

CATALOG



Panchakarma Technician

v1.0

2019-2020 Program

March 2, 2019 – January 26, 2020

REGISTERED OFFICE:

State of CA

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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.



Healthcare in the United States is changing. 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 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 21st 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.

Our curriculum is based on an Ayurvedic educational curriculum from Indian universities and is 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 the 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 advance your studies become part of an inner circle of Ayurvedic professionals who promote healing and wellness.
-The Kerala Ayurveda Academy Team

Ayurveda: The Science of Life

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

Kerala Ayurveda Academy is the first institution in the U.S. to provide authentic Ayurvedic programs throughout the country. We currently offer classroom programs in the states of **California** and **Washington**, as well as **online programs** for the distant learner.

Ayurveda is the oldest and most well-documented health care system known today. The science (*Veda*) of life (*Ayur*) offers clear and practical methods to balance the body and mind, using natural therapies and herbal medicines. 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, and it is complementary to all other healing modalities.

Knowledge of Ayurveda in today's world is essential as its primary goal is to preserve health and actually prevent of disease. This is accomplished holistically by addressing the root causes of illness. Healing interventions include nutrition, herbs, meditation, daily routines as well as Panchakarma detoxification and bodywork therapies.



Panchakarma's Role in Healing

Panchakarma is a purification process of the mind-body system. Using various bodywork techniques, client-customized oils and special diets, Panchakarma therapies are customized for individuals based on their unique constitution and health conditions. The first step of these therapies is to eliminate the accumulated toxins, wastes and blocked channels creating the imbalance. After this detoxification, rejuvenation methodologies are implemented to restore and strengthen the system for optimal functionality.

Our program enables Ayurvedic students of all levels the opportunity to learn the traditional Panchakarma philosophy and methodologies. Panchakarma's healing results are often deeper and longer-lasting, thus leading to increased client satisfaction and eventually lowering healthcare costs. Ayurvedic students and health professionals from all backgrounds have a unique opportunity in this day and age to assist family, friends and clients in targeting the root cause of their illness, leading to more balanced, fulfilling and wholesome lives.

Professional Possibilities with Ayurveda & Panchakarma

- **Licensed Healthcare Practitioners & Healers** from all backgrounds can apply their Panchakarma knowledge to enhance their current practice.
- Ayurvedic Wellness Professionals, Massage Therapists, Bodyworkers and Estheticians may enhance their treatments, services and products.
- **Ayurvedic Professionals** may open Panchakarma centers, wellness centers, spas or resorts offering Ayurvedic body therapies.
- **Entrepreneurs** may develop Ayurvedic products for Panchakarma therapies.

Please note: This certification is not a "license" to practice Panchakarma. Kerala Ayurveda Academy provides the knowledge and skill training necessary to become a competent Panchakarma technician. All students of this program must verify and comply with all local rules and regulations governing aspects of Panchakarma practice.

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 & advisers include several of the world's leading academicians & physicians
Convenience	Weekend 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 1,000+ alumni, you are a part of one of the largest student bodies of Ayurveda in the country.
- You embark on your journey knowing that you can complete all three levels of professional certification in Ayurveda set by the National Ayurvedic Medical Association (NAMA) with us, including the option to travel to and study at our sister sites in India.
- 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, 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 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 100 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 target the root cause of imbalance.
- 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

Panchakarma Technician - 250 Hour Certification Program

Panchakarma is a process of cleansing and rejuvenating the system based on the ancient system of Ayurveda. It works with the subtle flow of energy, incorporating various bodywork techniques to allow healing at the deepest level. Using natural ingredients, it is customized for individuals based on their constitution and health conditions. This course covers Panchakarma's philosophy, principles and methods of implementation, as outlined in the Vedic texts. Upon successful completion of the course you will be awarded a Panchakarma Technician Certificate.

General Format

- 250 Total Hours
- 6 Weekend Intensives Total - 8am-6pm Pacific
 - Three 2-Day Intensives In-Class & Live Streamed* - Sat-Sun
 - Three 3-Day Intensives In-Class Only - Fri-Sun
- Online Recorded Lectures & Independent Assignments**

*Live Streamed Weekend Intensives are recorded for later viewing.

**Internet connection required.



Prerequisites

- Students must possess a high school diploma or equivalent.
- There are no additional prerequisites for this program for individuals who are licensed healthcare professionals undertaking this program to add value to their practice, and those who are taking this course to help themselves and their family. This program meets the competencies outlined by the National Ayurvedic Medical Association (NAMA). To be an independent Panchakarma Technician with a professional membership from NAMA, it is required to have an AHC (level I) certification* in conjunction with the Panchakarma Technician certification.
- It is recommended to be an Allied Health Professional with a "license to touch" according to your local state regulations. See FAQ for more details.

* Note NAMA's AHC level is equivalent to the AWC program of Kerala Ayurveda Academy.

Scope of Practice

Upon completion, Panchakarma Technicians are able to:

- Perform all Ayurvedic hands-on *Shamana* therapies in a clinic or private practice with an emphasis on utilizing the techniques for purposes of pacification.
- Perform Panchakarma therapies in connection with a Panchakarma program, under the guidance of a qualified Ayurvedic Doctor/Vaidya or Ayurvedic Practitioner, with an emphasis on utilizing the therapies for purposes of *Shamana* (pacification) and *Shodhana* (purification) chikitsa.
- Support and help deliver the Panchakarma treatment program designed by the Ayurvedic Doctor/Vaidya or Ayurvedic Practitioner. The Panchakarma Technician is not trained to design Panchakarma programs.

The individual's scope of practice will be more specifically designated by local/state guidelines. It is the individual's responsibility to be compliant.

Learning Outcomes

This course is designed to provide a comprehensive education in the traditional Panchakarma methodologies as outlined in the Vedic texts in a contemporary context for today's health seekers and professionals. Upon completion, students will:

1. Understand the ancient Ayurvedic theory of the elements, individual constitution, subtle energetics and how to apply them in a healing context.
2. Be able to assess the Ayurvedic constitution and imbalance of a client, communicate and document the findings with an Ayurvedic Doctor or Practitioner.
3. Discover the step-by-step process of cleansing and rejuvenation for all body systems, including the three phases of Panchakarma and the five fold detoxification process.
4. Learn how to design a customized plan for simple Ayurvedic Panchakarma external therapies for an individual.
5. Learn how to create specialized, client-customized oils with natural herbal ingredients for therapies.
6. Learn how to prepare specialized food during Panchakarma.
7. Understand the purpose, function, indications, contraindications, and how to perform bodywork treatments including Abhyanga, Udvartana, Svedana, Pinda Sveda, Pizhichil, Dhara, Shirodhara, Takradhara, Ksheera Dhara, Kati Vasti, Valuka Sweda, Nasya, Netra Tarpana, Upanaha, Pichu, Choorna Sweda, Marma Balancing.
8. Guide clients on the post-Panchakarma food and lifestyle practices to maintain health.

Course Description & Objectives

The Panchakarma Technician certification program covers both theoretical and practical training, including a blend of online learning, in-class practical experience and clinical encounters. Classroom sessions consist of six weekend intensive modules, supplemented by online recorded lectures on our elearning system and assignments. Three of the weekend-intensives focus on lecture, theory and applied learning demonstrations, and three provide practical training experience.

Learning Materials

- **Course manuals:** print versions and PDFs.
- **Elearning:** learn anytime, anywhere, at your own convenience on your own computer. Our Panchakarma Technician certification program content is made available to students online via our elearning system powered by TalentLMS. Elearning provides access to course information, assignments, online recorded lectures, course manuals, class slides, study guides and tests.

Curriculum

PK001 | Foundational Principles of Ayurveda

We begin studying the roots of Ayurveda and how this “common sense science” system can help heal and maintain balance for life. Learn how the three universal energies and the five elements are important in maintaining health and longevity, as well as the fundamental tenets of an effective Ayurvedic health program. Topics include:

- History and philosophy of Ayurveda.
- The three universal energies (*Doshas*) and five elements (*Mahabhutas*).
- Physiological disposition (*Prakruti*), imbalances (*Vikruti*) and dynamic balance.
- An Ayurvedic view of the universe and humanity’s place within it.
- A comprehensive introduction to basic Ayurvedic concepts: *Agni, Doshas, Dhatus, Malas, Srotas* and *Marmas*.
- Principles of Ayurvedic psychology.
- Principles of Ayurvedic nutrition.
- Concept of detoxification and rejuvenation.

PK002 | Principles of Panchakarma

In this class, we will deepen our learning on detoxification and rejuvenation studying the ethics, reasons, methods and treatments during Panchakarma from beginning to end. Topics include:

- Principles of Panchakarma and how it works.
- Benefits of Panchakarma.
- Indications and Contraindications.
- Process of Panchakarma:
 - Preparatory phase.
 - Main process of purification.
 - Post purification recuperation.
- Preparation for Panchakarma:
 - Deepana and Pachana.
 - Snehana and Swedana.
- The main purification processes.
- Concept of Marma therapy.

PK003 | Panchakarma Practicum Level 1: Prep and Purvakarma I

The first class of the practical series will introduce you to the hands-on knowledge and experience you will need to be a successful Panchakarma Technician, beginning with some of the preliminary Panchakarma therapies known as *Purvakarma*. Topics include:

- Scope of practice as a Panchakarma Technician.
- Review stages and benefits of Panchakarma.
- Guidelines for the client’s diet and lifestyle during Panchakarma.
- Indications, contraindications, safety and precautions for the technician.

You’ll receive hands-on practice in:

- Preparation of the client including draping techniques.
- Setting up the Panchakarma table and room before the bodywork.
- *Snehana* (Oleation):

- Preparation of oils.
- *Abhyantara Sneha* (Internal Oleation).
- *Bahya Sneha* (External Oleation):
 - *Abhyang* (Oil application).
 - *Shiro Abhyanga* (Oil application on head).
 - *Mukha Abhyanga* (Oil application on face).
 - *Pada Abhyanga* (Oil application on feet).
 - *Deha Abhyanga* (Oil application on body).
 - *Self-abhyanga*
- Specialty *Abhyanga*
 - *Garbhini Abhyanga* (Prenatal oleation).
 - *Sutika Abhyanga* (Postnatal oleation).
 - *Kumara Abhyanga* (Oleation for babies).
- *Rukshana* (Dry therapies):
 - *Udwartana*.
- *Swedana* (Sudation)
 - *Anagneya Swedana* (Sudation without heat):
 - *Upanaham*.
 - *Agneya Swedana* (Sudation with heat)
 - *Bashpa Sweda*.
- Marma Balancing Therapies.

PK004 | Advanced Principles and Practice of Panchakarma

The final class in the theoretical series involves a combination of theory and hands-on practice, covering advanced topics of Panchakarma, including bodywork, detoxification and *Rasayana*. Topics include:

- Review of Panchakarma process will be covered, including the *Poorvakarma* (Preparation), *Pradhanakarma* (Main Procedure) and *Paschatkarma* (Post panchakarma recuperation).
- The preparatory procedures, including various types of *Snehana* & *Swedana* therapies such as *Abhyanga*, *Choornasweda*, *Patrapotala Sweda*, *Njavarakizhi*, *Kateevasthi*, *Shirodhara*, *Lepam*, *Pichu*.
- The five-fold Ayurvedic detoxification procedures such as *Vamana*, *Virechana*, *Anuvasana*, *Niroohavasthi* and *Nasya*.
- The post-Panchakarma recuperation including specific food and lifestyle modification.
- *Rasayana*: rejuvenation modalities of Ayurveda.

PK005 | Panchakarma Practicum Level 2: Purvakarma II and Shamana

This second class in the practical series continues the Purvakarma therapies introduced in the previous practical, and introduces *Swedana* and *Shamana* therapies. We'll discuss a variety of case studies and evaluate, recommend and provide therapies for live cases.

The *Swedana* therapies include:

- *Anagneya Sweda* (Sudation without heat):
 - *Upanaham* (Oil and herbal paste).
 - *Agneya Sweda* (Sudation with external heat).
 - *Tapa Swedam* (Dry heat):
 - *Choorna Swedam* (Powder bolus).
 - *Valuka Swedam* (Sand bolus).
 - *Ushma sweda* (Moist heat):

- Bashpa swedam (Steam bath).
- Pathra Potali Sweda (Leaf bolus)
- *Jambira Pinda Sweda* (Lemon bolus).
- *Shashtika Pinda Sweda* (Rice bolus).
- *Snehana & Swedana* (Oil & Heat):
 - *Choorna Pinda Swedam* (Powder bolus with oil).
 - *Kayaseka* (Pizhichil - The Royal Oil bath).

The *Shamana* Therapies include:

- *Thakradhara* (*Shirodhara* with herbalised buttermilk).
- *Ksheeradhara* (*Shirodhara* with herbalised milk).
- *Kati Vasti* (Warm oil retained on lower back).
- *Greeva Vasti* (Warm oil retained on neck).
- *Janu vasti* (Warm oil retained on knee).

PK006 | Panchakarma Practicum Level 3: Main Panchakarma Techniques and Specialty Therapies

The final weekend intensive and class in the practical series focuses on the main Panchakarma techniques and specialty therapies which will be specifically conducted under the guidance of an Ayurvedic Doctor (Vaidya). These include:

- *Pradhana Karma* (Main procedures):
 - *Vamana* (Induced emesis - theoretical understanding only).
 - *Virechana* (Medicated purgation).
 - *Vasti* - Medicated Enemas:
 - *Sneha Vasti* (Preparation and practice)
 - *Kashaya Vasti* (Preparation and variations based on conditions).
 - *Nasya* (Nasal administration).
 - *Raktamoksha* (Bloodletting - theoretical understanding only).
- Specialty *Shamana* Therapies:
 - *Netra Kalpanas* (Eye therapies):
 - *Netra Sekam*
 - *Aschyotanam*
 - *Netra Pindi*
 - *Vidalakam*
 - *Netra Tarpanam or Netra Vasti*
 - *Putapakam*
 - *Anjanam*
 - *Shirovasti*
 - *Shirolepam*
 - *Ksheera Dhoomam*
- *Paschatkarma* (Post-Panchakarma recuperation).
- *Rasayana*- selection, dosage and methods of application.

Program Format & Hours

Weekend Intensives - 127 hours

There are six weekend intensives over the course of eleven months. All are held from 8am-6pm U.S. Pacific Time Zone. There are three 2-day weekend intensives (PK001, PK002, PK004) which are held both in-class and live streamed, as well as three 3-day weekend intensives held in-class only at our academy in Milpitas, CA (PK003, PK005, PK006).

Module	Subject	Days	Hours
PK001	Foundational Principles of Ayurveda	2	17 in-class or live streamed
PK002	Principles of Panchakarma	2	17 in-class or live streamed
PK003	Panchakarma Practicum Level 1: Prep and Purvakarma I	3	25.5 in-class
PK004	Advanced Principles of Panchakarma	2	17 in-class or live streamed
PK005	Panchakarma Practicum Level 2: Purvakarma II and Shamana	3	25.5 in-class
PK006	Panchakarma Practicum Level 3: Main Panchakarma and Specialty Therapies	3	25.5 in-class

Independent Assignments - 90 Hours

Online Recorded Lectures (30 hours)

To supplement classroom sessions, recorded lectures are available in the elearning system for each course module to reinforce key concepts. Students may watch recorded lectures at their own pace.

Independent Review (20 hours)

Independent review includes study guides and tests associated to supplement student learning throughout the program.

Independent Practicals (50 hours)

There are two assignments for this certification to provide students with hands-on practice outside of class. These assignments are designed to allow students to apply their learning in hands-on experience to build as a technician. Students are responsible for sourcing clients to complete their practical hours, and the final assignment is submitted in a written case summary format for evaluation by the assigned Panchakarma mentor. Students have the opportunity to interact with their mentor to discuss and improve on any issues or concerns which may arise during the clinical encounters.

Assignments:

1. *Snehana* and *Swedana* therapies with 10 clients.
2. *Shamana* therapies for 10 clients.

Panchakarma Protocol: 5 Cases (20 hours)

Students are provided five (5) cases with detailed client information. The student will research, create and document a customized Panchakarma protocol including:

- *Deepana* and *Pachana* protocol.
- *Snehana* protocol.
- *Swedana* protocol.
- *Shodhana* process.
- Diet and lifestyle recommendations during and after the Panchakarma therapies.
- *Rasayana* protocol.

Panchakarma Technician Mentoring - 3 hours

We will provide the student with a mentor (our Faculty Assistant) for the program who will be available to answer questions by message within our elearning system, and who will conduct 3 mentoring webinars after each practical class.

Program Breakdown by Hours

Program Hours Breakdown by Curriculum

Course Component	Theory Hours	Practical Hours
PK001 Weekend Intensive	17	-
PK002 Weekend Intensive	17	-
PK003 Weekend Intensive	-	25.5
PK004 Weekend Intensive	9	8
PK005 Weekend Intensive	-	25.5
PK006 Weekend Intensive	-	25.5
Recorded Lectures	30	-
Independent Review Assignment	20	-
Independent Practicals Assignment	-	50
Panchakarma Protocol Assignment	20	-
Panchakarma Technician Mentoring	3	-
TOTAL	116	134.5

Program Hours Breakdown by Format

Course Component	Hours
Weekend Intensives	127
Elearning Recorded Lectures	30
Independent Assignments	90
Panchakarma Technician Mentoring	3

Total Hours: 250 hours

Examinations & Grading

- There are two exams on the material taught.
- Exams are multiple choice. Minimum passing grade is 70%.
- 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 graduation may retake the exam up to five times. The highest score will be recorded.

Completion Requirements

- The student paid the full tuition for the program.
- The student attended or watched class recordings of PK001, PK002 and PK004 weekend intensives.
- The student attended in person PK003, PK005, PK006 weekend intensives.
- The student passed all exams with a minimum grade of 70%.
- The student completed and passed all assignments (graded as pass/fail).

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



Alka Mulakalari

Ayurvedic Doctor (NAMA), Ayurvedic Wellness Practitioner, Panchakarma Specialist, Licensed Massage Therapist

Alka is a gifted Ayurvedic Practitioner and Panchakarma Specialist, combining her knowledge of Western massage techniques with Traditional Ayurvedic preventive measures, Ayurvedic psychology and detoxification techniques for deep healing. Her deep belief, love and passion for healing is transmitted in her teaching of the Ayurvedic root principles of heart-centered care.



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 a public speaker on its Ayurveda's importance in daily life, having led talks at schools, corporate offices and banks.

Schedule: 2019-2020

Start and Completion Dates

Start Date: March 2, 2019* **Completion Date:** January 26, 2020*

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

Weekend Intensives

Weekend Intensives are held on U.S. Pacific Time. Class begins at 8am and ends at 6pm with a 1.5-hour lunch break beginning at 12:30pm each day.

Module	Subject	Dates	Format
PK001	Foundational Principles of Ayurveda	Mar 2-3, 2019	In-class and live streamed
PK002	Principles of Panchakarma	Apr 6-7, 2019	In-class and live streamed
PK003	Panchakarma Practicum Level 1: Prep and Purvakarma I	Jun 28-30, 2019	In-class
PK004	Advanced Principles of Panchakarma	Aug 3-4, 2019	In-class and live streamed
PK005	Panchakarma Practicum Level 2: Purvakarma II and Shamana	Oct 18-20, 2019	In-class
PK006	Panchakarma Practicum Level 3: Main Panchakarma and Specialty Therapies	Jan 24-26, 2020	In-class

Location

Milpitas, CA

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

12.8 miles from the San Jose Airport in San Francisco East Bay, Kerala Ayurveda Academy & Wellness Center consists of a spacious classroom for lectures, a kitchen for herbal formulation making and cooking classes, two Panchakarma rooms, a library and an apothecary. Amenities include free wifi, ample free parking in the building's lot. Hotels, restaurants and health clubs are all within walking distance.

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 bases and the Academy may be contacted to make such arrangements at +1 (888) 275-9103 or support@keralaayurveda.us.

Enrollment

Enrollment is easy: begin the process with our **Online Enrollment Agreement** via our website: www.keralaayurveda.us/courses/programs/panchakarma-technician-certification. As a prospective student, you are encouraged to review this Catalog prior to signing the Enrollment Agreement.



Tuition & Fees

Tuition is due upon enrollment. Refunds are program-specific. See Policies & Procedures for more information.

KAA Students and Alumni

Tuition				
Books & Materials ¹	\$125			
Early Bird Tuition ²	\$2,395* through January 31, 2019			
Regular Tuition ²	\$2,595* beginning February 1, 2019			
Credit Discounts	AWP: \$250 4-Day Panchakarma Technician Certification: \$350			
Payment Plans				
Schedule	Cost	Payments	Early Bird Total Cost	Regular Total Cost
Split ⁴	\$1,350	2	\$2,500 ⁵	\$2,700 ⁵
Monthly	\$460	6	\$2,560 ⁵	\$2,760 ⁵

General Public

Please note: tuition credit discounts are only available for KAA Students & Alumni at this time.

Tuition					
Books & Materials ¹	\$125		Registration Fee	\$100	
Early Bird Tuition ²	\$2,595 through January 31, 2019				
Regular Tuition ²	\$2,795 beginning February 1, 2019				
Payment Plans					
Schedule	Cost	Payments	Registration Fee	Early Bird Total Cost	Regular Total Cost
Split ⁴	\$1,450	2	\$100	\$2,800 ⁵	\$3,000 ⁵
Monthly	\$495	6	\$100	\$2,870 ⁵	\$3,070 ⁵

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.

Please Note:

- Books and materials are included in tuition.
- Kerala Ayurveda Academy does not offer state or federal financial aid, educational loans or tuition scholarships or discounts to students at this time.
- Split payment schedule: first payment billed upon enrollment, second payment billed 3 months later.
- Students choosing the extended payment plan will be required to complete and sign a Payment Agreement Contract upon enrollment. Please note that the first payment is due upon enrollment.
- There is a management fee for extended missed weekends and they will be drafted after the third weekend.

Policies & Procedures

Student Complaint Procedure

If a student complaint should arise, they may contact Student Services, at +1 (888) 275-9103 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 (888) 275-9103 x20, director@keralaayurveda.us or at 691 S Milpitas Blvd Ste 206, Milpitas, CA 95035.

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 +1 (888) 370-7589 or by completing a complaint form, which can be obtained on the Bureau's Internet Web site www.bppe.ca.gov.

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 Panchakarma Technician 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 may 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.

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 Suite 206 Milpitas, CA 95035

Refund Policy

State of California

The registration and manual 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 3th class).

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 \$125/\$225 (books & materials/registration fees as applicable) from total tuition paid
- Step 2 Divide total tuition paid by 6 (number of modules) = 'tuition per module'
- Step 3 Multiply number of classes attended or modules accessed in elearning 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 4 Modules and if they has paid the full tuition, the refund will be as follows:

Step 1	\$2595 - \$225	\$2370.00
Step 2	\$2595 / 6	\$432.50
Step 3	4 modules x \$432.50	\$1730.00
Step 4	\$2595 – \$1730	\$865.00
	Total refund will be:	\$865.00

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.

Attendance Policy

Attendance is monitored via attendance taken in-class and during live streamed sessions. The total available contact hours in this program are 127.5, including 76.5 in-class practical weekend intensive hours (PK003, PK005, PK006) and 51 in-class or live streamed weekend intensive hours (PK001, PK002, PK004). Contact hour means the class attended in real time, either in person or through live streaming. KAA recommends attending all of these hours to support competency and material comprehension. This program meets the NAMA (National Ayurvedic Medical Association) requirement to register as the Ayurvedic Practitioner category of professional membership, and the minimum contact hours required is 76.5 hours of live, in person class attendance to practical sessions PK003, PK005 and PK006.

Make-up and Retake Policy

If a student is absent from weekend intensives PK001, PK002 or PK004, the class recordings of these sessions are available for later viewing prior to program completion. Weekend intensives PK003, PK005 and PK006 require full in-class attendance attended to satisfy the completion requirements for certification; if a student is absent from any of these weekend intensives classes, they will be required to make it up at a subsequent occurrence. If student is absent from an in-class or live streamed session, the class can be made up at any KAA training location or during any online live streamed session, free of charge. If a student wishes to retake an in-class session which was previously attended, the retake fee is

\$100 per weekend intensive session. To make arrangements for all make-up or retake sessions, please contact Student Services at support@keralaayurveda.us.

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 360-709-4600 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 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. They will be notified by telephone after two missed weekends and they 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.

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

"Effective January 1, 2015, the Student Tuition Recovery Fund (STRF) assessment rate will be zero (\$0) per \$1,000. Therefore, all institutions required to collect STRF assessments must stop collecting STRF assessments from students."

"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 in an educational program, who is a California resident, or are enrolled in a residency program, and prepay 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."

(b) In addition to the statement described under subdivision (a) of this section, a qualifying institution shall include the following statement on its current schedule of student charges:

"The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by students in educational programs who are California residents, or are enrolled in a residency programs 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 or are enrolled in a residency program, 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 costs.
4. There was a material failure to comply with the Act or this 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."

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: +1 (888) 370-7589, Fax: +1 (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. Foreign students are required to have proof of English proficiency with a passing score of minimum 80% on the TOEFL exam for enrollment. Visa services are not provided and Kerala Ayurveda Academy will not vouch for student status and any associated charges.

Record Retention

All records concerning the Kerala Ayurveda Academy are kept for fifty years after student's graduation, withdrawal or termination, with the exception of transcripts which are kept permanently. Student records are kept at 691 S Milpitas Blvd Suite 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.

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 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.

Our Team

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FAQ

Frequently Asked Questions

- 1. How much does the program cost?** The tuition for the Panchakarma Technician Certification is \$2,795.00 for General Public and \$2,595.00 for KAA Students & Alumni (*not including registration or management fee*). Tuition credits are available for KAA Students & Alumni. See Tuition & Fees for details.
- 2. I took your 4-day Panchakarma Technician Certification - why should I take this program?** KAA offers this Panchakarma Technician Training Program as an enhanced version of our former 50 program. This program is 200 hours additional, for a total of 250 hours. It includes many additional Ayurvedic Therapies, additional hand-on training hours and more live cases for protocol creation than the previous program. These enhancements ensure the students' competency in customizing each technique for the client with the following capabilities: making a plan based on *Samprapti*; enhanced knowledge of implementation of each bodywork technique; selection of appropriate oils and natural ingredients for the techniques; selection of the progressive flow of the therapy in a series of program. For graduates of our 4-day program, taking this 250-hour program will enable the student to become a more knowledgeable, capable and confident Panchakarma technician.
- 3. Do I need a college degree or a prior license/certification to study Panchakarma?** A college degree is not required, nor are prior licenses or certifications in any field for studying Panchakarma in this training program. KAA welcomes students from all educational backgrounds, without degrees, licenses or certifications in any field.
- 4. I'm not a health care professional. Can I still earn a certificate and practice Panchakarma?** Yes.
 - The primary prerequisite for the Panchakarma 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.
 - This program meets the competencies outlined by the National Ayurvedic Medical Association (NAMA). To be an independent Panchakarma Technician with a professional membership from NAMA, it is required to have an AHC (level I) certification in conjunction with the Panchakarma Technician Certification.
 - For those who are licensed healthcare professionals undertaking this program to add value to their practice, and those who are taking this course to help themselves and their family, AHC is not required.
 - The individual's scope of practice will be designated by local state guidelines. (See Scope of Practice for more details.)
- 5. Is it legal to practice Ayurveda in all fifty states?** A bill has been passed in ten states (California, Nevada, Minnesota, Oklahoma, Idaho, Louisiana, Rhode Island, Arizona, Colorado, and New Mexico) allowing the residents of those states to approach the non-licensed healing practitioners with informed consent.
- 6. Does each state regulate the practice of Ayurveda?** 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 advised on 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 U.S. 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.

7. Can I practice Ayurveda outside of the state where I receive my certification? Yes. Please note:

- Ayurveda is currently practiced all over the United States.
- While none of the U.S. 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 pre-existing professional careers.

8. Do I need a “license to touch” to practice Panchakarma, and what exactly is it? Possibly, depending on your location and how you wish to practice. A license to touch refers to regulations for professions which involve physical contact with clients. These regulations are governed by each individual state in the U.S. Panchakarma involves a variety of bodywork therapies, some of which involve physical contact and some which do not. It is important for the student to check in with local state guidelines to understand which aspects of Panchakarma are compliant and which are not, and either adjust one’s practice accordingly, or pursue the required licensure.

9. Is there an Ayurvedic association which links other practitioners and students together? Yes: the [National Ayurvedic Medical Association \(NAMA\)](#). Many states have their own state associations, such as the [California Association of Ayurvedic Medicine \(CAAM\)](#).

10. 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.

11. 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 well-being. 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 or Practitioners.
- Many of our graduates incorporate Ayurvedic knowledge in their current practice as healers, such as 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.

12. Are there monthly tests? I feel very anxious about taking tests. Please try not 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.

13. **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.
14. **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.
15. **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.
16. **Do you offer further Ayurvedic Studies?** With a bachelor's degree and KAA's first and second levels completed, you can study to receive a Master's of Ayurvedic Science (MASc) through Hindu University in Florida.
17. **Where is your administrative office?** Kerala Ayurveda Academy & Wellness Center, 691 S Milpitas Blvd Suite 206 Milpitas, CA 95035. Contact Student Services at +1 (888) 275-9103 or support@keralaayurveda.us.
18. **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.
19. **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 or at support@keralaayurveda.us. "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, Phone: +1 (888) 370-7589 or +1 (916) 431-6959, Fax: +1 (916) 263-1897."
20. **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." **Please note: as this is a new program, Performance Fact Sheet is not available.*
21. **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. Vaidya Jayarajan Kodikannath.