



COURSE CATALOG

Ayurvedic Health Counselor

Europe Program

v1.0

Fall 2021 Program

REGISTERED OFFICES:

State of CA

Kerala Ayurveda Academy
691 S. Milpitas Blvd Suite 206
Milpitas, CA 95035
Toll Free: +1 (888) 275-9103
Fax: +1 (510) 257-4378

India

The Health Village
Monastery Lane, Karimattathu,
Aluva Munnar Road
Aluva, Kerala, India-683101

State of WA

910 207th Ave NE
Sammamish, WA 08074
Toll Free: +1 (888) 275-9103

AyurvedaGram Heritage Wellness Center
Hemmandanahalli, Samethanahalli Post
Whitefield, Bangalore-560 067

Norway

Shankha Ayurveda Klinikk Trondheim
2nd floor, Dronningens Gate 38,
7011 Trondheim, Norway

Registration: admissions@keralaayurveda.us
All Other Course Support: support@keralaayurveda.us
Website: www.keralaayurveda.us

Date of Publication: 6/16/21

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 10th Ave. SW, Box 43105, Olympia, Washington 98504. Web: wtb.wa.gov, phone: +1 (360) 709-4600, e-mail address: wtecb@wtb.wa.gov.

Kerala Ayurveda Academy, in the State of California, is a privately-owned institution that is approved to operate by the Bureau for Private Postsecondary Education under School Code# 72482254. BPPE address: 1747 N. Market Blvd. Ste 225 Sacramento, CA 95834, PO Box 980818, West Sacramento, CA 95798-0818, website address: www.bppe.ca.gov. Phone: +1 (888) 370-7589. Approval to operate means compliance with state standards as set forth in the California Private Postsecondary Education act of 2009.

Table of Contents

WELCOME TO KERALA AYURVEDA ACADEMY	5
Ayurveda: The Science of Life	6
Professional Possibilities with Ayurveda	6
Why Choose Kerala Ayurveda Academy?	7
PROGRAM OVERVIEW	8
General Format	8
Prerequisites	8
Scope of Practice	9
Course Description & Objectives	10
Program Format & Hours	13
Program Breakdown by Hours	15
Tests & Grading	15
Attendance Policy	15
Make-up and Retake Policy	16
Completion Requirements	16
FACULTY	17
RECOMMENDED READING	19
SCHEDULE: FALL 2020-2021	19
Start and Completion Dates	20
Practical Immersion for Distance Learners	20
Test & Completion Schedule	20
LOCATION	20
Norway	20
Language	20
Special Accommodations	20
TUITION & FEES	21
Payment Plans for Tuition	21

Application	21
<u>POLICIES & PROCEDURES</u>	<u>21</u>
Student Complaint Procedure	21
Transferring of Credits & Credentials	22
Experiential Credit	22
Refund and Cancellation Policy	22
Refund Policy	22
Conduct	24
Termination Policy	24
Suspension and Dismissal Policy	24
Length of Time for Student Certification	25
Financial Aid	25
Student Tuition Recovery Fund – State of Washington	25
Record Retention	25
<u>FAQ</u>	<u>26</u>

Welcome to Kerala Ayurveda Academy

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.

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.



Health science has evolved to encompass our beliefs, emotions, behavior, thoughts, 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 5,000-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 to become involved with this pioneering work that is transforming our healthcare industry into a more current model of holistic health care.

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 curriculum is based on an Ayurvedic educational curriculum from Indian universities and is both academically challenging and rewarding. Students will find studying at Kerala Ayurveda Academy 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. With Kerala Ayurveda Academy, feel assured that you will receive an authentic Ayurvedic education. The program coordinators at each location are supportive and eager to assist students in any way possible.

*We congratulate you on your decision to become part of an inner circle of
Ayurvedic professionals who promote healing and wellness.
Namaste ~ The Kerala Ayurveda Academy Team*

Ayurveda: The Science of Life

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

After becoming established as a leading Ayurvedic institution in India, Kerala Ayurveda Academy embarked on a journey to share traditional Ayurvedic medicine around the world. With a concentrated interest in Ayurveda stemming from California and Washington, the first two US based classroom programs were opened. This is where the live classes are broadcast from for distant learners in the US. Now, KAA is excited to offer our programs in Europe.

Ayurveda and Yoga are sister sciences and belong to the world's oldest and most well-documented health care 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 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 aims for 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 to embark on a professional journey. 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.

Upon completion, graduates are able to:

- Determine and analyze a client's unique Body Constitution
- Able to conduct Ayurvedic lifestyle consultations
- Give Ayurvedic guidance on Daily Routines, Pranayama and Meditation
- Offer guidance on special Ayurvedic therapies and home remedies

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

Professional Possibilities with Ayurveda*

- **Licensed Healthcare Practitioners & Healers** from all backgrounds can apply their Ayurvedic knowledge to enhance their current practice.
- **Massage Therapists & Bodyworkers** can expand/deepen their offering by incorporating Ayurvedic techniques.
- **Estheticians** in skin and beauty may enhance their treatments, services and products.
- **Freelance Writers** may launch Ayurvedic publications.
- **Research-savvy Students** may get involved in Ayurvedic research projects. The Office of Alternative Medicine funds many research projects in holistic healthcare.
- **Entrepreneurs** may develop Ayurvedic herbal products, food packages, Ayurvedic cosmetics, or open wellness centers, spas or resorts.
- **Students in Academics** may teach or deepen their education with more continued studies. Kerala Ayurveda Academy offers **advanced programs in continuing education** in the U.S. as well as programs in **Kerala Ayurveda Academic Facilities** in **Cochin** and **Bangalore, India**.

*These possibilities vary according to the level of professional education in Ayurveda.

Why Choose Kerala Ayurveda Academy?

Authenticity	We offer the highest level of Ayurvedic training outside of India
Comprehensiveness	Curriculum includes course manuals, lectures, practical workshops & clinical internship
Leading Experts	Faculty & advisors include several of the world's leading academicians & physicians
Convenience	Weekend & evening sessions, online learning and in-class formats
Flexible	Progressive elearning & live streamed classes

Take Pride in Knowing...

- You are part of a globally recognized and highly respected Ayurvedic lineage which is experiencing tremendous growth in the West. With 1,500+ alumni, you are a part of one of the largest student bodies of Ayurveda in the country.
- You receive the most authentic education in Ayurveda, based on the Vedic texts. KAA programs have been developed under the guidance of experts from the faculty of Ayurveda at Banaras Hindu University, aligning to 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 2,500 scholars.
- Kerala Ayurveda Academy is a 100% subsidiary of Kerala Ayurveda Limited (KAL), India - a full spectrum Ayurveda company operating 30 Ayurveda clinics, 2 hospitals, 400 herbal formulations, Medicinal Herbal Gardens and AyurvedaGram Heritage Wellness Centre. KAL is part of Katra Life Sciences, which aims at providing “Wellness, Naturally” to all.
- Each year, KAL and Kerala Ayurveda USA provide wellness services to more than 70,000 people, and KAA welcomes over 200 new students to the Kerala Family.
- KAL is based in Kerala, India, referred to as “God’s Own Country”: the land that cherishes the traditional practice of Ayurveda and where the science has been preserved 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 powered by a cutting-edge research team including biologists, chemists, scholars and practitioners, and has applied science to adapt this ancient wisdom for the new millennium – for products that are pure, safe and functional.
- Kerala Ayurveda is one of the most well-regarded names in Ayurveda and has received the honors:
 - * Best Ayurvedic Treatment Center of the Year – AyurvedaGram, 2017, ASSOCHAM
 - * Indian Agribusiness Excellence Awards – Katra Phytochem, 2017
 - * Herbal Company of the Year, 2016, ASSOCHAM
 - * Spa & Wellness Centre of the Year – AyurvedaGram, 2016 from ASSOCHAM
 - * Best Integrated Wellness Provider in India - AyurvedaGram, 2010 & 2011, Frost & Sullivan Award
 - * Make In India Emerging Entrepreneurs, 2017, India Today
 - * Certification of Excellence – AyurvedaGram, TripAdvisor
 - * Ranked 5 out of 724 for Specialty Hospitality in Bengaluru (Bangalore), TripAdvisor
- Kerala Ayurveda 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.

Program Overview

Ayurvedic Health Counselor (AHC) – 600 Hour Certification Program

The Ayurvedic Health Counselor (AHC) certification 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*), as well as a clear understanding of the mind and thought processes (*Vichara*) and their relationship to well-being. **Upon successful completion of the AHC course you will be awarded an Ayurvedic Health Counselor Certificate.**

General Format

The AHC program consists of:

- 1 Year – 600 Total Hours
- 11 Weekend Intensives – Live Streamed*
- 28 Recorded Virtual Classes - Live Streamed**
- Online Recorded Lectures & Assignments
- 11 Mentor Sessions - Live Streamed
- 3-Day Practical Immersion – In-Class


**Weekend Intensives are all live streamed from India and recorded for later viewing. Internet connection required.*

***Virtual Classes are previously recorded and live streamed with live mentor interaction and support*

Prerequisites

- Students must submit a high school diploma or equivalent prior to enrollment.
- It is important for Ayurvedic students of professional programs to have adequate knowledge of Anatomy and Physiology (A&P). The equivalent of 6 college level Anatomy & Physiology credits are required. It's not required to complete the A&P course prior to enrollment in this course; it can be taken simultaneously as a corequisite, as long as it is completed for certification.

If you need to satisfy the A&P corequisite, we offer a partner course you can take entirely online. Students are required to provide proof of A&P course completion to receive this certification. To learn more about our partner course or submit your corequisite documentation, please visit our website: www.keralaayurveda.us/courses/programs/anatomy-and-physiology/



Distance Learning

Initially, I was wondering if the distance learning program is a good enough format to transmit such a complex knowledge as Ayurveda, but thanks to Dr. J and his crew, his promise became more than true. Doing the AWC online has been the best decision ever.

Nadja, AWC Graduate

Scope of Practice

With this certificate, students will be able to counsel the clients for wellness. This program does not lead to positions that would require licensing in this field, as there is no required licensing for Ayurveda at this time.

Ayurvedic Counselors can:

- Analyze mind-body constitution
- Do history taking
- Suggest dietary changes (explain Ayurvedic view about qualities and 6 tastes)
- Suggest daily routine changes (explain daily predominance of Doshas at different times)
- Suggest seasonal routine (explain seasonal predominance of Doshas)
- Suggest life cycle routine (explain life cycles and predominance of Doshas)
- Explain Ayurvedic concepts (related to Prakriti, Vikriti, qualities, etc.)
- Explain the connection between Body and Mind and how diet and lifestyle, meditation and Pranayama can help prevent many emotional problems
- Offer talks/write articles on various concepts on Ayurveda
- Suggest simple oil therapies
- Offer cooking classes giving simple cooking tips (if you feel confident)

Ayurvedic Counselors cannot:

- Diagnose diseases
- Treat diseases
- Prescribe treatments or medicines (including herbal medicines)
- Prescribe or perform Panchakarma (unless allowed in your scope of practice under other licensing)
- Perform pulse diagnosis

Course Description & Objectives

The Ayurvedic Health Counselor certification program covers both theoretical and practical training, including a blend of online learning, in-class hands-on training experience, clinical encounters and assignments. Classroom sessions consist of 11 in-class & live streamed weekend intensive modules supplemented by online recorded lectures on our elearning system and assignments.

Learning Materials & Resources

- **Course manuals:** PDFs.
- **Elearning:** learn anytime, anywhere, at your own convenience on your own computer. Our AHC certification program content is made available to students online via our elearning system powered by TalentLMS. Elearning provides access to course information, live class recordings, assignments, online recorded lectures, course manuals, class slides, pretests and tests.
- **Mentoring:** students have access to an experienced Ayurvedic practitioner mentor who can be contacted via the elearning system. Mentors review and grade assignments, and are also available to assist with questions during studies.

Curriculum

KAA 101 | The Essence of Ayurveda (*Tarka Sankhya and Sharir*)

Begin your Ayurvedic Life Coach education with an introduction to the 5,000-year-old history and philosophy of Ayurveda. The three universal energies (*Doshas*) and five fundamental elements (*Mahabhutas*) are the starting point for any Ayurvedic student. This leads to an understanding of the 20 foundational qualities of life (*Gunas*), the key to health. The application of these guiding principles will also be covered as it relates to the concepts of physiological disposition (*Prakruti*), imbalance (*Vikruti*) and Dynamic Balance. Additional topics include:

- 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
- Comprehensive introduction to basic Ayurvedic concepts: *Doshas*, *Dhatus*, *Malas*, *Marmas*, *Asthis*, *Sandhis*, *Srotas*.

KAA 102 | Ayurvedic Physiology (*Dosha Dhātu Mala Vigyan*)

Ayurvedic Physiology is designed to describe the subtle energies and foundational structures of the human body. Ayurveda explains the formation and structure of the seven tissues of the body in great detail. This course will cover the details of these seven tissues and offer a deeper look into how they work cohesively to form the structure and function of the human body. Additional topics include:

- The 15 subtle energies of the body (*Subdoshas*), their locations, qualities and importance in health
- 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. This course will cover the three *Gunas* and how they are fundamental for understanding the mind and emotions. Additionally, the Ayurvedic study of how energy

moves through the body is powerful and important to fully understand holistic human health. This course will cover the chakras and how to keep them healthy as well as the physical energy centers (*Marmas*) and their role in health and disease. Additional topics include:

- The psychological energies (subtle *Doshas*), their function, location and origin
- Kundalini energy and the mechanics of vital living
- The nature and aspects of the mind and how it functions and operates
- Meditation and 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. This is a fun course with in-class cooking demonstrations teaching how to prepare simple, nutritious and sensually gratifying meals. Ayurvedic cooking is aimed towards pleasing all five senses and experiencing all six tastes. This course will also review techniques for maximum nutrient absorption and explain how that relates to a balanced digestive system. Additional topics include:

- The mechanics of satiation and its relationship to the tastes and senses
- When, where, what and how to eat
- The definition of health
- Chaturvidha Ahara, Shatrasas, Ahara Vidhi Vishesha, and the Guna Karma of spices.

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

Ayurvedic Prevention Science provides a comprehensive blueprint for daily and seasonal living to maintain optimal health, year-round. This can be done by learning the ideal Ayurvedic daily routine (*Dinacharya*) to live a balanced life and maximize effectiveness of your efforts. Additional topics include:

- Seasonal routines to maintain health and prevent allergies and seasonal infections
- Ways to stay healthy year-round by supporting a strong immune system
- How a modification or change in your daily routine according to the season will impact your health.

KAA 106 | Ayurvedic Yoga (*Yoga Vigyan*)

Ayurvedic Yoga will focus on understanding the principles of Yoga in connection with the Ayurvedic concepts. The course will begin with a detailed understanding of the eight limbs of Yoga and the koshas in connection with Yoga and Ayurveda. This course will also teach students how to customize each yoga practice based on the individual's constitution. Additional topics include:

- How Yoga and Ayurveda combined can create the foundation for a transformed experience of living
- Yoga and Ayurveda to deepen your spiritual practice
- Pranayama and meditation techniques.

KAA 107 | Ayurvedic Herbology (*Dravya Guna Shastra*)

Ayurvedic Herbology marks the halfway point in your Ayurvedic Health 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. There will be a comprehensive analysis of herbal characteristics such as taste, potency, post-digestive effect and what they mean for your health. Special emphasis will be placed on over twenty different Ayurvedic herbs such as Amla, Brahmi, Neem and Shatavari. Additional topics include:

- Herbs to boost the immune system, delay aging and improve the quality of life
- How to maximize the absorption of particular herbs and medicines

- Preparing and administering specialized herbs and herbal concoctions
- Popular formulations and recipes

KAA 108 | Introduction to Ayurvedic Bodywork (*Panchakarma*)

Introduction to Ayurvedic Bodywork will focus on hands-on techniques to promote cellular healing and regeneration. This course will cover simple body therapies that have an anti-aging effect, improve digestive absorption, calm the mind and improve sleep. Additional topics include:

- Daily therapies to promote healing and wellness
- Treatments to improve skin tone and luster while also soothing 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, how an individual can fall from health to disease. This course will cover simple ways to identify warning signs long before they become full-blown symptoms. Additional topics include:

- The Ayurvedic energies and structures (*Dosha, Dhātu, Mala*) and their role in the disease process
- 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. This course will provide an introduction to the unique etiopathogenesis that Ayurveda uses to explain energies and structures (*Dosha, Dhātu, Mala*) and their role in various etiopathogenesis. The evolution of diseases through various Dosha stages reaching the final degenerative phase. Additional topics include:

- Simple ways to identify warning signs and methods of arresting the disease progression
- 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. Additional topics include:

- The Mind-Body-Spirit connection in relation to starting your Ayurveda Business
- The future of Ayurveda
- Tools, tips and spreadsheets to help you run your business.

Program Format & Hours

Student Orientation – 2 hours

Students will be required to attend a live streamed **2-hour orientation** prior to the class start date. It is recorded for later viewing.

Weekend Intensives – 220 hours

The Weekend Intensives are offered once per month for eleven months. Friday evenings are live streamed from the West Coast (U.S. Pacific Time Zone) and Saturday and Sunday courses are live streamed from India (IST) for our Distance Learners. Class is held on Fridays from 16:00 - 20:00 CET and on Saturdays and Sundays from 7:00 - 14:30 CET.

Virtual Classroom Sessions - 56 Hours

The Virtual Classroom sessions are recorded for all students. Virtual Classes are previously recorded and live streamed with live mentor interaction and support. Each session is conducted by a KAA Faculty member and focuses on a topic related to the curriculum. The class recordings are available in the elearning system.

Mentoring Sessions - 11 hours

Eleven Mentoring Sessions are live streamed and recorded for all students. Each session is conducted by the KAA Student Mentor and focuses on a topic related to the curriculum and assignments. There will be ample time for questions and interactions. The access link and class recording are made available in the elearning platform.

Online Recorded Lectures – 116 hours

To supplement classroom sessions, recorded lectures are available in the elearning system for each monthly course module to reinforce key concepts. Students may watch recorded lectures at their own pace throughout the month. There are a total of 85 lectures, and each lecture is equivalent to approximately 45 minutes to 1.5 hours in length.

Module	Subject	Hours
KAA 101	Essence of Ayurveda (<i>Tarka Sankhya and Sharir</i>)	10
KAA 102	Ayurvedic Physiology (<i>Dosha Dhātu Mala Vigyan</i>)	10
KAA 103	Ayurvedic Psychology (<i>Manasa Shastra</i>)	11
	Ashtanga Hridayam Part 1	18
KAA 104	Ayurvedic Nutrition & Cooking (<i>Ahara Vigyan</i>)	11
KAA 105	Ayurvedic Preventive Science (<i>Swastha Vritta</i>)	13
	Ashtanga Hridayam Part 2	18
KAA 106	Ayurvedic Yoga (<i>Yoga Vigyan</i>)	10
KAA 107	Ayurvedic Herbology (<i>Dravya Guna Shastra</i>)	9
KAA 108	Introduction to Ayurvedic Bodywork (<i>Panchakarma</i>)	9
KAA 109	Assessment of Dosha Imbalances (<i>Roga Nidan</i>)	10
KAA 110	Management of Dosha Imbalances (<i>Kayachikitsa</i>)	11
KAA 111	Clinical Management and Review	11

Assignments - 171 Hours

In order to fully integrate the role of the Ayurvedic Health Counselor, assignments are included in the AHC program which builds upon each module of learning and one another. They include:

Pretesting

Pretesting is associated with each monthly course module to supplement student learning throughout the program.

Personal Transformation (25 Hours)

Healing begins right at home for the healer. When we learn to work with Ayurveda to bring healing to our own lives, we are able to ground our knowledge in first-hand experience and better support others in doing the same. This assignment involves a self-assessment and experiential process of implementing the Ayurvedic principles and practices learned in class.

Ayurvedic Constitution Consultations (20 Hours)

Each student will conduct in person (or via video conference) one-on-one constitution consultations with ten (10) people utilizing intake forms provided by KAA to practice skills in client interactions, consultation and documentation.

Research Project: Community Health Presentation or Research Paper (30 Hours)

The student has the choice of a Community Health Presentation or Research Paper.

Community Health Presentation Description: Students will prepare a 1-1.5 hour presentation for a group in the community on an approved topic of the student's choice. Students may host and organize the event for personal contacts, or offer in conjunction with a greater organization (e.g. a Yoga studio), or arrange to deliver this presentation at an office, school or other place of business.

Research Paper Description: Students will prepare a 5-7 page paper on an approved topic within the scope of practice as an Ayurvedic Health Counselor.

Creating Chikitsa Protocols (25 Hours)

Students will be provided five (5) case papers for review and development of a comprehensive Ayurvedic chikitsa protocol to demonstrate the cumulative skills learned from the previous assignments.

Clinical Consultations and Follow-Ups (71 Hours)

Students will follow two (2) *Rogis* (clients) from KAA module 102 through 111, beginning with consultations and progressing with assessment and counseling based on the topics covered in each month. This offers the student the ability to build upon all the learning to create a case study approach.

Practical Immersion (24 Hours)

The Practical Immersion is a 3-day hands-on learning experience designed to supplement the level I (Ayurvedic Health Counselor) curriculum. The Practical Immersion will be held at the end of the program.

Topics Include

- Applied aspects of Ayurvedic Consultations & Counseling
- Herbs & Formulations
- Yoga, Breathing & Meditation
- Ayurvedic Bodywork Techniques
- Assessment
- Counseling
- Clinical Guidance/Referral
- Live Cases

Program Breakdown by Hours

Course Component	Hours	Contact Hours
Orientation	2	2
Weekend Intensives	220	187
3 Day Practical Immersion	24	24
Online Recorded Lectures	116	0
Assignments	171	81
Virtual Classes	56	56
Mentoring Sessions	11	11
Total	600	361

Tests & Grading

- Each month there will be a test on the material taught.
- Tests are multiple choice. Minimum passing grade is 70%.
- Students must complete 11 out of 11 tests before they are eligible for completion.
- All testing is conducted online through our Elearning System and grades are immediately available in the student online account. Project and assignment grades are posted within 10 days of submission.
- A student who does not achieve the minimum passing grade of 70% for completion may retake the test up to five times. The highest score will be recorded.

Attendance Policy

Students must attend all of the classes for the certification program. Attendance is recorded during class and during live streamed sessions by an administrator. The student must attend all classes in real time to meet the contact hour requirements.

Make-up and Retake Policy

If a student is absent from an in-class or live streamed session, they have the following options to make up the hours:

1. Schedule a private session (additional fee) with their mentor or faculty member for half of the time needed to make up (Note: one on one contact hours can be counted for 50% of real time hours)
2. Attend in session at Kerala Ayurveda Academy India to make up contact hours (additional time, fees and travel required)
3. Attend in real time (free of charge) the US Counselor level class. The US classes are broadcast in Pacific Time and take place approximately 4 months after the Europe classes.

To make arrangements for all make-up or retake sessions, please contact Student Services at support@keralaayurveda.us. If a student would like to retake the class, there is a fee of \$100US for each weekend intensive (this only applies to the US courses).

For students who are seeking certification from their country of residence, please consult with your local Ayurvedic association to comply with their standards of contact hours and attendance.

Completion Requirements

- The student paid the full tuition for the program.
- The student submitted documentation of completing the equivalent of 6 credits of college level Anatomy & Physiology course.
- The student passed all tests with a minimum grade of 70%.
- The student completed and passed all assignments (graded as pass/fail).

Kerala Ayurveda Academy aligns with the benchmarks set forth by the World Health Organization (WHO) for Ayurvedic training. The Ayurvedic Doctor Program of KAA is built upon the Ayurvedic curriculum of the BAMS program in India. The Ayurvedic Health Counselor Program is the building block upon which the AP and AD programs are constructed.

Upon the successful completion of the above requirements, the student will receive an Ayurvedic Health Counselor certificate of completion.

Faculty

Kerala Ayurveda Academy's mission 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. Faculty are eager to share and hand over this ancient wisdom to our enthusiastic students.

Senior Faculty



Vaidya Jayarajan Kodikannath

Bachelor of Ayurvedic Medicine & Surgery

Vaidya Jayarajan is the Academy Director, Kerala Ayurveda USA responsible for all academic programs conducted internationally by Kerala Ayurveda. He is a Kerala, India native from a *Vaidya* family, a veteran Ayurveda scholar and clinician. He is also a Lead Trainer for Domain Experts in Ayurveda with over two decades of experience in health and education in India and the U.S.

Faculty



Vaidya Princy Prasad

BAMS, MS (AYU), PHD (AYU)

Vaidya Princy Prasad is a zealous learner and educator of the Science of Life, Ayurveda. Trained by experienced Vaidyas of Kerala, she has a special focus on (i) Orthopaedic management (ii) Para-surgical procedure and also on diverse health conditions. Obtaining her degree in Ayurvedic Medicine and Surgery and Master Degree in Surgery (Ayu) from Kerala University of Health Sciences, she continued her research studies in Gujarat Ayurveda University, Jamnagar for the fulfillment of Doctor of Philosophy (Ayu). For the past decade, she has worked in Government Institutions and Hospitals in India managing cases from various socio-economic status. Having a clear understanding of Principles of Ayurveda, patient care, research and development, she worked under National AYUSH mission for the upgradation of hospitals with her expertise. Teaching being one of her passions, she gained 5 years' experience as a Lecturer in Ayurveda (Undergraduate and Postgraduate), and is a constant learner of this ocean of knowledge. She authored articles on Ayurveda for reputable Ayurvedic journals and is the subject editor of International Journal for AYUSH case reports. Vaidya. Princy loves to share her knowledge as she believes, “In vain have you acquired knowledge if you have not imparted it to others.”



Vaidya Dhanya C. Radhakrishnan

Bachelor of Ayurvedic Medicine & Surgery

Vaidya Dhanya is the Senior Medical Officer and Course Director of Kerala Ayurveda Academy India with more than 12 years of teaching and clinical experience in the field of Ayurveda. She belongs to a family of Vaidyas and astrologers and trained under eminent scholars in each field. She received her BAMS degree from Rajeev Gandhi University of Health Science and is a specialist in Marma Therapy and Pulse Diagnosis. She organizes classes to share her knowledge and experience with Ayurvedic students and doctors.



Vaidya Anumol P. Antappan Sooraj

Bachelor of Ayurvedic Medicine & Surgery

Vaidya Anu became fascinated with Ayurveda when it brought her little brother tremendous healing from a skin disease. She graduated from the esteemed Nangelil Ayurveda Medical College and has furthered her training in Panchakarma and Ayurvedic Pediatrics and Gynecology at their respective National Research Institutes. Under the guidance of expert Ayurvedic physicians at Government Ayurveda Hospital, she trained in Rakta Moksha. From her maternal family, she inherited the traditional herbal secrets of beauty.



Vaidya Sarath Sankar P.

Bachelor of Ayurvedic Medicine & Surgery

Vaidya Sarath earned his degree in Ayurvedic Medicine from Rajeev Gandhi University of Health Science and is dedicated to sharing the importance of living an Ayurvedic lifestyle to have a healthy society. In addition to his 5 years of clinical experience, he is an Ayurvedic educator working directly with academic programs and helping to guide students to discover their true self through Ayurveda.



Vaidya Kamya Pillai

Bachelor of Ayurveda Medicine & Surgery

Vaidya Kamya Pillai trained in Ayurvedic Medicine at Mahatma Gandhi University, Kerala and later served as a faculty member in the same university under the Ophthalmology and ENT departments. She gained valuable experience managing a broad spectrum of disorders while operating as an independent practitioner in India during 2009-2013. Her white papers on various health topics were received in seminars across India. In 2015, she completed her Ayurvedic Wellness Practitioner (AWP) certification from Kerala Ayurveda Academy and now serves the program as a mentor for students.



Vaidya Sheena Sooraj

Bachelor of Ayurveda Medicine & Surgery

Vaidya Sheena Sooraj is an experienced Ayurvedic practitioner and native of Kerala, India. She developed her passion for Ayurveda at a young age, as her grandfather was a well-known Ayurvedic physician and astrologer. She has experience running her own practice in India and the U.S. and has successfully managed a wide range of diseases. An active advocate of Ayurveda, she is a public speaker on Ayurveda's importance in daily life, having led talks at schools, corporate offices and banks.

Recommended Reading

KAA does not have a traditional library. Students will receive electronic course material and handouts in the elearning system. The following list of recommended books is for additional reading. *These books are beneficial but not mandatory.*

Author	Titles
Frawley, David	<i>Yoga and Ayurveda; Ayurveda and the Mind; The Yoga of Herbs</i>
Joshi, Dr. Sunil	<i>Ayurveda and Panchakarma</i>
Lad, Dr. Vasant	<i>Textbook of Ayurveda (Two volumes)</i>
Lele, Dr. Avinash	<i>Secrets of Marma; Panchakarma and Ayurvedic Massage</i>
Ranade, Dr. Subhash	<i>Health and Disease in Ayurveda and Yoga; Natural Healing through Ayurveda</i>
Svoboda, Dr. Robert	<i>Prakriti: Your Ayurvedic Constitution</i>
Yarema, Dr. Thomas	<i>Eat-Taste-Heal: An Ayurvedic Cookbook for Modern Living</i>
Prof. K.R. Srikantha Murthy	<i>Vagbhata's Astanga Hrdayam</i>
Kshirsagar, Dr. Manisha	<i>Ayurveda: A Quick Reference Handbook</i>

Schedule: Fall 2021-2022

Orientation: Friday, October 8, 2021

Weekend Classes: Fridays 16:00 - 20:00 CET, Saturdays & Sundays 7:00 - 14:30 CET

Weekend classes are held from October, 2021 - August, 2022

Virtual Classes

Live streamed for all students Thursday from 19:00-21:00 CET. November 4, 2021 - October 20, 2022

Mentoring Sessions

Mentoring Sessions are held November 6, 2021 - September 24 , 2022

Practical Immersion - 3 days

The Practical Immersion will be held In-person in Norway: Sept 12, 13 and 14, 2022 (Students are encouraged to come to the Immersion and the KAA 111 class in person.

Included in tuition. (Travel and accommodation will be at the student's expense)

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

Test & Completion Schedule

Monthly Test	Testing is made available on the elearning system after each weekend intensive
Completion	After all requirements are fulfilled (see Completion Requirements in catalog)
Closing Ceremony	Live streamed, October 25, 2022 18:00-19:00 CET

Location

The on-site portion of the class (Practical Immersion) will be held at the following location:

Norway

Vanvikan Samfunnshus, Vanvikvegen 1-3, 7125 Vanvikan

Language

KAA courses are offered in English, therefore all classes, materials and communication are in English. Students must be proficient in communicating in English, including comprehension, speech and written word. We do not offer English as a second language.

Special Accommodations

Kerala Ayurveda Academy is required to provide necessary accommodations to provide students with disabilities an equal opportunity for participation in the program. Accommodations are provided on an individual basis and the Academy may be contacted to make such arrangements at 1 (510) 257-6640 x20 or support@keralaayurveda.us.

Tuition & Fees

Tuition	
Registration Fee	\$100
Tuition ²	\$7,500

Payment Plans for Tuition

Payment Plan	Tuition Amount	Payments	Registration Fee (New Students to KAA only)	Regular Total Tuition Amount
Tuition in Full	\$7,300	1	\$100	\$7,400
Half Yearly	\$3,750	2	\$100	\$7,600
12 Month ³	\$650	12	\$100	\$7,900

Please Note

1. Kerala Ayurveda Academy does not offer state or federal financial aid, educational loans, tuition scholarships or discounts to students at this time. First tuition payment is due upon enrollment. Refunds are program-specific. See Policies & Procedures for more information.
2. Students choosing the extended payment plan will be required to complete and approve a Payment Agreement Contract upon enrollment. There will be a management fee for extended payment plans listed above.

Application

Applying online is easy! Begin the process with our **online enrollment forms** via our website: <https://www.keralaayurveda.us/courses/ahc-europe/>. As a prospective student, you are encouraged to review this Catalog prior to signing the Enrollment Agreement.

Policies & Procedures

Student Complaint Procedure

If a student complaint should arise, they may contact Student Services, at +1 (510) 257-6640 x20 or at support@keralaayurveda.us. If the student's complaint is not resolved after speaking to Student Services they may contact the Director of Kerala Ayurveda Academy, Dr. Jayarajan Kodikannath at +1 (510) 257-6640 x20, director@keralaayurveda.us or at 691 S Milpitas Blvd Ste 206, Milpitas, CA 95035.

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, +1 (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 Health Counselor program 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 is 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 seek to transfer after attending Kerala Ayurveda Academy to determine if your certificate will transfer."

KAA has not entered into an articulation or transfer agreement with any other college or university.

Transfer credit may be awarded for applicable coursework of comparable programs completed at other accredited or state approved/licensed institutions once verified by the Academy Manager and approved by the Director. Up to 70% of credit hours for AHC may be transferred. Courses will be considered for transfer credit if relevant to the certificate program and completed with a grade of B or higher, or the equivalent if another grading system was used. Prerequisite and corequisite courses must meet the criteria set forth by KAA. Official transcripts must be submitted for all transfer credit approval.

Experiential Credit

There is no credit granted for experiential learning.

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.

Student Services
Kerala Ayurveda Academy
691 S Milpitas Blvd Ste 206 Milpitas, CA 95035
United States

Refund Policy

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 the 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 \$100, 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 plus a percentage of the total tuition as described as follows:

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 st class or accessed 1 st online module)	10%
More than one week or 10% whichever is less but less than 25% (attended 2 nd class or accessed 2 nd online module)	25%
25% through 50% (attended 3 rd class or accessed the 3 rd online module)	50%
More than 50% (no refund issued after attending 6 th class or accessing 6 th , 7 th , 8 th , 9 th , 10 th or 11 th online module)	100%

4. 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.
5. 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.

6. 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 4th online module and if they has paid the full tuition, the refund will be as follows:

Step 1	\$7600 – \$350	\$7250.00
Step 2	4 of 11 classes attended or modules accessed online 4/11	36%
Step 3	25% through 50% completion = KA retains 50%	\$3800.00
Step 4	\$7250-\$3800	\$3450.00

Total refund will be: \$3450

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.

Nothing in the policy prevents the student from contacting the Washington Workforce Board at 360709-4600 at any time with a concern or complaint.

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 Refund Policy.
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, view recordings or access content in the elearning 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. They will be notified by email after two missed weekends and they will be removed after the third weekend.
4. For a student who is on an 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 incident, the student will be suspended for the entire weekend. The student will be readmitted after the 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, KAA reserves the right to dismiss a student immediately.

Length of Time for Student Certifications

AHC Students are expected to complete within 1 year, however they can take an additional 6 months to complete for a total of 18 months. If you have not completed within this time frame, you will be considered on sabbatical for a maximum of 6 months. You may contact the school for extenuating circumstances. If after the extended time you do not complete your program, you are considered dropped. You will need to complete a new enrollment agreement and reapply for the program. Contact Student Support Services at support@keralaayurveda.us or +1 (510) 257-6640, ext 20.

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 monies 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

Kerala Ayurveda Academy is in compliance with Washington state tuition recovery fund rules and regulations.

Record Retention

All records concerning Kerala Ayurveda Academy are kept for fifty years after student’s completion, withdrawal or termination, with the exception of transcripts which are kept permanently. Student records are kept at 691 S Milpitas Blvd Ste 206 Milpitas, CA 95035. Students requesting copies of these documents must submit a signed letter to the above address to the attention of the Student Services.

FAQ

Frequently Asked Questions

- 1. How much does the program cost?** The entire tuition for the AHC program is \$7,500.00 (not including registration fee). See Tuition & Fees for details.
- 2. Do I need a college degree or a prior license/certification to study Ayurveda?** No.
 - KAA welcomes students from all educational backgrounds, with degrees, licenses or certifications in any field.
 - Ayurvedic studies are especially complimentary to Certified/Licensed Practitioners in a health-related field including Yoga, Yoga Therapy, Massage Therapy, Chiropractic, Nursing, Naturopathy and Allopathic Medicine, etc.
- 3. I'm interested in furthering my study to meet my country's requirements to practice Ayurveda. What other programs are offered?** KAA will be offering additional programs to help meet the requirements that you may need. We offer programs in the US and in India, both online and onsite. Please contact us at admissions@keralaayurveda.us to learn more.
- 4. I'm not a healthcare professional; can I still earn a certificate and practice Ayurvedic medicine?** The primary prerequisite for the AHC program is a passion for Ayurveda. A health or medical training background is not required. KAA welcomes students with a high school diploma to any of our courses, in addition to other program-specific prerequisites or corequisites.
- 5. How many of your graduates practice Ayurvedic medicine?**
 - All of our graduates are able to practice Ayurveda in their everyday lives for personal health. An understanding of Ayurvedic principles enriches the quality of life in all aspects, not just physical wellbeing. The study of Ayurveda is truly a healing transformation during which students find a new level of emotional, mental and spiritual wellness. Additionally, graduates often change career paths or discover novel ways to apply their new Ayurvedic knowledge to their existing profession.
 - There are many ways our students utilize their Ayurvedic education. Some of our students launch a practice as Ayurvedic Counselors .
 - Many of our graduates incorporate Ayurvedic knowledge in their current practice as healers, such physicians, nurses, yoga teachers and massage therapists. Ayurveda complements all other healing modalities.
 - Some of our graduates launch Ayurvedic product lines or combine Ayurveda with their existing business.
- 10. Are there monthly tests? I feel very anxious about taking tests.** Please try not to feel anxious about the tests. 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.

11. What services are provided?

- **Student Mentor:** Your mentor is July Huang based in the Norway office at 2nd floor, Dronningens Gate 38, 7011 Trondheim, Norway. The mentor supports the student academically throughout the duration of the program.
- **Student Services:** for all administrative questions please contact Student Services in the US at support@keralaayurveda.us.
- **Alumni:** Once you have completed the program, you will become part of the Alumni Family at Kerala Ayurveda Academy. We offer continued access to your learning materials, special discounts on products and future programs, networking opportunities and more.

12. Do you offer further Ayurvedic Studies? We offer a level II Practitioner (AP) program, a level III Ayurvedic Doctor (AD) program, and a Panchakarma Technician Program (PKT).

13. Where is your administrative office? In the US: Kerala Ayurveda Academy & Wellness Center, 691 S Milpitas Blvd Ste 206 Milpitas, CA 95035. Contact Student Services at +1 (888) 275-9103 x20 or support@keralaayurveda.us.

In Norway: 2nd floor, Dronningens Gate 38, 7011 Trondheim, Norway. +47 45810618

14. Where will the live classes be held and what is the area like? Classes will be held at the Vanvikan Community Center, located about a 20 minute boat ride from Trondheim Train Station or about a 90 minute drive from Trondheim International Airport. The center is surrounded by nature while also being close to grocery stores and shops to purchase lunch and snacks. The center has free parking, on site restrooms, a large kitchen for use, and is handicap accessible. There are numerous bed and breakfast locations for lodging nearby.

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 at the Community Center.

16. If I have additional questions or concerns, who do I contact? In case a student has any complaint, they may contact Student Services at +1 (888) 275-9103 x20 or at support@keralaayurveda.us.

17. Who owns Kerala Ayurveda Academy? 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 AyurvedaGram. Kerala Ayurveda Academy's Board of Directors includes Ramesh Vangal and Dr. Jayarajan Kodikannath, who is also the Academy Director.

Kerala Ayurveda Academy encourages diversity and accepts applications from all minorities. Kerala Ayurveda Academy does not discriminate on the basis of race, creed, color, national origin, sex, veteran or military status, sexual orientation, or the presence of any sensory, mental, or physical disability or the use of a trained guide dog or service animal by a person with a disability. Kerala Ayurveda Academy acknowledges that information pertaining to an applicant's disability is voluntary and confidential, and will be made on an individual basis. If this information is presented, Kerala Ayurveda Academy will reasonably attempt to provide an accommodation to overcome the effects of the limitation of the qualified applicant. All inquiries about accommodations should be made to the admissions administrator upon registration of the program.