

SCHE

SCHEDULE

Certification Program Fall 2025-26

October 13, 2025 - October 13, 2026 | Milpitas, CA and Online

In Person Location

Kerala Ayurveda Academy & Wellness Center
691 S Milpitas Blvd Ste 206 Milpitas, CA 95035

Live Streamed Orientation

Monday, October 13, 2025 from 5:30-7:00 pm Pacific - Recorded

Weekend Intensives

Class is held Saturday and Sunday from 8:00am-6:00pm Pacific. Students may attend in person or via live streaming, and all classes are recorded for later viewing. A 1.5 -hour lunch break begins at 12:30 pm each day.

Module	Subject	Dates
KAA 101	Essence of Ayurveda (<i>Tarka Sankhya and Sharir</i>)	Oct 25-26, 2025
KAA 102	Ayurvedic Physiology (<i>Dosha Dhatus Mala Vigyan</i>)	Nov 22-23, 2025
KAA 103	Ayurvedic Psychology (<i>Manasa Shastra</i>)	Dec 13-14, 2025
KAA 104	Ayurvedic Nutrition & Cooking (<i>Ahara Vigyan</i>)	Jan 17-18, 2026
KAA 105	Ayurvedic Preventive Science (<i>Swastha Vritta</i>)	Feb 14-15, 2026
KAA 106	Ayurveda and Yoga (<i>Yoga Vigyan</i>)	Mar 21-22, 2026
KAA 107	Ayurvedic Herbology (<i>Dravya Guna Karma Sastra</i>)	Apr 11-12, 2026
KAA 108	Introduction to Ayurvedic Bodywork (<i>Panchakarma</i>)	May 9-10, 2026
KAA 109	Assessment of Dosha Imbalances (<i>Roga Nidan</i>)	Jun 13-14, 2026
KAA 110	Management of Dosha Imbalances (<i>Kayachikitsa</i>)	Jul 11-12, 2026
KAA 111	Clinical Management and Review	Aug 22-23, 2026

Tuesday Virtual Classes

Live streamed for all students Tuesdays from 5:30-7:30pm Pacific.

Date	Topic
1 Oct 28, 2025	What Does it Mean to Be an Ayurvedic Student?
2 Nov 11, 2025	Vedic Sciences and their Interconnection
3 Nov 18, 2025	Doshas: Functional Intelligences within the Body
4 Nov 25, 2025	Body Constitution: It is Not simply Structural
5 Dec 2, 2025	Differentiation of Body Constitution from Expressions of Imbalances
6 Dec 16, 2025	Mental Constitution and its Transformable Nature
7 Jan 6, 2026	Ayurvedic Concept of Tissue Nutrition
8 Jan 20, 2026	The Mind/Gut Connection
9 Jan 27, 2026	Relationship between Ama and Agni
10 Feb 17, 2026	Incorporating Dinacharya and Ritucharya in Modern Life
11 Mar 3, 2026	Pranayama Basics: Practice and Instruction
12 Mar 17, 2026	Live Case 1: Emphasis on Coaching
13 Apr 7, 2026	Influence of Devotional and Spiritual Practices on the Dosas and Gunas
14 Apr 21, 2026	Live Case 2: Emphasis on yoga
15 Apr 28, 2026	The Difference between Fresh and Dried Herbs
16 May 5, 2026	Live Case 3: Emphasis on Herbs
17 May 12, 2026	Live Case 4: Emphasis on Suggesting Bodywork
18 June 9, 2026	Rasayana: The Science of Rejuvenation
19 June 16, 2026	The Role of the Counselor in Managing the Preventative Phases of Samprapti
20 July 14, 2026	Live Case 5: Emphasis on Tips for Online Consulting
21 July 21, 2026	Live Case 6: Emphasis on Ama
22 Aug 4, 2026	Ayurvedic Assessment and Management of Ama
23 Aug 11, 2026	Live Case 7: Emphasis on Lifestyle impacting Digestion & Elimination
24 Sep 1, 2026	Live Case 8: Complete Protocol
25 Sep 15, 2026	Live Case 9: Complete Protocol
26 Sep 22, 2026	Live Case 10: Complete Protocol

27	Sep 29, 2026	Live Case 11: Complete Protocol
28	Oct 6, 2026	Live Case 12: Complete Protocol

Mentoring Sessions

Live streamed for all students Mondays from 5:30-7:00pm and 5:30-6:30pm Pacific and recorded for later viewing.

	Date	Time (PT)	Curriculum Covered
1	Nov 3, 2025	5:30-7:00 pm	KAA 101 & HAC Assignments Review
2	Dec 1, 2025	5:30-7:00 pm	KAA 102
3	Dec 15, 2025	5:30-7:00 pm	KAA 103
4	Jan 26, 2026	5:30-6:30 pm	KAA 104
5	Feb 23, 2026	5:30-6:30 pm	KAA 105
6	Apr 6, 2026	5:30-7:00 pm	KAA 106 & AHC Assignment Review
7	Apr 20, 2026	5:30-7:00 pm	KAA 107
8	May 18, 2026	5:30-6:30 pm	KAA 108
9	June 22, 2026	5:30-7:00 pm	KAA 109
10	Jul 20, 2026	5:30-6:30 pm	KAA 110

Monday Virtual Classes

Live streamed Mondays 5:30-7:30pm Pacific and recorded for later viewing.

	Date	Curriculum Covered
1	June 8, 2026	Accounting - The Foundation of Business
2	July 13, 2026	Marketing Your Business
3	Aug 3, 2026	Digital Marketing
4	Aug 17, 2026	Ethics in Ayurveda
5	Sept 14, 2026	Best Business Practices
6	Sept 28, 2026	Business Brainstorm

1-Day Clinical Practicum

March 23, 2026, 8:00am-6:00pm Pacific. This class will be held in person and also live streamed.

AHC Practical

The AHC Practical (Aug 22-26, 2026) is a 5 day practical session which includes the Weekend Module KAA 111 (Aug 22-23, 2026). In Person attendance **is required** for the entire 5 days. In this practical session you will spend time with clients and review cases and protocols, as well as participating in herbology, cooking and ayurvedic bodywork practical sessions.

Test & Completion Schedule

Monthly Test	Testing is available on the elearning system after each weekend intensive
Completion	After all requirements are fulfilled (see Graduation Requirements in catalog)
Completion Celebration	Live streamed October 13, 2026 from 5:30-6:30 pm Pacific