the Guna Karma of spices and Ayurvedic cooking.</li> </ul>	2	20 Hours
KAA 105	<ul style="list-style-type: none"> <li>Daily Routines to maintain balance and maximize effectiveness.</li> <li>Seasonal Routines to maintain health and prevent allergies</li> <li>How to stay healthy year-round</li> <li>How to modify your daily routine according to season</li> </ul>	2	20 Hours
KAA 106	<ul style="list-style-type: none"> <li>Herbs to boost the immune system, delay aging and improve the quality of life.</li> <li>How to maximize the absorption of particular herbs and medicines.</li> <li>Preparing and administering specialized herbs and herbal concoctions.</li> <li>Popular formulations and recipes.</li> <li>Over twenty detailed descriptions of herbs, energetics and uses.</li> </ul>	2	20 Hours

No.	Course Description	# of Days	Hours
KAA 107	<ul style="list-style-type: none"> <li>A detailed understanding of the eight limbs of yoga.</li> <li>The postures you should or shouldn't be doing, depending on your Prakriti and Vikruti.</li> <li>Simple postures to increase blood flow and immunity.</li> <li>Yoga Asanas for the various systems and organs of the body.</li> <li>How Yoga and Ayurveda combined can create the foundation for a transformed experience of living.</li> <li>Yoga and Ayurveda to deepen your spiritual practice.</li> <li>Pranayama and meditation techniques.</li> </ul>	2	20 Hours
KAA 108	<ul style="list-style-type: none"> <li>Daily therapies to promote healing and wellness.</li> <li>Simple therapies that have an anti-aging effect, improve digestive absorption, calm the mind and improve sleep.</li> <li>Concoctions and treatments to improve skin tone and luster and soothe the nervous system.</li> <li>A hands-on introduction to Snehana, Swedana, Shirodhara, Padabhyanga, Shiroabhyanga, Kateevasti, Lepas and Udvartana</li> </ul>	2	20 Hours
KAA 109	<ul style="list-style-type: none"> <li>The Ayurvedic energies and structures (Dosha, Dhatu, Mala) and their role in the disease process.</li> <li>Simple ways to identify warning signs long before they become full-blown symptoms.</li> <li>How to analyze the various systems and structures of the body and identify potential warning signs: Tongue, pulse and mala diagnosis.</li> <li>In-depth examination of case studies</li> </ul>	2	20 Hours
KAA 110	<ul style="list-style-type: none"> <li>Identification of warning signs of diseases long before they become full-blown symptoms and arresting the disease progression.</li> <li>Mapping of various stages of etio-pathogenesis to arrive at a treatment protocol</li> <li>Tools and techniques including simple herbal treatments and dietary &amp; lifestyle changes to restore and maintain equilibrium.</li> <li>Various methodologies involved in Paliative (Shamana) and Purification (Shodhana) treatments</li> </ul>	2	20 Hours (10 hrs Instructor Supervised Internship- 5 Clinical encounters)
KAA 111	<ul style="list-style-type: none"> <li>The structure of state and national practice regulations and the state of Ayurvedic affairs in the United States.</li> <li>Tools, tips and spreadsheets to help you run your business.</li> <li>How to build and sustain your Ayurvedic practice.</li> </ul>	2	20 Hours (10 hrs Instructor Supervised Internship- 5 clinical encounters)
KAA 112	<ul style="list-style-type: none"> <li>Observation of clinical sessions with instructor.</li> <li>Ayurvedic Assessment through Ashtasthana Pareeksha</li> <li>Creation of a Chikitsa protocol based on Samprapti</li> <li>Ayurvedic Counseling based on assessment outcome</li> </ul>	2	20 Hours Internship (10 hrs Instructor Supervised Internship & 10 hrs 1 on 1 Consultation- 5 clinical encounters)

## Weekly Virtual Classroom Sessions

75 hours

Virtual Classrooms are conducted through WebEx video conferencing every week. The faculty will take the students through various topics in the curriculum and provides students the opportunity to ask questions and to clarify the concepts and topics from the course material and class videos. Each virtual classroom takes place on Tuesdays from 6.00PM to 07.30PM PST with a member of the Kerala Ayurveda Academy faculty. Students are expected to attend all 50 sessions of the virtual classroom sessions (please see graduation requirements on page 18 for more details). The date, time and access code of the virtual classroom will be available on the e-learning calendar or contact the Academy Administrator. Each virtual classroom is archived and accessible for review through the link from the calendar on the e-learning system. *\*These dates and times are subject to change.*

Date	Topic
October 7, 2014	Sadvritta- Code of conduct
October 14, 2014	Sleep- One of the three pillars of life
October 21, 2014	Exercise- The Ayurvedic concept
October 28, 2014	Brahmacharya- An Ayurvedic perspective
November 4, 2014	Ayurvedic Yoga
November 11, 2014	Pranayama- The balance of vital breath
November 18, 2014	Meditation- Oneness with nature
November 25, 2014	Nidan- Etiological factors
December 2, 2014	Shad Kriyakala- Ayurvedic etio-pathogenesis
December 9, 2014	Ayurvedic diagnosis
December 16, 2014	Ayurvedic Case Paper
January 6, 2015	Panchakarma- The Ayurvedic cleansing process
January 13, 2015	Snehana- The oleation process
January 20, 2015	Swedana- The sudation process
January 27, 2015	Disease (Vyadhi)
February 3, 2015	Ayurvedic management of diseases
February 10, 2015	Diet & Lifestyle in disease management
February 17, 2015	Shodhana & Shamana- Two methods of restoration of balance
February 24, 2015	Scope of Ayurveda practice in the US
March 3, 2015	Build & sustain your Ayurveda practice
March 10, 2015	To be an 'Ayurveda Practitioner'
March 17, 2015	Spirituality & Ayurveda
March 24, 2015	Clinical investigations
March 31, 2015	Ashtanga Ayurveda- The eight branches of Ayurveda



<b>April 7, 2015</b>	Panchabhuta- The five cosmic elements
<b>April 14, 2015</b>	Tridoshas- The three functional humors
<b>April 21, 2015</b>	Gunas- The twenty qualities
<b>April 28, 2015</b>	Prakriti- The Ayurvedic constitution
<b>May 5, 2015</b>	Dhatus- The seven tissues
<b>May 12, 2015</b>	Ojas- The aura or vitality
<b>May 19, 2015</b>	Agni (fire)- The creator, preserver & destroyer
<b>May 26, 2015</b>	Ahara- The concept of inputs in life
<b>June 2, 2015</b>	Ama- The root cause of diseases
<b>June 9, 2015</b>	Six Tastes- Concept of balanced food in Ayurveda
<b>June 16, 2015</b>	Digestion- Ayurvedic perspective
<b>June 23, 2015</b>	Mind- Ayurvedic perspective
<b>June 30, 2015</b>	Trigunas- The qualities of mind
<b>July 7, 2015</b>	Chakras- The energy levels
<b>July 14, 2015</b>	Marmas- The vital points
<b>July 21, 2015</b>	Ayurvedic Psychology
<b>July 28, 2015</b>	Rasa, Guna, Veerya- Key Ayurvedic herbological concepts
<b>August 4, 2015</b>	Vipaka, Prabhava- Unique Ayurvedic concept on herbs
<b>August 11, 2015</b>	Special herbs
<b>August 18, 2015</b>	Combining herbs
<b>August 25, 2015</b>	Kalpanas- The herb formulations
<b>September 1, 2015</b>	Spices/Home remedies
<b>September 8, 2015</b>	Rasayana- Ayurvedic anti-aging
<b>September 15, 2015</b>	Swastha- The Healthy
<b>September 22, 2015</b>	Dinacharya- Ayurvedic daily regimen
<b>September 29, 2015</b>	Ritucharya- Ayurvedic Seasonal Regimen

## E-learning & Video Instruction

90 hours

### Learn anytime, anywhere, at your own convenience on your own computer

Due to changing times, our Ayurvedic Wellness Counselor Program content is also made available **by providing the course materials, class videos, tests and evaluations** online via our e-learning system. This structure allows students to study at their own pace while absorbing the material at the level they feel most comfortable with, all from the comfort of their home. The e-learning system provides a full and well-rounded education that includes Course Materials, Video Class Recordings, Study Guides, Weekly Virtual Classes, and Special Projects in Ayurveda.

Module	Subject	Hours
KAA 101	Essence of Ayurveda ( <i>Tarka Sankhya and Sharir</i> )	9 class video
KAA 102	Ayurvedic Physiology ( <i>Dosha Dhātu Mala Vigyan</i> )	8 class video
KAA 103	Ayurvedic Psychology ( <i>Manasa Shastra</i> )	8 class video
KAA 104	Ayurvedic Nutrition & Cooking ( <i>Ahara Vigyan</i> )	9 class video
KAA 105	Ayurvedic Preventive Science ( <i>Swastha Vritta</i> )	8 class video
KAA 106	Ayurvedic Herbology ( <i>Dravya Guna Shastra</i> )	9 class video
KAA 107	Yoga Therapy ( <i>Yoga Vigyan</i> )	8 class video
KAA 108	Introduction to Ayurvedic Bodywork ( <i>Panchakarma</i> )	8 class video
KAA 109	Assessment of Dosha Imbalances ( <i>Roga Nidan</i> )	8 class video
KAA 110	Management of Dosha Imbalances ( <i>Kayachikitsa</i> )	8 class video
KAA 111	Clinical Management and Review	7 class video

## Clinical Internship Projects

70 hours

### Body Constitution Internship-30 Internship Hours

Each student will conduct one on one Body Constitution consultations with 15 people. After completing the internships, the students will enter the summary of their data and experience and upload to their E-Learning Account.

### Case Studies- one on one Internship - 40 hours

Each student will follow two *Rogis* (clients) from KAA Module 102 through KAA Module 111 with monthly consultations and progressing on both assessment and counseling based on the topics covered in each month. The student will initiate the case studies with Body Constitution assessment from KAA 102 and then progress every month with Psychological assessment from KAA 103, Ayurvedic nutritional assessment from KAA 104, preventive daily routines and seasonal regimens from KAA 105, common Rasayana herbs for enhancing the quality of health from KAA 106, personalised Yoga from KAA 107, preventive bodywork and Panchakarma from KAA 108, clinical assessment from KAA 109, creating a comprehensive Ayurvedic chikitsa protocol from KAA 110 and final review and follow up from KAA 111. This process will include 10 one on one consultation for 2 people.

## Special Projects

40 hours

### Community Health Education Assignment-10 Hours

Students will prepare one (1) presentation for a group in the community. They may organize this presentation themselves and invite the public or arrange to deliver this presentation at an office, school or other place of business. The presentation should run **one hours** in length and be delivered on a topic of interest to the group. This topic may be related to their Research Project or Paper but may not substitute for time spent completing the research paper or project and vice versa. The student may also select to do their research paper or project on the outcome and experience of their presentation.

Approximately 9 hours of preparation should go into presentation's preparation and planning, for an hour of uninterrupted delivery (i.e. the student is the main presenter and speaker).

The student must notify Kerala Ayurveda of their presentations at least two weeks (14 days) ahead of time.

### Research Paper-30 hours

The second project is to write a ten-page research paper of student's own choice. A topic must be approved before starting this project by submitting, via their E-Learning account, a short description of their topic. An email will then be sent to the student by the Academy Administrator with approval or comments. This final project is to be completed by the 11<sup>th</sup> module of the program.

#### Research Paper Format

- Typed, double spaced
- Font: Times New Roman 12 point font
- Should include cover page and clear description of thesis or claim
- Number each page with initials (i.e. JD 1, JD 2...)
- Cite references and include detailed Bibliography
- Chapter Outline or Table of Contents
- May include charts and graphs (charts and graphs are additional and may not substitute for pages or text)

The Special Projects Assignments receive pass/fail grades. If an assignment is incomplete the student will have the opportunity to resubmit the assignment to receive a passing grade. (55 Hours)

## Home Study

110 hours

The AWC Program uses several Home Study tools to provide high quality education to our students. Students are expected to review or complete each of these home tools. The Home Study tools include:

- Manuals for each course module
- Home Study Guides
- Power Point Presentations
- Online Testing

## Total Hours

625 hours





## Program Breakdown

<b>*Weekend In-class Intensives</b>	240 Hours
<b>Weekly Virtual Classroom Sessions</b>	75 Hours
<b>E-Learning Video Instruction</b>	90 Hours
<b>*Clinical Internship Projects</b>	70 Hours
<b>Special Projects</b>	40 Hours
<b>Home Study Guide</b>	110 Hours

*\*This program includes 110 hours mandatory internship hours. This includes 40 hours of Instructor Supervised Clinical Internship and 70 Hours One on One Consultation.*

Applicable Course or Project for Internship	Total Hours for Internship	Hours for Case Management w/Supervisor	Hours for One-on-one Rogi(Client) Contact	Total number of clinical encounters
KAA 110	10 Hours	10 Hours	0 Hours	5
KAA 111	10 Hours	10 hours	0 hours	5
KAA 112	20 hours	10 hours	10 hours	5
Clinical Internship Project	70 Hours	0 hours	70 hours	35
<b>TOTAL</b>	<b>110 hours</b>	<b>30 hours</b>	<b>80 hours</b>	<b>50</b>

## Recommended Reading

KAA does not have a traditional library. Students will receive detailed course material and handouts in each class. The following list of books is for additional reading. These books are beneficial but not mandatory.

<b>Frawley, David</b>	Yoga and Ayurveda; Ayurveda and the Mind; The Yoga of Herbs
<b>Joshi, Dr. Sunil</b>	Ayurveda and Panchakarma
<b>Lad, Dr. Vasant</b>	Textbook of Ayurveda (Two volumes)
<b>Lele, Dr. Avinash</b>	Secrets of Marma; Panchakarma and Ayurvedic Massage
<b>Ranade, Dr. Subhash</b>	Health and Disease in Ayurveda and Yoga; Natural healing through Ayurveda
<b>Svoboda, Dr. Robert</b>	Prakriti: Your Ayurvedic Constitution
<b>Apte, Dr. Jay</b>	Delicious and Healthy - Cuisine of Ayurveda
<b>Yarema, Dr. Thomas</b>	Eat-Taste-Heal: An Ayurvedic Cookbook for Modern Living
<b>Prof. K.R. Srikantha Murthy</b>	Vagbhata's Astanga Hrdayam



## ***Additional Internship Opportunities***

Kerala Ayurveda Academy provides 50 hour week long internship at Kerala Ayurveda Academy & Wellness Center, Fremont, CA as well as a 200 hour Internship in India. For more details contact the Academy Administrator at (978) 927-0099 or admin@ayurvedaacademy.com.

## ***Examinations & Grading***

- Each month there will be a test on the material taught. The midterm examination covers all the materials from classes completed up to that point. The final examination covers all material for the entire course.
- A comprehensive examination will be given at the end of the school year and will cover materials from all the courses taught during the school year.
- Tests will be multiple-choice. Each test is worth 5% of the total grade. Minimum passing grade is 70%.
- Students must complete 10 out of 10 tests before they are eligible for graduation.
- All testing is done online and grades are immediately available in the student online account as well as the results of projects.
- A student that does not achieve the minimum passing grade of 70% for graduation may retake the tests up to five times. The highest score will be recorded.

## ***Graduation Requirements***

- The student passes all tests with a minimum grade of 70%
- The student completes all Assignments
- The student has paid the full tuition for the program
- This program exceeds the national requirement for contact hours. The student must meet the requirement of 300 contact hours. Virtual classes account for 75 contact hours and in-class sessions and live broadcasts account for 240 contact hours. A student may be absent from either one in-class session OR 10 virtual classroom sessions to still meet this requirement.

## ***Faculty***

*The goal of Kerala Ayurveda Academy is to offer authentic Ayurvedic courses by experienced Ayurvedic Doctors. Many of our faculty members are established Ayurvedic physicians who have received degrees from renowned Universities in India – the “Holy Land” of Ayurveda – and have more than 15 years of experience in Ayurvedic practice and teaching. They are eager to share and hand over this ancient wisdom to our enthusiastic students.*

**Teri Adolfo, MTCM, L Ac, CAP**

**Dr. Shekhar Annambhotla, BAMS, MD (Ayurveda)**

**Johanna Bennett, Yoga**

**Dr. Rucha Kelkar, BAMS, M.PT**

**Dr. K. Jayarajan Kodikannath, B.Sc, BAMS Director of Academy**

**Dr. Manisha Kshirsagar, BAMS, LMT, DYA**



## Faculty (cont.)

**Dr. Suhas Kshirsagar, BAMS, MD (Ayurveda)**

**Mamta Landerman, CAS, PKS**

**Dr. Anila Pillai, BAMS, MD (Ayurveda)**

**Dr. Pratibha Shah, BAMS, MD (Ayurveda)**

**Dr. Ram Tamang, BAMS**

**Girija Iyer**

**Kim Valeri, ERYT, CEO of Kerala Ayurveda**

**Rajashree Krishnamurthy**

## Board of Advisors

**Dr. K. Anil Kumar, BAMS, Director and Founder**

Dr. K. Anil Kumar, Executive Director of Kerala Ayurveda Ltd is now the elected member of the Central Council of Indian Medicine (CCIM) – the Apex Body of the Government of India for the Indian System of Medicine. He was the President of the Ayurvedic Medical Association of India and is a former Joint Secretary of the Ayurvedic Drug Manufacturers' Association of India. He is currently Executive Member of the Ayurvedic Medicine Manufacturers Organization of India.

**David Frawley (Pandit Vamadeva Shastri)**

David Frawley (Pandit Vamadeva Shastri) is a one of the most well known teachers of Ayurveda, Yoga and the Vedic sciences today. His work has long been honored in India and in the West for his ability to explain the authentic deeper teachings and place them in an easy to understand modern language. Vamadeva is the author of more than forty books published in twenty languages over the last thirty years. He has written numerous articles and several sets of training courses. His books on Ayurvedic Medicine have been pioneers in their field. These include Ayurvedic Healing (1989), which was the first book published in the West to explain the Ayurvedic treatment of common diseases, and Yoga and Ayurveda (1999), which remains the most popular book explaining the interface of these two profound Vedic healing systems. He is the director of the American Institute of Vedic Studies that represents his work, teachings and programs.

**Dr. Suhas Kshirsagar BAMS; MD (Ayurveda, India)**

Dr. Suhas Kshirsagar is an accomplished Ayurvedic doctor with a varied background and experience. He was a research associate in an Indian Ayurvedic pharmaceutical company, Ayurveda Rasashala. He was Chairman of Dept. of Medicine at Maharshi College of Vedic Medicine in Albuquerque, NM from 1999-2001. He was a medical director and an assistant professor at the Maharshi University of Management, Fairfield, IA from 2001-2002. He has published research articles and given lectures on radio and television worldwide. He has extensive clinical experience in Ayurvedic therapies and Panchakarma and has treated thousands of people.

## Faculty Testimonials

Dr. Suhas [Kshirsagar] could not be any more kind, knowledgeable or funny.

Anonymous

It was such a pleasure meeting Dr. Jayarajan in person. I was encouraged to not just be a student of Ayurveda but also be a contributor of Ayurveda to the society and bring about awareness to the community at large. His method of teaching was very organized and thorough. I certainly want to be a part of the Kerala Ayurveda Family. I thank him for being so passionate about Ayurveda; he is truly an inspiration!

Bobby

I really enjoyed and appreciated the high level of interaction Rucha Kelkar provided... her teaching was fantastic... and inspiring!

Anonymous

Mamta [Landerman] is an excellent and gifted teacher.

Renée



# Schedule

## Start and Completion dates

Fremont, CA program will begin on October 1, 2014 and end on September 30, 2015

Los Angeles program will begin on October 1, 2014 and end on September 30, 2015

Seattle program will begin on October 1, 2014 and end on September 30, 2015

*These dates are subject to change. Kerala Ayurveda Academy reserves the right to cancel classes if student enrollment minimum is not met.*

## In-Class Intensive Schedules, Fall 2014-2015

Module	Subject	Month	Los Angeles	Fremont, CA*	Seattle, WA
KA 101	Essence of Ayurveda ( <i>Tarka Sankhya and Sharir</i> )	October	25,26	11,12	4,5
KA 102	Ayurvedic Physiology ( <i>Dosha Dhatu Mala Vigyan</i> )	November	22,23	8,9	1,2
KA 103	Ayurvedic Psychology ( <i>Manasa Shastra</i> )	December	13,14	6,7	6,7
KA 104	Ayurvedic Nutrition & Cooking ( <i>Ahara Vigyan</i> )	January	24,25	10,11	3,4
KA 105	Ayurvedic Preventive Science ( <i>Swastha Vritta</i> )	February	28,Mar 1	7,8	Jan 31, Feb 1
KA 106	Ayurvedic Herbology ( <i>Dravya Guna Shastra</i> )	March	28,29	7,8	Feb 28, Mar 1
KA 107	Yoga Therapy ( <i>Yoga Vigyan</i> )	April	25,26	11,12	18,19
KA 108	Introduction to Ayurvedic Bodywork ( <i>Panchakarma</i> )	May	30,31	9,10	2,3
KA 109	Assessment of Dosha Imbalances ( <i>Roga Nidan</i> )	June	27,28	13,14	6,7
KA 110	Management of Dosha Imbalances ( <i>Kayachikitsa</i> )	July	25,26	11,12	18,19
KA 111	Clinical Management and Review	August	22,23	8,9	1,2
KA 112	Clinical Internship	September	26,27	12,13	19,20

*\*Available for Live Streaming*



## ***In-Class Intensive Daily Format***

*Each session is 2 days (see In-Class Practical/Hands-on & Internship Schedule). Class begins at 8am and ends at 6pm with a 1 ½ hour lunch break beginning at 12:00 pm each day, as follows:*

Time	Saturday & Sunday
8:00 am to 8:30 am	Pranayama, Meditation, Welcome
8:30 am to 10:45 am	Review of previous module/s
11:00 am to 12:00 pm	Hands-on or Internship
12:00 pm to 1:30 pm	Lunch
1:30 pm to 2:30 pm	Review, Practical Classroom
2:45 pm to 4:15 pm	Hands-on or Internship
4:30 pm to 6:00pm	Hands-on or Internship

## ***Training Facilities***

Seattle, WA – 8234A 17<sup>th</sup> Ave NE. Located 6 miles from the Seattle Seaport, the Kerala Ayurveda Academy facility in Washington consists of a state of the art classroom for lectures, radiant floors for yoga classes, and a fully equipped kitchen for nutrition and cooking classes. Free Wifi. Street parking. Walking distance to local cafes.

Fremont, CA – 46500 Fremont Blvd. #702. Located in San Francisco East Bay and 10 miles from the San Jose Airport, Kerala Ayurveda Academy & Wellness Center consists of a spacious classroom for lectures and Yoga, a well equipped kitchen for herb formulation making and cooking classes, two Panchakarma rooms, a library and an herb lab. Free Wifi. Ample parking space, Walking distance to hotels, restaurants and health clubs.

West Los Angeles, CA – 3283 Motor Ave. Located at the well-known Elizabeth Taylor's Aquatic Center and International Sportscience Institute™, 6 miles from the Los Angeles International Airport., our satellite location in LA features a classroom, consultation offices, kitchen and a Yoga space. Street parking. Walking distance to restaurants and cafes.

## ***Test & Graduation Schedule***

<b>Monthly Tests</b>	Testing is made available online
<b>Midterm Examination</b>	Midterm is available online after 5th class
<b>Final Examination</b>	Available online after last class
<b>Graduation</b>	Sunday evening of last In-Class Intensive



# Tuition & Fees

Tuition		
Registration Fee	\$100	Please see refund policy*
Tuition	\$5,000.00	Please see refund policy*

\*Refunds are location specific. Please see page 24 for more information.

## The Asha Foundation™

The Asha Foundation is a medical service and research foundation in India that provides complimentary and rehabilitative healthcare to children suffering from various ailments, particularly autism and cerebral palsy.

Every year, Kerala Ayurveda® Academy donates a portion of its proceeds to The Asha Foundation.

## Payment Plans for Tuition

Payment Plan	Cost	First Payment Due	# of Payments	Registration Fee	Total Cost
Tuition in Full	\$4,650	Upon Enrollment	1	\$100	\$4,750
Half yearly	\$2,500	Upon Enrollment	2	\$100	\$5,100
Quarterly	\$1,300	Upon Enrollment	4	\$100	\$5,300
12 Month	\$450	Upon Enrollment	12	\$100	\$5,500
15 Month	\$375	Upon Enrollment	15	\$100	\$5,725

- Kerala Ayurveda Academy does not offer state or federal financial aid, educational loans or tuition scholarships or discounts to students at this time.
- Students choosing an extended payment plan will be required to complete and sign a Payment Agreement Contract upon enrollment.
- Please note California students are required to pay a non-refundable Student Tuition Recovery Fee. Each qualifying institution shall collect an assessment of fifty cents (\$.50) per one thousand dollars (\$1,000) of institutional charges, rounded to the nearest thousand dollars, from each student in an educational program who is a California resident or is enrolled in a residency program. For institutional charges of one thousand dollars (\$1,000) or less, the assessment is fifty cents (\$.50).



# *Application Process*

## *How to Enroll*

Online Application: The Enrollment agreement/Application is found by going to our website: [www.ayurvedaacademy.com](http://www.ayurvedaacademy.com) and clicking on 'Academy Enrollment.'

# *Policies & Procedures*

## *Student Complaint Procedure*

If a student complaint should arise, they may contact the Academy Manager, Courtney Spongberg, at (978) 927-0099 or at [admin@ayurvedaacademy.com](mailto:admin@ayurvedaacademy.com). If the student's complaint is not resolved after speaking to the Academy Administrator they may contact the Director of Kerala Ayurveda Academy, Dr. Jayarajan Kodikannath at (888)275-9103, [director@ayurvedaacademy.com](mailto:director@ayurvedaacademy.com) or at 46500 Fremont Blvd, #702, Fremont, CA 94538

### *State of California*

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589 or by completing a complaint form, which can be obtained on the Bureau's Internet Web site [www.bppe.ca.gov](http://www.bppe.ca.gov).

### *State of Washington*

If the student's complaint is not resolved after exhausting the institution's grievance procedure, the student may file a complaint with the Workforce Training and Education Coordinating Board, 128 Tenth Avenue S.W., P.O. Box 43105, Olympia, Washington 98504-3105, (360) 709-4600. This school is licensed under Chapter 28C.10 RCW in the State of Washington.

## *Transferring of Credits & Credentials*

### **"Notice concerning transferability of credits and credentials earned at Kerala Ayurveda Academy"**

"The transferability of credits you earn at Kerala Ayurveda Academy is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in the Ayurvedic Wellness Counselor or the Ayurvedic Wellness Practitioner programs is also at the complete discretion of the institution to which you may seek to transfer. If the certificate that you earn at this institution are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending Kerala Ayurveda Academy to determine if your certificate will transfer."



## Refund and Cancellation Policy

### The Student's Right to Cancel

The student has a right to cancel the enrollment agreement and obtain a refund. **A written notice from the student, about the cancellation is required** and should be sent to the address below. For specifics related to your refund, refer to the refund tables according to your State.

Academy Manager  
Kerala Ayurveda Academy  
P.O. Box 2337  
South Hamilton, MA 01982

## Refund Policy

### State of California

The registration fee is nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class session, or the seventh day after enrollment, whichever is later. There will be no refund if the student decides to withdraw after 60% of the classes (attendance of the 4<sup>th</sup> class) or online modules (accessed 7<sup>th</sup> online module).

Each In-Class Intensives covers the content of one online modules. Refund Requests will be processed based on In-Class Intensives and online modules accessed (whichever is greater).

A written notice from the students, about the cancellation will be required. A telephone call about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, student will not receive the refund for that period. The refund will be processed within 30 days from the day KAA receives the official written notice of cancellation from the student. The refund check will be mailed to the official address of the student. If original payment is by credit card the refund will be processed on the credit card.

Eligible refunds will not include the applicable interest during the enrollment period.

In case the student decides to withdraw during the program, before the 60% of the classes are over, the following will be the refund calculation:

### Refund Calculation

- |        |   |
|--------|---|
| Step 1 | Deduct \$100 (registration fee) from the total tuition paid -   |
| Step 2 | Divide the total tuition paid by 11 (number of modules) = 'tuition per module' -<br>(In Class sessions are equivalent to 2 modules) |
| Step 3 | Multiply number of classes attended by 'tuition per module'   |
| Step 4 | Subtract the amount in step 3 from the amount in step 1<br>This is the refund amount.   |

**Example:** if the student decides to withdraw after completing 2 In-Class Intensives and if he/she has paid the full tuition, the refund will be as follows:

Step 1	\$5100 – \$100	\$5000.00
Step 2	\$5000 / 11	\$454.55
Step 3	2 classes (worth 4 modules) * \$454.55	\$1818.20
Step 4	\$5000 – \$1818.20	\$3181.80
Total refund will be \$ 3181.80		





**Refunds** will be issued within 30 days of the date of student notification, or date of school determination (withdrawn due to absences or other criteria as specified in the school catalog), or in the case of a student not returning from an authorized Leave of Absence (LOA), within 30 days of the date the student was scheduled to return from the LOA and did not return.

## State of Washington

**Five-Day Cancellation:** An applicant who provides written notice of cancellation within five days (excluding Saturday, Sunday and federal and state holidays) of signing an enrollment agreement is entitled to a refund of all tuition paid. No later than 30 days after receiving the notice of cancellation, the school shall provide a 100% refund of tuition and fees paid.

**Other Cancellations:** An applicant requesting cancellation more than five days after signing an enrollment agreement and making an initial payment, but prior to entering the school, is entitled to a refund of all monies paid (*minus an administrative/registration fee of \$100*).

**Rejection:** An applicant rejected by the school is entitled to a refund of all monies paid.

### Refund Policy Defined - WA

1. - The school must refund all money paid if the applicant is not accepted. This includes instances where a starting class is canceled by the school. The school must refund all money paid if the applicant cancels within five business days (excluding Sundays and holidays) after the day the contract is signed or an initial payment is made, as long as the applicant has not begun training.
2. - The school may retain an established registration fee equal to ten percent of the total tuition cost, or one hundred dollars, whichever is less, if the applicant cancels after the fifth business day after signing the contract or making an initial payment. A "registration fee" is any fee charged by a school to process student applications and establish a student record system.
3. - If training is terminated after the student enters classes, the school may retain the registration fee established under (3) of this subsection, plus a percentage of the total tuition as described in the following table:

If the student completes this amount of training:	The school may keep this percentage of the tuition cost:
One week or up to 10%, whichever is less (attended 1 <sup>st</sup> class or accessed 1 <sup>st</sup> online module)	10%
More than one week or 10% whichever is less but less than 25% (attended 2 <sup>nd</sup> class or accessed 2 <sup>nd</sup> or 3 <sup>rd</sup> online module)	25%
25% through 50% (attended 3 <sup>rd</sup> class or accessed the 4 <sup>th</sup> , 5 <sup>th</sup> or 6 <sup>th</sup> online module)	50%
More than 50% (no refund issued after attending 4 <sup>th</sup> class or accessing 7 <sup>th</sup> , 8 <sup>th</sup> , 9 <sup>th</sup> , 10 <sup>th</sup> or 11 <sup>th</sup> online module)	100%

1. - When calculating refunds, the official date of a student's termination is the last day of recorded attendance:
  - a) When the school receives notice of the student's intention to discontinue the training program; or,
  - b) When the student is terminated for a violation of a published school policy which provides for termination; or,
  - c) When a student, without notice, fails to attend 2 consecutive In-Class Intensives or, fails to access online modules for ninety calendar days.

2. - All refunds must be paid within thirty calendar days of receiving a completed and signed Kerala Ayurveda official refund request form and the student's official termination date.
3. - Eligible refunds will not include the applicable interest during the enrollment period.

**Example:** if the student decides to withdraw after completing 2 classes or after accessing the 4<sup>th</sup> online module and if he/she has paid the full tuition, the refund will be as follows:

Step 1	\$5100 – \$100	\$5000.00
Step 2	2 of 6 classes completed 2/5 =33%, or 4 of 11 modules accessed online 4/11= 36%	
Step 3	25% through 50% completion = KA retains 50%	\$2500.00
Step 4	\$5000 – \$2500	\$2500.00
<b>Total refund will be \$2500</b>		

## *Attendance Policy*

Attendance is monitored via student access through the E-learning system as well as being manually taken at in-class sessions. This program exceeds the national requirement for contact hours. The student must meet the requirement of 300 contact hours. Virtual classes account for 75 contact hours and in-class sessions and live broadcasts account for 240 contact hours. A student may be absent from either one in-class session OR 10 virtual classroom sessions to still meet this requirement.

## *Make-up and Retake Policy*

If student is absent from an in-class or live broadcast session, he/she may make it up at any KAA training location or via live broadcast, free of charge. If a student wishes to retake an in-class session, he/she may do so for a fee of \$100 per weekend session. Please contact the Academy Manager to make arrangements for all make-up or retake sessions.

## *Conduct*

At KAA, programs are directed toward professional training. The students shall show respect to others and observe correct standards of conduct. The Honor System embodies values of personal integrity, honesty, and trust. Fundamental to the Honor System is the Honor Code of Responsibility, and it is upon its principles that the Academy has based the Standards of Conduct.

### **Honor Code of Responsibility**

- Each member is responsible for maintaining a high level of civility, integrity, honesty, and trust within the community.
- Each student is responsible for presenting work of her/his own creation, and refraining from representing as her/his own work that which is not hers/his.
- Conduct in keeping with the attendance policies.

## *Termination Policy*

1. - If the course is terminated after the student begins classes, the Academy may retain a percentage of the total tuition as described in the table below.
2. - The official date of termination of a student shall be the last date of recorded attendance when withdrawal occurs in any of the following manners:
  - a. - When the student is terminated for a violation of a published Academy policy which provides for termination; or,



- b. - When a student, without notice, either fails to attend classes or check out course videos for thirty (30) calendar days.
3. - A student will be determined to be withdrawn from the institution if the student has not attended any class for three consecutive class weekends. He/she will be notified by telephone after two missed weekends and their termination will be drafted after the third weekend.
4. - For a student who is on authorized Leave of Absence, the withdrawal date is the date the student was scheduled to return from Leave and failed to do so.

## *Suspension and Dismissal Policy*

There are disciplinary guidelines to provide an environment to learn and grow independently, which give students rights and responsibilities.

- ➔ Any behavior disruptive to other students or the smooth running of the class will not be allowed.
- ➔ Students will have to pay the tuition on time.
- ➔ Students have to maintain a passing grade of 70%.

At first incidence, warning will be given. At the second incidence the student will be suspended for the entire weekend. Student will be readmitted after suspended weekend. If the behavior persists, the student will be dismissed from the program. When the conduct of the student threatens the other student's safety, KA reserves the right to dismiss a student immediately.

## *Leave of Absence*

Students can take a leave of absence for up to one (1) year with written permission. School may be contacted at (978) 927-0099 or by mail at P.O. Box 2337, South Hamilton, MA 01982. The student may resume classes the following year at the level where he/she took leave. Unless prior arrangements are made with the school about the payment, student is obligated to pay the tuition as per plan.

## *Financial Aid*

Kerala Ayurveda Academy does not offer state or federal financial aid to students. If a student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund. If the student has received federal student financial aid funds, the student is entitled to a refund of the moneys not paid from federal student financial aid program funds.

If a student is eligible for a loan guaranteed by the federal or state government and the student defaults on the loan, both of the following may occur:

- The federal or state government or a loan guarantee agency may take action against the student, including applying any income tax refund to which the person is entitled to reduce the balance owed on the loan.
- The student may not be eligible for any other federal student financial aid at another institution or other government assistance until the loan is repaid.

**"Notice** - Any holder of this consumer credit contract is subject to all claims and defenses that the debtor could assert against the seller of the goods or services obtained pursuant hereto or with the proceeds hereof, recovery hereunder by the debtor shall not exceed amounts paid by the debtor hereunder."

"Kerala Ayurveda Academy does not have a pending petition in bankruptcy, is not operating as a debtor in possession, has not filed a petition within the preceding five years, and has not had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11U.S.C. Sec. 1101 et seq.)."

## ***Student Tuition Recovery Fund – State of California***

“You must pay the state-imposed assessment for the Student Tuition Recovery Fund (STRF) if all of the following applies to you:

1. - You are a student, who is a California resident and prepays all or part of your tuition either by cash, guaranteed student loans, or personal loans, and
2. - Your total charges are not paid by any third-party payer such as an employer, government program or other payer unless you have a separate agreement to repay the third party.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if either of the following applies:

1. - You are not a California resident , or are not enrolled in a residency program, or
2. - Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party.”

“The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by California residents who were students attending certain schools regulated by the Bureau for Private Postsecondary and Vocational Education. You may be eligible for STRF if you are a California resident, prepaid tuition, paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. - The school closed before the course of instruction was completed.
2. - The school’s failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. - The school’s failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other cost.
4. - There was a material failure to comply with the Act or the Division within 30-days before the school closed or, if the material failure began earlier than 30-days prior to closure, the period determined by the Bureau.
5. - An inability after diligent efforts to prosecute, prove, and collect on a judgment against the institution for a violation of the Act.”

However, no claim can be paid to any student without a social security number or a taxpayer identification number.

Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education at 2535 Capital Oaks Drive, Suite 400, Sacramento, C A95833 (mailing address: PO Box 980818, West Sacramento, CA 95798-0818), Toll free: (888) 370-7589, FAX: (916) 263-1896.

## ***English as a Second Language & Foreign Students***

Foreign students are accepted, however, KAA courses are instructed in English and KAA does not offer English as a second language. Students are required to have the English proficiency associated with the requirements of completing a high school diploma or GED. Successful completion of the ‘General English Proficiency Test’ - *Intermediate level* is required for enrollment of all foreign students. Visa services are not provided and Kerala Ayurveda will not vouch for student status and any associated charges.

## ***Experiential Credit***

There is no credit granted for experiential learning.



## Record Retention

All records concerning the Kerala Ayurveda Academy are kept for five years after student's graduation, withdrawal or termination, with the exception of transcripts which are kept for 50 years. California records are kept at 46500 Fremont Blvd, #702, Fremont, CA 94538. Washington and Online Learning records are kept at 8234A 17th Ave NE, Seattle, WA 98115. Students requesting copies of these documents must submit a signed letter to the above address to the attention of the Academy Administrator.

# FAQ'S

## Frequently Asked Questions

**1. - How much do your programs cost?**

The entire tuition for the AWC program is \$5000.00 (not including interest, application fee and STRF fee).

**2. - Is it legal to practice Ayurveda in all fifty states?**

A bill has been passed in six states (California, Minnesota, Oklahoma, Idaho, and Rhode Island, New Mexico) to allow the practice of alternative medicine, which includes Ayurveda. Currently, Iowa is working on passing the bill. The National Ayurvedic Medical Association (NAMA) is working on getting Ayurveda licensed in the United States.

**3. - Does each state regulate the practice of Ayurvedic sciences?**

→ No.

→ Ayurvedic practitioners are not licensed in the United States, and its practice is not regulated by state or federal agencies. Standards of competency are set by individual schools that have received state approval. Ayurvedic practitioners in the United States are taught how to practice legally within a limited scope of practice so they are not viewed as practicing medicine without a license. We might say that Ayurveda's current status in the US is analogous to the Chinese medical profession during its early years in the 1970s. While each state does not regulate the practice of Ayurvedic medicine itself, some aspects of Ayurvedic practice may fall within the scope of professions that are regulated. Students and graduates of the academy should be careful not to allow their practice to overlap one of those regulated professions unless they are licensed in that particular profession. Please contact your local state representative for more information about regulations in your area.

**4. - Can I practice Ayurveda outside of the state where I receive my certification? -**

Yes, Ayurveda is currently practiced all over the United States. -

→ While none of the US states currently have Ayurvedic practitioners or physicians as primary care physicians, many of these well-trained professionals utilize their education and skills in combination with other health care related credentials.

→ Yoga Instructors, Massage Therapists, Registered Nurses, Nutritionists/Dietitians, Acupuncturists, Chiropractors, Medical Doctors and other health care professionals are recognizing and utilizing the benefits of educational training in Ayurveda.

→ NAMA is currently working on developing educational standards, scope of practice, and related materials to support future licensing initiatives throughout the US.

→ Many Academy graduates use their Ayurvedic education to enhance preexisting professional careers.



5. - **Is there an Ayurvedic association which links other practitioners and students together?**

Yes, there is the National Ayurvedic Medical Association (NAMA) and the California Association of Ayurvedic Medicine (CAAM).

6. - **Is there an alumni association? Can I contact previous students?**

Yes, we can provide you with the contact information of several students for you to talk to. KAA is soon to announce a supportive network of alumni services and information.

7. - **I'm not a health care professional; can I still earn a certificate and practice Ayurvedic medicine?**

The primary prerequisite for the AWC program is a passion for Ayurveda. KAA welcomes students with a bachelor's degree in any field. The minimum admission requirement is a high school diploma and, Basic Anatomy and Physiology. If you have not taken Anatomy and Physiology, you can finish the requirement within six (6) months of your start date. Kerala Ayurveda also offers an Anatomy & Physiology course. Inquire with your local academy administrator for more information.

8. - **How many of your graduates practice Ayurvedic medicine?**

There are different ways students utilize their Ayurvedic education. Many of the students incorporate Ayurvedic knowledge in their current practice as physicians, nurses or massage therapists. Others start a career manufacturing and selling various Ayurvedic products, while others start a health counseling practice.

Studying Ayurveda is very different than studying mathematics, accounting, or computers. You will learn about life studying Ayurveda. So your actual studying will happen during the day, when you are interacting with other people. If you read the text material for an hour to an hour and a half every morning (early morning ideally) you will do well in the course. What you read in the morning, you will experience during the day. Observing other people and interacting with them is the way you will learn true Ayurveda.

9. - **Are there monthly tests? I feel very anxious about taking tests.**

You should not feel anxious about tests at all. The testing is done online and the student is given five (5) attempts at taking the test. This highest score is recorded. The tests are for you (and us) to know what you have learned and what you didn't so we can keep you up to speed. We want to make sure our students understand all the Ayurvedic concepts clearly. Ayurveda is about human health, so a clear understanding is vital.

10. - **I will be traveling from out of town to attend classes, is there housing assistance available?**

KAA does not have dormitories. There are a few hotels near the campuses where students can book a room for the weekend. The range of cost is approx. \$75-\$125. In the past, some students have made good friends with classmates and stayed with them on those weekends. KAA has no responsibility to assist a student in finding housing.

11. - **When can I visit the school? Do you have open houses or visitor's events?**

We allow our prospective students to sit in with the current class, so that they get a feel of the classroom setting and the topic. With a prior appointment, students are welcome to visit the academy and talk to the Academy Administrator. We are here to assist our students in any way we can.

12. - **What student services are provided?**

Student mentoring is supported throughout the entire term of the program. On occasion, KAA posts job openings as they become available on group emails to students and alumni. KAA will do its best to help graduates to get into practice or a related career but there are no specific student services for career planning or job placement.



**13. -Do you offer further Ayurvedic Studies?**

There is a 2<sup>nd</sup> level Ayurvedic Wellness Practitioner course. With a bachelor's degree and KAA's 1<sup>st</sup> and 2<sup>nd</sup> levels completed you can study to receive a Master's of Ayurvedic Science (MAsc) through Hindu University in Florida.

**14. -Administrative Office and Contact Information?**

For additional questions, please contact Courtney Spongberg, Academy Manager, at (978) 927-0099, email: [admin@ayurvedaacademy.com](mailto:admin@ayurvedaacademy.com) located at the Executive Office in South Hamilton, MA.

**15. -What materials do I need to bring to class and what should I expect in the classroom?**

A notebook and writing implement. KAA will provide classroom facilities and course manuals. The classes are taught in traditional, clean, well light classroom settings with tables and chairs for your comfort.

**16. -If I have additional questions....?**

In case a student has any complaint, he/she may contact Courtney Spongberg, Academy Manager, at (978) 927-0099 or at [admin@ayurvedaacademy.com](mailto:admin@ayurvedaacademy.com). "Any questions a student, from the State of CA, may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at 2535 Capital Oaks Drive, Suite 400, Sacramento, CA 95833, [www.bppe.ca.gov](http://www.bppe.ca.gov), (888) 370-7589." Inquiries or complaints regarding this private vocational school may be made to the: Workforce Board, 128 10<sup>th</sup> Ave. SW, Box 43105, Olympia, Washington 98504. Web: [wtb.wa.gov](http://wtb.wa.gov), Phone: (360) 709-4600, E-mail address: [wtecb@wtb.wa.gov](mailto:wtecb@wtb.wa.gov).

**17. -What else does the CA Licensing Board want me to know?**

"As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement."

**18. -Ownership?**

Kerala Ayurveda Academy is run by Ayurvedic Academy Inc., a wholly owned subsidiary of Kerala Ayurveda Limited, Athani, Aluva Post, Kerala, India 683585. Kerala Ayurveda Limited is a pioneer in Ayurveda and operates herbal plantations, Wellness centers, manufacturing facilities, Ayurvedic academies, and the Ayurvedic Resort. Kerala Ayurveda Academy's Board of Directors includes Ramesh Vangal and Dr Jayarajan Kodikannath. Dr Jayarajan Kodikannath is the Academy Director. Courtney Spongberg is the Academy Manager.

### Academy Locations for In Class Intensives

**Fremont, CA**

46500 Fremont Blvd, #702 Fremont,  
CA 94538

**Dr. Jayarajan Kodikannath**

**Academy Director**

[director@ayurvedaacademy.com](mailto:director@ayurvedaacademy.com)

Toll Free: (888) 275-9103

Fax: (206) 729-0164

**Los Angeles, CA**

3283 Motor Ave.  
West Los Angeles, CA 90034

**Suzanne Otterbein**

**National Enrollment Advisor**

[admissions@ayurvedaacademy.com](mailto:admissions@ayurvedaacademy.com)

(978) 468-3099

Fax: (978) 468-4799

**Seattle, WA**

8234A 17<sup>th</sup> Ave NE  
Seattle, WA 98115

**Courtney Spongberg**

**Academy Manager**

[admin@ayurvedaacademy.com](mailto:admin@ayurvedaacademy.com)

(978) 927-0099

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