



KERALA
ayurveda[®]
wellness, naturally

COURSE CATALOG

Holistic Ayurvedic Coach (HAC)
Ayurvedic Health Counselor (AHC)
Ayurvedic Practitioner (AP)

FALL 2021 PROGRAMS

V4.1

REGISTERED OFFICES

State of CA

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AyurvedaGram Heritage Wellness Center
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All Other Course Support: support@keralaayurveda.us
Website: www.keralaayurveda.us/courses

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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 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 Life.*



AYURVEDA: THE SCIENCE OF LIFE

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

Kerala Ayurveda Academy is the first institute in the U.S. to provide authentic Ayurvedic programs throughout the country. We currently offer classroom programs in the state of **California** plus **online programs** for the distant learner.

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 rogis in creating healthier bodies and lifestyles, eventually lowering healthcare costs.



"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*

- All graduates can start a wellness practice business or align with other wellness professionals to create an integrative practice.
- 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 products, 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 based on the root Vedic texts. Our faculty & advisors include several of the world's leading Ayurvedic experts.

Flexibility

Programs include weekend & evening sessions, online learning, live streamed and in-class formats.

Alumni Benefits

We strive to offer the most generous alumni benefits including continued access to curriculum and discounts.

Global Community

Our students and alumni are part of a global Ayurvedic community and have access to rich resources in India with support from Kerala Ayurveda, Ltd, a full spectrum Ayurvedic company.

As a Kerala student, you can 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 embark on your journey knowing that you can qualify for all three levels of professional membership in Ayurveda set by the National Ayurvedic Medical Association (NAMA) with us, including the option to 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 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 Life Centre. KAL is part of Kutra Life Sciences, which aims at providing “Life, Naturally” to all.
- Each year, KAL and Kerala Ayurveda USA provide Life 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 Life 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 & Life Centre of the Year – AyurvedaGram, 2016 from ASSOCHAM
- * Best Integrated Life 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.

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.



LOCATION

Milpitas, CA

Kerala Ayurveda Academy & Wellness Center

691 South Milpitas Blvd Suite 206

Located in San Francisco South Bay and eight miles from the San Jose Airport, our flagship location consists of a spacious classroom for lectures, dynamic conference and auditorium rooms, consultation and Panchakarma rooms, a library and

an herbal apothecary. Amenities include free wifi and ample parking space. The center is located within walking distance of restaurants and health clubs. Our Student Support team can provide more information and local guidance for planning your visit.

IN-CLASS & ONLINE LEARNING

All of our courses include a combination of in-class and online learning. Online learning is conducted through live streamed classes via Zoom and self-paced learning & resources in our robust elearning platform.

ONLINE LEARNING

Initially, I was wondering if the online 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



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 (888) 275-9103 x20 or support@keralaayurveda.us.





The Ayurvedic Study Journey

It's our goal at Kerala Ayurveda Academy to provide all available levels of professional education in alignment with the most current industry standards, in a progressive format so you can upskill at an achievable pace. This catalog includes detailed information on the first two levels of professional certification designated by the National Ayurvedic Medical Association (NAMA), as well as our basic certification. To help you understand the complete journey, this section provides some general information on all of the certification levels available at KAA.



THREE TYPES OF CERTIFICATION

KAA offers three types of certification to support growing professionals from diverse backgrounds.

<i>Basic Certification</i>	<i>Advanced Professional Certifications</i>	<i>Specialty Certification</i>
Holistic Ayurvedic Coach (HAC) This program is for new students to Ayurveda and can be completed entirely online.	Level I Ayurvedic Health Counselor (AHC) Level II Ayurvedic Practitioner (AP) Level III Ayurvedic Doctor (AD) These programs meet NAMA's competency guidelines.	Panchakarma Technician (PKT) This program meets NAMA's competency guidelines.

NAMA COMPETENCY REQUIREMENTS

The National Ayurvedic Medical Association (NAMA) defines the competency guidelines and scope of practice for 4 levels which correspond to our **level I, II & III Advanced Professional Certifications** and our **Specialty Certification**. Our programs train graduates based on their scope of practice at each level, with multiple format options. If you would like to meet the competency requirements of NAMA and become a professional member, in person attendance of the practical sections of these trainings may be mandatory to meet NAMA's requirements.

PLAN YOUR JOURNEY: COURSE FLOW

Our programs build upon one another for cumulative learning so you can achieve the highest level of Ayurvedic training available in the U.S. You may join each program as a stand-alone training or commit to levels I (AHC) & II (AP) at once with a tuition discount available (see Tuition & Payment Plans: *Combined Payment Plan* for more details).

HAC	Level I - AHC	Level II - AP
300 Hours – 6 months In-Class & Online KAA 101 – 106	600 Hours – 1 Year In-Class & Online KAA 101 - 111	910 Hours – 1.5 Years In-Class & Online KAA 201 - 210
<i>Combined Payment Plan Available</i>		

■ Holistic Ayurvedic Coach (HAC)

Prerequisite: High School Diploma or Equivalent

The Holistic Ayurvedic Coach program offers an authentic introduction to Ayurveda and how it can be practically applied to an individual's life for self-improvement or career enhancement, including fundamental principles of Ayurveda, Ayurvedic physiology and psychology, nutrition, lifestyle and seasonal protocols. The entire HAC program is the first half of the Level I Ayurvedic Health Counselor program, which allows the HAC student an opportunity to seamlessly transition into AHC, and it can be taken completely online for your convenience.

■ LEVEL I - Ayurvedic Health Counselor (AHC)

Prerequisite: High School Diploma or Equivalent • Corequisite: Anatomy & Physiology

The Level I Ayurvedic Health Counselor program is built on the basic certification HAC, and meets the criteria designated by the National Ayurvedic Medical Association for Level I Professional Membership as an Ayurvedic Health Counselor. In addition to the topics covered in its first half - listed above in the HAC description, it covers Ayurvedic herbology, an introduction to Panchakarma detoxification, as well as disease pathology and management.

■ LEVEL II - Ayurvedic Practitioner (AP)

Prerequisite: Level I AHC • Corequisite: Anatomy & Physiology

After completing AHC, students are eligible for the Level II Ayurvedic Practitioner program in which all of the key clinical concepts are explored more deeply, as well as management for specific Dosha imbalances and disease.

■ LEVEL III - Ayurvedic Doctor (AD)

Prerequisite: Level II AP • Corequisite: Anatomy & Physiology

Ayurvedic Doctors-in-training continue honing their skills in clinical management at a more advanced rate with the opportunity to pursue a clinical specialty.

■ Specialty Certification: Panchakarma Technician (PKT)

Prerequisite: High School diploma or equivalent

All levels of Ayurvedic study are welcome to join this specialty certification for training in Panchakarma detoxification and bodywork. This certification can be combined with the other levels for a broader scope of practice.

PLEASE NOTE

This catalog contains the HAC, AHC, and AP programs only. If you would like more information on the Ayurvedic Doctor or the Panchakarma Technician programs, please visit our website at www.keralaayurveda.us.



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.

“[Dr. Jayarajan’s] method of teaching was very organized and thorough. I thank him for being so passionate about Ayurveda; he is truly an inspiration!” -Bobby

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

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

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

-Anonymous



ACADEMY DIRECTOR & MASTER FACULTY



Vaidya. Jayarajan Kodikannath

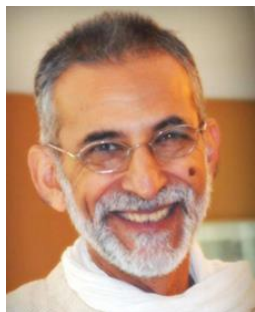
BSC, BAMS

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.

Programs: HAC, AHC, AP



FACULTY



Arun Deva

DASC, AP-NAMA, AYT-NAMA, C-IAYT, E-RYT500

Arun Deva is a senior Ayurvedic Practitioner, Ayurvedic Yoga Therapist, and a recognized teacher of vinyasa krama yoga in the Krishnamacarya tradition. He has served on both the National and State Ayurvedic Associations Boards and currently chairs NAMA's Committee for Ayurvedic Yoga Therapy, as well as being a NAMA Board Member. He teaches internationally, writes articles for Ayurvedic Journals, and is the director of Ayurveda for Yoga studies at Loyola Marymount University.

Programs: HAC, AHC



Namyata Pathak-Gandhi

MD (Ayurveda), BAMS, VSF

Vaidya. Namyata Pathak-Gandhi is a physician trained in Ayurveda and modern medicine in a 8.5 year program in Mumbai, India under the Maharashtra University of Health Sciences. In 2011, she was selected as the youngest and exceptional Vaidya Scientist Fellow (VSF) in a nationwide screen by the Department of AYUSH, Government of India, through Centre of Excellence, Institute of Ayurveda and Integrative Medicine, Bengaluru. Mentored by some of the best minds in Ayurveda and conventional medicine, she understands the nuances for Integrative health education, practice and research. Her teaching reflects a smooth blend of classical Ayurveda and certain biomedical fundamentals for safe, pragmatic application. Trained to address diverse health conditions, she has a special focus on (i) high primary cardio-metabolic risk like Prediabetes and (ii) chronic neurodegenerative condition of Parkinson's Disease. She is on the editorial board of international peer reviewed journals, has authored several publications and delivered talks to community, industry, research groups.

Programs: HAC, AHC, AP, AD



Vaidya. Meenakshi Gupta

BAMS

Vaidya. Gupta is a classically trained Ayurveda Vaidya who pursued her BAMS degree from the Apex Learning Institute, The National Institute of Ayurveda in Jaipur, India. She has been practicing Ayurveda for more than 20 years, is a Panchakarma Specialist, and is certified in Child Nutrition and Nutrition Sciences. She is a prolific speaker, educator, and leader in the field of Ayurveda. She is an international educator in various Ayurvedic courses and is on the editorial board of international peer-reviewed journals.

Programs: HAC, AHC, AP





Vaidya. Sriranjini Jaideep

MD (AYURVEDA), PHD (NIMHANS)

Sriranjini is a clinician researcher with an illustrious career of 20 years in Ayurveda clinical practice, transdisciplinary research and academics. She is an MD in Kayachikitsa (Internal medicine branch of Ayurveda) and a PhD from NIMHANS, Bangalore, a Vaidya Scientist Fellow and a certified Yoga Instructor from SVYASA University. She was a Consultant physician at world class, authentic Ayurveda hospitals in India including Institute of Ayurveda and Integrative Medicine and the Ramaiah Indic Specialty Ayurveda at Bangalore where she catered to patients of diverse ailments. She has been a Co-investigator on several research projects and is faculty for workshops on research methodology, medical ethics, biostatistics and scientific writing. She has published her research articles in peer reviewed scientific journals and has won several young researcher awards at International conferences. Currently, she is a Freelance Research Consultant at Ramaiah Ayurveda and also provides Ayurveda consultation from Canada.

Programs: *AHC, AP, AD*



Vaidya. Rucha Kelkar

BAMS, PT, DPT

Vaidya. Rucha Kelkar earned her graduate degree from University of Pune, India and secured a top rank in all three academic years of her Ayurvedic education. She is an accomplished Ayurvedic practitioner, educator and writer, also a licensed physical therapist with a master's degree in physical therapy.

Programs: *HAC, AHC, AP*



Vaidya. Suhas Kshirsagar

MD (AYURVEDA), BAMS

Vaidya. Suhas Kshirsagar is a skilled Ayurvedic Doctor, Panchakarma Specialist, Vedic Astrologer and prolific author and public speaker. In India, he worked in research in Ayurvedic pharmaceuticals at Ayurveda Rasashala. In the U.S., he served the Medicine at Maharshi College of Vedic Medicine as Chairman of Dept. of Medicine before assuming the role of Medical Director and an Assistant Professor at the Maharshi University of Management until 2002.

Programs: *HAC, AHC, AP*





Mamta Landerman

CAP, PKS

Mamta Landerman is a Clinical Ayurveda and Panchakarma specialist. She was the Founding President and a Board Director of CAAM (The California Association of Ayurvedic Medicine) and produced the Ayurveda International Symposium at U.C. Berkeley, bringing together the various lineages of Ayurveda in the U.S. to sow seeds for the future vision of the Ayurvedic profession in this country. She has been practicing and teaching Ayurveda and transformational work for the last 23 years.

Programs: HAC, AHC



Alka Mulakalari

CAP, LMT, AD (NAMA)

Her belief, love, and passion to heal and help people to walk towards optimal health Spiritually using Sattvik and natural means diverted her back to her roots from where she comes to Ayurveda. She believes that touch is the best source to heal people and to reach their heart. Alka is a certified Ayurvedic Wellness Practitioner and Panchakarma Technician from Kerala Ayurveda Academy and has earned her diploma in Ayurvedic Sciences at well-known Ayurveda colleges in India. She is also a California Licensed Massage Therapist graduated from Everest College, San Francisco. She specializes in Panchakarma techniques and Ayurvedic detox programs, combining the knowledge of western massage techniques and traditional Ayurvedic preventive measures. She is a compassionate and inspiring educator, committed to providing services to humanity.

Programs: HAC, AHC, AP



Vaidya. Kamya Pillai

BAMS, AWP

Vaidya. Kamya Pillai trained in Ayurvedic Medicine at Mahatma Gandhi University, Kerala and later served as a faculty 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 Life Practitioner (AP) certification from Kerala Ayurveda Academy at the AP and serves the program as a mentor for students.

Programs: HAC, AHC, AP, AD





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 in 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."

Programs: AHC, AP, AD



Revathi Raghavan

AWP

Revathi Raghavan is a certified Ayurvedic Practitioner, Marma Chikitsa Trainer, and a Yoga and Meditation Instructor. As an Ayurveda educator, she regularly travels and conducts Ayurvedic workshops on Dinacharya (Ayurvedic selfcare/daily routine), Skin and Beauty, Cooking and Nutrition, and "Herbs, Spices and Home Remedies". She has trained over three hundred fifty Marma practitioners in the US. She serves as a teaching faculty at Kerala Ayurveda Academy in Milpitas, California. She is a professional member of National Ayurvedic Medical Association (NAMA). She holds a Master's degree in Mass Communications and a Bachelors in Electronics Engineering. She lives in California where she consults and offers therapies at her practice. In her leisure, she enjoys singing, dancing, artwork, hiking, cooking and photography.

Program: HAC, AHC



Vaidya. Pratibha Shah

MD (AYURVEDA), BAMS, MPH

Vaidya. Pratibha is one of the leading Ayurveda experts in the New England region of the United States of America. Her pioneering initiatives in the field of Ayurveda in the US, have brought her to attention at the White House, the Department of Health and Human Services, as well as the Consulate General of India, NYC. She is a prolific speaker and educator in the community. She has also been an invited speaker in many local and International conferences, and has given Keynote address in



several of them. She has authored several papers. She is an editor with the Ayurveda Journal on Health and Associate Editor with the Ancient Science journal. She is a senior faculty with the Kerala Ayurveda Academy. With more than 25 years of practice, she is one of the few holistic practitioners leading the effort of true integration, focused on client-centric wholesome care. Before moving to US in 2004, she was working as Chief Medical Officer with the Central Government of India, in the ministry of Indian System of Medicine (AYUSH). She is the Founder and Director of the Council for Ayurveda Research, and the Wholistic Health Alliance. She also runs an informative blog on Facebook called My Ayurved, which is followed in more than 50 countries across the globe. She currently works as an Ayurveda consultant at Well Life Medical, an integrative medicine practice in Peabody, MA, USA.

Programs: HAC, AHC, AP, AD



Vaidya. Sheena Sooraj

BAMS

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.

Programs: HAC, AHC, AP, AD



Vaidya. Ram Tamang

BAMS

Vaidya. Ram Tamang trained in the J. Krishnamurti foundation in Bangalore where he earned his degree in Ayurvedic Medicine and Surgery, and also studied intensely with several Yoga masters in India. He has practiced and taught internationally, including his role heading a Panchakarma Center at an Ayurveda Retreat in South India, Ayurveda workshops in Amsterdam, Netherlands and work with Allopathic Doctors in an emergency ward in India.

Programs: HAC, AHC, AP



Holistic Ayurvedic Coach (HAC)

300 HOUR CERTIFICATION PROGRAM

The Holistic Ayurvedic Coach (HAC) certification program is designed for those who are passionate about maintaining optimal quality of life, want to ensure longevity for themselves and want to guide their family, friends and communities. Students will gain knowledge on necessary principles and natural tools to maintain quality health. These tools include a comprehensive Ayurvedic nutritional education (*Ahara*), daily routines and lifestyle practices to optimize health (*Vihara*), as well as a clear understanding of the mind and thought processes (*Vichara*) and their relationship to well-being.

Upon successful completion of the HAC course, you will be awarded a Holistic Ayurvedic Coach Certificate.



Program Overview

GENERAL FORMAT

6 Months – 300 Total Hours

- 6 Weekend Intensives – in-class or live streamed*
- 12 Tuesday Virtual Classes – live streamed*
- Online Recorded Lectures – elearning*
- Assignments – elearning*
- 5 One-hour group Mentoring Sessions – live streamed*
- 6-Day Practical Immersion – in-class or live streamed**

* Internet connection required. Live streamed sessions are recorded for later viewing.

**In-class attendance required for NAMA Professional Membership at the AHC level (if student pursues the next level of certification).👉

KAA accepts a limited number of students for in-class attendance in the live class at 691 S. Milpitas Ave #206, Milpitas, CA.

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FORMAT OPTIONS

Students may choose the format which best fits their lifestyle:

- **Option 1:** In-class Weekend Intensives & in-class 6-Day Practical Immersion
- **Option 2:** Live streamed Weekend Intensives & in-class 6-Day Practical Immersion
- **Option 3:** Live streamed Weekend Intensives & live streamed 6-Day Practical Immersion

NOTE: Students who intend to advance to AHC can qualify for NAMA professional membership at the AHC level by choosing Options 1 or 2 and attending the Practical Immersion in-class.👉

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PREREQUISITE

Students must submit a high school diploma or equivalent prior to enrollment.

👉 Due to the continuing pandemic, in-class attendance at Practical Immersions is no longer mandatory per the 7/1/21 notice from NAMA for programs which start prior to 12/31/21. Students may attend Practical Immersions in real time, live streaming to meet this requirement.



SCOPE OF PRACTICE

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. With a Holistic Ayurvedic Coach certificate, you will be able to offer lifestyle guidance and support individuals with health prevention.

Holistic Ayurvedic Coaches can:

- Educate clients and general public on Ayurvedic principles including the holistic view of health, the elements, Doshas, Ayurvedic diet, daily and nightly routines, and living in alignment with nature's rhythms
- Explain the connection between body, mind and spirit and how various natural tools and principles can enhance the quality of life
- Offer talks/write articles about principles of Ayurvedic living
- Offer cooking classes using Ayurvedic recipes along with techniques and tips to create Ayurvedically balanced meals
- Analyze a client's unique mind-body constitution according to Ayurvedic principles
- Take health history of a client's personal and family wellness
- Advise clients on dietary choices based on their Doshas and the six tastes
- Create daily and nightly routines for clients based on their constitution, age and the seasons
- Recommend yoga and yogic practices for improved health

Holistic Ayurvedic Coaches cannot:

- Diagnose diseases
- Treat diseases
- Prescribe treatments or medicines (including herbal medicines)
- Do pulse diagnosis



Curriculum

The Holistic Ayurvedic Coach 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 6 in-class and live streamed weekend intensive modules, an in-class and live streamed Practical Immersion, and 12 live streamed Tuesday evening sessions, supplemented by online recorded lectures on our elearning platform and assignments.

LEARNING MATERIALS & RESOURCES

Course manuals: print versions and PDFs.

Elearning: learn anytime, anywhere, at your own convenience on your own computer. Our HAC certification program content is made available to students online via our elearning platform powered by TalentLMS. Elearning provides access to course information, live class recordings, assignments, online recorded lectures, course manuals, class slides, study guides and tests.

Mentoring: students have access to an experienced Ayurvedic practitioner mentor who can be contacted via the elearning platform. Student Mentors conduct webinars, review and grade assignments and are also available to assist with questions for the duration of the scheduled program.

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WEEKEND INTENSIVES

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

Begin your Holistic Ayurvedic 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 Dhatu 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 layers of illusion that mask our full human experience
- The psychological energies (subtle Doshas), their function, location and origin
- Kundalini energy and the mechanics of vital living
- The 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.

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HAC PRACTICAL IMMERSION

Coincides with KAA 106

This 6-day intensive focuses on the primary Ayurvedic lifestyle recommendations which will be taught under the guidance of an Ayurvedic Doctor (*Vaidya*). Additional topics include:

- Detailed review of the health intake process
- How to utilize health intake information
- Understanding and practice of Prakriti assessment
- Q&A from student Clinical Consultation assignment
- Guided Ayurvedic coaching with live cases

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ASSIGNMENTS

To fully integrate the role of the Holistic Ayurvedic Coach, assignments are included in the HAC program. The assignments build upon each module of learning and one another. They include:

Personal Transformation Journey

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

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

Clinical Consultations

Students will follow two (2) clients from KAA module 102 through 105, beginning with consultations and progressing with assessment and counseling based on the topics covered each month. This offers the student the ability to build upon all the learning to create a case study approach.

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PRETESTS & TESTS

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

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Format & Hours

Student Orientation - 2 hours

Weekday Evening 5:30-7:30pm U.S. Pacific Time

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

Weekend Intensives - 108 hours

Sat-Sun 8:00am-6:00pm U.S. Pacific Time

The Weekend Intensives are offered once per month for six months. All are live streamed for our online learners and recorded for all students.

HAC Practical Immersion – 36 hours

Wed-Mon 8:00am-6:00pm U.S. Pacific Time - coincides with KAA 106

The Practical Immersion is a 6-day hands-on learning experience. It includes the HAC Weekend Intensive KAA 106, with four additional days covering material from previous modules in the program. It is live streamed for those who cannot attend in person.*

**In-class attendance is required for those students who wish to qualify for NAMA professional membership of their level I AHC program. Students who do not want to attend*



in person and do not want to qualify for NAMA professional membership at the AHC level may attend via live streaming.

Due to the continuing pandemic, in-class attendance at Practical Immersions is no longer mandatory per the 7/1/21 notice from NAMA for programs which start prior to 12/31/21. Students may attend Practical Immersions in real time, live streaming to meet this requirement.

Tuesday Virtual Classroom Sessions - 24 hours

Tuesdays 5:30-7:30pm U.S. Pacific Time

Tuesday Virtual Classroom sessions are live streamed and recorded for all students from 5:30-7:30pm U.S. Pacific Time. Each session is conducted by a KAA Faculty member and focuses on a topic related to the Weekend Intensive curriculum. The final 30 minutes of the session are reserved for student questions. The access link and class recording are made available in the elearning platform.

Mentoring Sessions - 5 hours

Tuesdays 5:30-6:30pm U.S. Pacific Time

Five Mentoring Sessions are live streamed and recorded for all students from 5:30-6:30pm U.S. Pacific Time. Each session is conducted by a KAA Student Mentor and focuses on a topic related to the Weekend Intensive curriculum and assignments. There will be ample time for questions and interactions. The access link and session recording are made available in elearning.

Online Recorded Lectures - 89 hours

Elearning platform

To supplement classroom sessions, recorded lectures are available in the elearning platform for each monthly course module to reinforce key concepts. We also offer the first two recorded sections of our Ashtanga Hridayam series as an introduction for HAC students. Students may watch recorded lectures at their own pace throughout the month. Each individual lecture is equivalent to approximately 1-2 hours in length.

Module	Subject	Hours
KAA 101	Essence of Ayurveda (<i>Tarka Sankhya and Sharir</i>)	9
KAA 102	Ayurvedic Physiology (<i>Dosha Dhatu Mala Vigyan</i>)	8
KAA 103	Ayurvedic Psychology (<i>Manasa Shastra</i>)	9
	Ashtanga Hridayam Part 1	18
KAA 104	Ayurvedic Nutrition & Cooking (<i>Ahara Vigyan</i>)	9
KAA 105	Ayurvedic Preventive Science (<i>Swastha Vritta</i>)	9
	Ashtanga Hridayam Part 2	18
KAA 106	Ayurvedic Yoga (<i>Yoga Vigyan</i>)	9
		Total: 89

CONTACT HOURS BREAKDOWN BY FORMAT OPTION

Students may choose the format which best fits their lifestyle:

- **Option 1:** In-class Weekend Intensives & in-class 6-Day Practical Immersion*
- **Option 2:** Live streamed Weekend Intensives & in-class 6-Day Practical Immersion*
- **Option 3:** Live streamed Weekend Intensives live streamed 6-Day Practical Immersion*

*Weekend Intensive KAA 106 coincides with the Practical Immersions.

NOTE: Students can qualify for NAMA professional membership when they advance on to AHC by choosing Options 1 or 2 and attending the Practical Immersion in-class.👉

Course Component	OPTION 1 All in-class		OPTION 2 Combined in-class & live streaming		OPTION 3 All live streaming		Total Hours
	In person	Live stream	In person	Live stream	In person	Live stream	
Orientation	-	2	-	2	-	2	2
KAA 101	18	-	-	18	-	18	18
KAA 102	18	-	-	18	-	18	18
KAA 103	18	-	-	18	-	18	18
KAA 104	18	-	-	18	-	18	18
KAA 105	18	-	-	18	-	18	18
KAA 106	18	-	18	-	-	18	18
Practical Immersion	36	-	36	-	-	36	36
Weekly Virtual Classroom Sessions	-	24	-	24	-	24	24
Mentoring Webinars	-	5	-	5	-	5	5
Online Recorded Lectures	-	-	-	-	-	-	89
Ayurvedic Constitution Consultations	20	-	20	-	20	-	20
Clinical Consultations	16	-	16	-	16	-	16

👉 Due to the continuing pandemic, in-class attendance at Practical Immersions is no longer mandatory per the 7/1/21 notice from NAMA for programs which start prior to 12/31/21. Students may attend Practical Immersions in real time, live streaming to meet this requirement.

GRADING & GRADUATION REQUIREMENTS

Grading

Grading – is based on a cumulative pass/fail mark from the following course components:

Assignments – are reviewed on a pass/fail basis and are submitted in the elearning platform. Project and assignment grades are posted within 10 days of submission.

Tests – a minimum grade of 70% is required to pass. Tests are multiple choice, self-paced and conducted via elearning. There are 6 tests which correspond to the weekend intensive modules. 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. Test scores are immediately available in the elearning platform.

Graduation Requirements

- Tuition is paid in full.
- Attendance requirements are met (See Attendance Policy: HAC).
- All tests, assignments and course material is complete with a passing grade.
- This program requires the student to attend at least 150 hours of in-person and live synchronous sessions together (live synchronous is live streaming attended in real time).

Upon the successful completion of the above requirements, the student will receive a Holistic Ayurvedic Coach certificate.

Recommended Reading

KAA does not have a traditional library. Students will receive detailed course material and handouts in each class. 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>
Khirsagar, Dr. Manisha	<i>Ayurveda: A Quick Reference Handbook</i>
Yarema, Dr. Thomas	<i>Eat-Taste-Heal: An Ayurvedic Cookbook for Modern Living</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>



Tuition

<i>Tuition & Fees</i>	
Registration Fee	\$100
Books & Materials	\$150
Tuition	\$3,950

PAYMENT PLANS

Multiple payment plans are available.

For more information see the Payment Plans section

Schedule: Fall 2021-2022

See the Schedule for a complete calendar of classes
keralaayurveda.us/courses/schedules

START AND COMPLETION DATES

Start Date: Orientation – October 12, 2021, 5:30-7:30pm

End Date: March 21, 2022

Application

Applying online is easy! Begin the process with our **online application** via our website: keralaayurveda.us/courses/apply. As a prospective student, you are encouraged to review this Catalog prior to signing the Enrollment Agreement. You are also encouraged to review the Student Performance Fact Sheet, which must be provided to you prior to signing the Enrollment Agreement.



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.



Program Overview

GENERAL FORMAT

1 Year – 600 Total Hours

- 11 Weekend Intensives – in-class or live streamed*
- 28 Tuesday Virtual Classes – live streamed*
- 11 Mentoring Sessions – live streamed*
- Online Recorded Lectures – elearning*
- Assignments – elearning*
- One 6-Day Practical Immersion – in-class**
- Two 5-Day Practical Immersions – in-class**

**Internet connection required. Live streamed sessions are recorded for later viewing.*

***In-class attendance required for NAMA Professional Membership. 🙌*

KAA accepts a limited number of students for in-class attendance in the live class at 691 S. Milpitas Ave #206, Milpitas, CA.

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FORMAT OPTIONS

Students may choose the format which best fits their lifestyle:

- **Option 1:** In-class Weekend Intensives & in-class Practical Immersions
- **Option 2:** Live streamed Weekend Intensives & 3 in-class Practical Immersions
- **Option 3:** Live streamed Weekend Intensives, 1 in-class Practical Immersion, and 2 live streamed Practical Immersions

NOTE: *Students can qualify for NAMA Professional Membership by choosing Option 1 or 2 and attending all Practical Immersions in-class. 🙌*

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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

🙌 Due to the continuing pandemic, in-class attendance at Practical Immersions is no longer mandatory per the 7/1/21 notice from NAMA for programs which start prior to 12/31/21. Students may attend Practical Immersions in real time, live streaming to meet this requirement.

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:

keralaayurveda.us/courses/programs/anatomy-and-physiology

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SCOPE OF PRACTICE

With this certificate, students will be able to counsel 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
- Complete health history intake
- 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 about Ayurvedic concepts (related to Prakriti, Vikriti, qualities, etc.)
- Explain the connection between Body and Mind and how diet and lifestyle, meditation, Pranayama can help prevent many emotional problems
- Offer talks and write articles on various concepts on Ayurveda
- Offer simple oil therapies.
- Offer cooking classes using Ayurvedic recipes along with techniques and tips to create Ayurvedically balanced meals

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



Curriculum

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 and 28 live streamed Tuesday evening sessions, supplemented by online recorded lectures on our elearning platform and assignments.

LEARNING MATERIALS & RESOURCES

Course manuals: print versions and 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 platform 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 platform. Student Mentors hold monthly webinars, review and grade assignments, and are also available to assist with questions during studies.

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WEEKEND INTENSIVES

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

Begin your Holistic Ayurvedic 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. 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, Dhatu, 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, Dhatu, 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 structure of state and national practice regulations and the state of Ayurvedic affairs in the United States.
- The future of Ayurveda in the United States.
- Tools, tips and spreadsheets to help you run your business.

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AHC PRACTICAL IMMERSIONS 1, 2 & 3

These intensives focus on the main Ayurvedic Lifestyle recommendations which will be taught under the guidance of an Ayurvedic Doctor (*Vaidya*).

AHC Practical Immersion 1 (coincides with KAA 106)

This 6-day practicum will cover a detailed review of the Health Intake Process and how to utilize that information; understanding and practice of prakriti assessment, and guided coaching with live cases.



AHC Practical Immersion 2 (coincides with KAA 108)

This 5-day practicum will include practice of utilizing the correct herb for the correct imbalance, guidance on yoga, breathing and meditation practices, and the applied aspects of Ayurvedic Assessment & Counseling.

AHC Practical Immersion 3 (coincides with KAA 111)

This 5-day practicum will review the process from client intake through final recommendations, practice with live case consultations and understanding of the practical ways in which this certification can be implemented.

ASSIGNMENTS

To support your development as an Ayurvedic Health Counselor, assignments are included in the AHC program which build upon each module of learning, and each another.

Personal Transformation Journey

As a continuation from your HAC program, you will continue to document your personal transformations after each AHC weekend class. 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

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, assessment and documentation. This assignment is completed during the HAC portion of your program.

Clinical Consultations and Follow-Ups

Students will follow two (2) *Rogis* (clients) throughout the program until KAA 111, beginning with consultations and progressing with assessment and creating guidance 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.

Chikitsa Protocols

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



Research Project: Community Health Presentation or Research Paper

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 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.

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PRETESTS & TESTS

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

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Format and Hours

Student Orientations – 4 hours

Weekday Evenings 5:30-7:30pm U.S. Pacific Time

Students will be required to attend two live streamed 2-hour orientations prior to the class start date as well as after the first 6 modules. It is recorded for later viewing.

Weekend Intensives – 198 hours

Sat-Sun 8:00am-6:00pm U.S. Pacific Time

The Weekend Intensives are offered once per month for eleven months. All are live streamed for our online learners and recorded for all students.

AHC Practical Immersions - 90 hours

1: Wed-Mon | 2-3: Thur-Mon 8:00am-6:00pm U.S. Pacific Time

3 sessions – coincide with KAA 106, 108 and 111

The first Practical Immersion is 6 days includes the AHC Weekend Intensive KAA 106. The second Practical Immersion is 5 days and includes the AHC Weekend Intensive KAA 108. The third Practical Immersion is 5 days and includes the AHC Weekend Intensive KAA 111. Weekdays during the Immersions cover material from previous modules in the program. All three Practical Immersions are held in-class and are live streamed*



**In-class attendance is required for those students who wish to become eligible for NAMA professional membership. (Students who do not want to attend in person and do not wish to become eligible for NAMA professional membership may watch the live streaming of the Immersions).*

Due to the continuing pandemic, in-class attendance at Practical Immersions is no longer mandatory per the 7/1/21 notice from NAMA for programs which start prior to 12/31/21. Students may attend Practical Immersions in real time, live streaming to meet this requirement.

Tuesday Virtual Classroom Sessions - 56 hours

Tuesdays 5:30-7:30pm U.S. Pacific Time

Tuesday Virtual Classroom sessions are live streamed and recorded for all students from 5:30-7:30pm U.S. Pacific Time. Each session is conducted by a KAA Faculty member and focuses on a topic related to the curriculum. The final 30 minutes of the session are reserved for student questions. The access link and class recording is made available in the elearning platform.

Mentoring Sessions - 11 hours

Tuesdays 5:30-6:30pm U.S. Pacific Time

Eleven Mentoring Sessions are live streamed and recorded for all students from 5:30-6:30pm U.S. Pacific Time. Each session is conducted by a 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 – 195 hours

Elearning platform

To supplement classroom sessions, recorded lectures are available in the elearning platform for each weekend intensive module to reinforce key concepts. We also offer the first four recorded sections of our Ashtanga Hridayam series as an introduction for AHC students. Students may watch recorded lectures at their own pace throughout the month. Each individual lecture is equivalent to approximately 1-2 hours in length.

Module	Subject	Hours	Module	Subject	Hours
KAA 101	Essence of Ayurveda	9	KAA 107	Ayurvedic Herbology	14
KAA 102	Ayurvedic Physiology	8	KAA 108	Introduction to Ayurvedic Bodywork	13
KAA 103	Ayurvedic Psychology	9	KAA 109	Disease Pathology	13
AH 1	Ashtanga Hridayam Part 1	18	KAA 110	Disease Management	13
KAA 104	Ayurvedic Nutrition & Cooking	9	KAA 111	Clinical Management and Review	13
KAA 105	Ayurvedic Preventive Science	9	AH 3	Ashtanga Hridayam Part 3	20
AH 2	Ashtanga Hridayam Part 2	18	AH 4	Ashtanga Hridayam Part 4	20
KAA 106	Ayurvedic Yoga	9	Total: 195		

CONTACT HOURS BREAKDOWN BY FORMAT OPTION

■ **Option 1:** In-class Weekend Intensives & in-class Practical Immersions

■ **Option 2:** Live streamed Weekend Intensives & 3 in-class Practical Immersions*

■ **Option 3:** Live streamed Weekend Intensives, 1 in-class Practical Immersion*, and 2 live streamed Practical Immersions*

*Weekend Intensives coinciding with Practical Immersions are attended in-class.

Course Component	OPTION 1 All in-class		OPTION 2 Combined in-class & live streaming		OPTION 3 Combined in-class & live streaming		Total Hours
	In person	Live stream	In person	Live stream	In person	Live stream	
Orientations	-	4	-	4	-	4	4
KAA 101	18	-	-	18	-	18	18
KAA 102	18	-	-	18	-	18	18
KAA 103	18	-	-	18	-	18	18
KAA 104	18	-	-	18	-	18	18
KAA 105	18	-	-	18	-	18	18
KAA 106	18	-	18	-	18	-	18
KAA 107	18	-	-	18	-	18	18
KAA 108	18	-	18	-	-	18	18
KAA 109	18	-	-	18	-	18	18
KAA 110	18	-	-	18	-	18	18
KAA 111	18	-	18	-	-	18	18
Practical Immersions*	90*	-	90*	-	27	63	90
Tuesday Virtual Classroom Sessions	-	56	-	56	-	56	56
Mentoring Webinars	-	11	-	11	-	11	11
Online Recorded Lectures	-	-	-	-	-	-	195
Ayurvedic Constitution Consultations	20	-	20	-	20	-	20
Clinical Consultations	26	-	26	-	26	-	26
TOTAL HOURS: 600							

Options 1 & 2 of this program include 190 mandatory in-person hours. 58 of these hours are Clinical Encounters. Students can qualify for NAMA professional membership by choosing Option 1 or 2 and attending all Practical Immersions in-class.👉

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GRADING & GRADUATION REQUIREMENTS

Grading

Grading – is based on a cumulative pass/fail mark from the following course components:

Assignments – are reviewed on a pass/fail basis and must all be completed to graduate.

Tests – a minimum grade of 70% is required to pass. Tests are self-paced and taken online after each weekend intensive.

Graduation Requirements

- Tuition is paid in full.
- Documentation is submitted of completing the equivalent of 6 credits of college level Anatomy & Physiology course.
- Attendance requirements are met (see AHC Attendance Policy: AHC).
- All tests, assignments and course material are complete with a passing grade.
- This program requires the student to attend at least AHC Practical Immersion 1 in-class at KAA's U.S. location. The other two Practical Immersions can be live streamed.
- This program requires the student to attend at least 300 hours of in-person and live synchronous sessions together (live synchronous is live streaming attended in real time).

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

NAMA Eligibility👉

Students who would like to meet the competency guidelines of NAMA (National Ayurvedic Medical Association) and qualify to become a Professional Member are **required to attend all three AHC Practical Immersions** at KAA's U.S. location.

This program requires the student to attend at least 200 hours of live synchronous sessions (live synchronous is live streaming attended in real time).

👉 **Due to the continuing pandemic, in-class attendance at Practical Immersions is no longer mandatory per the 7/1/21 notice from NAMA for programs which start prior to 12/31/21. Students may attend Practical Immersions in real time, live streaming to meet this requirement.**

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Recommended Reading

KAA does not have a traditional library. Students will receive detailed course material and handouts in each class. 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>
Khirsagar, Dr. Manisha	<i>Ayurveda: A Quick Reference Handbook</i>

Tuition

<i>Tuition & Fees</i>	
Registration Fee	\$100
Books & Materials	\$300
Tuition	\$8,750

PAYMENT PLANS

Multiple payment plans are available.

For more information see the Payment Plans section



Schedule: Fall 2021-2022

See the Schedule for a complete calendar of classes:

keralaayurveda.us/courses/schedules

START AND COMPLETION DATES

Start Date: Orientation: October 12, 2021

End Date: Closing Ceremony: October 25, 2022

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Application

Applying online is easy! Begin the process with our **online enrollment forms** via our website: keralaayurveda.us/courses/apply. As a prospective student, you are encouraged to review this Catalog prior to signing the Enrollment Agreement. You are also encouraged to review the Student Performance Fact Sheet, which must be provided to you prior to signing the Enrollment Agreement.

Students from other institutions are welcome! Our Admissions and Student Support team will work with you to create a transfer plan (see the Transfer Policy).





Ayurvedic Practitioner (AP)

910 HOUR CERTIFICATION PROGRAM

The Ayurvedic Practitioner (AP) program is based on the second goal of Ayurveda—*Aaturasya Vikara Prashamanam* (disease management). At this level, the emphasis is on gaining a deeper understanding of the disease process and management techniques at its various stages. Students will gain a deeper understanding of Ayurvedic concepts and techniques.

Upon successful completion of the AP Program you will be awarded an Ayurvedic Practitioner Certificate.



Program Overview

GENERAL FORMAT

1.5 Years – 910 Total Hours

- 10 Weekend Intensives – in-class or live streamed*
- 30 Virtual Classes – live streamed*
- 10 Monthly Clinical Case Discussion Webinars* - live streamed*
- 5 Mentor Sessions - live streamed*
- Vedic Formulation Series -12 sessions – elearning*
- Online Recorded Lectures – elearning*
- Assignments – elearning*
- 3 Practical Immersions - in-class👉
- 200 Hours Clinical Internship – in-class

* Internet connection required. Live streamed sessions are recorded for later viewing.

KAA accepts a limited number of students for in-class attendance in the live class at 691 S. Milpitas Ave #206, Milpitas, CA.

👉 Due to the continuing pandemic, in-class attendance at Practical Immersions is no longer mandatory per the 7/1/21 notice from NAMA for programs which start prior to 12/31/21. Students may attend Practical Immersions in real time, live streaming to meet this requirement.

FORMAT OPTIONS👉

Students may choose the format which best fits their lifestyle:

- **Option 1:** All In-class Weekend Intensives & all 3 in-class Practical Immersions
- **Option 2:** All Live streamed Weekend Intensives & all 3 in-class Practical Immersions

PREREQUISITES

The prerequisites for admission to the AP program are:

- Completion of the Ayurvedic Health Counselor (AHC) or an equivalent program. AHC graduates can enter the AP program directly. Students who have completed a program equivalent to the AWC from other institutions will be required to undergo an interview process to determine their competency in Ayurvedic principles and practices.
- 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: keralaayurveda.us/courses/programs/anatomy-and-physiology

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SCOPE OF PRACTICE

With this certificate, students gain the skills and knowledge to assess the Ayurvedic constitution and imbalances in a client and suggest food, lifestyle changes and recommend Ayurvedic herbs, spices and Ayurvedic herbal supplements based on the Samprapti/imbalances. However, the practice of these may vary from state to state. Please check the regulations with the state in which you practice.

Ayurvedic Practitioners can:

- Analyze Body Constitution
- Complete health history intake
- Assess the imbalances of *Agni, Dosha, and Strotases* based on the Ayurvedic Principles
- Suggest food and lifestyle changes based on the Ayurvedic Constitution (*Prakriti*) and various imbalances in the mind/body systems (*Vikriti*)
- Suggest Ayurvedic herbs, spices and Ayurvedic herbal supplements based on the Ayurvedic Constitution (*Prakriti*) and various imbalances in the mind/body systems (*Vikriti*)
- Suggest Ayurvedic bodywork techniques based on the Ayurvedic Constitution (*Prakriti*) and various imbalances in the mind/body systems (*Vikriti*)
- Explain about Ayurvedic concepts (related to *Prakriti, Vikriti*, qualities etc)
- Explain the connection between Body and Mind and how diet and lifestyle, meditation, Pranayama, Ayurvedic herbs, Ayurvedic bodywork techniques and Yoga can help manage many physical, mental and emotional problems
- Offer talks/write articles on various concepts on Ayurveda
- Offer simple Ayurvedic bodywork techniques based on the Ayurvedic Constitution (*Prakriti*) and various imbalances in the mind/body systems (*Vikriti*)
- Offer cooking classes giving simple cooking tips

Ayurvedic Practitioners cannot:

- Diagnose diseases medically
- Treat diseases medically
- Prescribe medical treatments or medicines
- Perform Panchakarma (unless allowed in your scope of practice under other licensing)



Curriculum

The Ayurvedic Practitioner certification program covers both theoretical and practical training, including a blend of online learning, in-class hands-on training experience, clinical encounters and independent assignments. Classroom sessions consist of 10 in-class & live streamed weekend intensive modules, 50 live streamed weekly evening sessions, 200 hours of clinical internship with multiple format options, supplemented by online recorded lectures on our elearning platform and assignments.

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

LEARNING MATERIALS & RESOURCES

Course manuals: print versions and PDFs.

Elearning: learn anytime, anywhere, at your own convenience on your own computer. Our AP certification program content is made available to students online via our elearning platform powered by TalentLMS. Elearning provides access to course information, live class recordings, assignments, online recorded lectures, course manuals, class slides, study guides and tests.

Mentoring: each student is provided a mentor for the program who will be available to answer questions via message within our elearning platform. The mentor will also work with the student on designated portions of the Independent Assignments.

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WEEKEND INTENSIVES

KAA 201 | Advanced Anatomy, Physiology & Basic Principles (Dosha Dhatu Mala Vigyan)

Includes an in-depth discussion of the *Doshas*, *Subdoshas*, *Dhatu*s, *Malas*, and *Agni*. Greater emphasis is placed on the *Srotas*, *Kalas* and *Marmas*. This course also includes a deep exploration of the basic principles directly from the scriptures such as the *Soothrasthana* of *Ashtanga Hridayam*. Additional topics include:

- An overview of embryology
- The relationship between the *Panchabhutas* and the *Gunas*
- An introduction to the fascinating world of *Marma Sareera*, seats of *Prana* in the body.



KAA 202 | Pathophysiology & Ayurvedic Diagnostic Methods (Advanced *Nidan & Rogi Pariksha*)

Includes a detailed exploration of the five stages of disease identification: *Nidan*, *Purvaroop*, *Roopa*, *Upashaya*, and *Samprapti*. This course also looks at the six stages of the disease process: *Sanchaya*, *Prakopa*, *Prasara*, *Sthanasamshraya*, *Vyakti* and *Bheda*. Students will gain an understanding of the signs of *Dhatu* and *Srota Dushti*. Students will delve deeply into Ayurvedic client examination methods. Topics include:

- An understanding of the stages from health to disease
- Threefold client examination (*Darshana*, *Sparshana*, and *Prashana*)
- Eight-fold clinical evaluation (Pulse, Tongue, Voice, Physical Stature, Vision, Skin, Urine, and Bowel).

KAA 203 | Advanced Herbology & Ayurvedic Pharmaceuticals (*Dravya Guna & Bhaishajya Kalpana*)

Expands upon the principles of Ayurvedic herbal energetics, actions, uses and preparations with over thirty additional herbs. Other topics include the preparation of popular Ayurvedic formulations and their clinical application, times of administration and *Anupanas*. Other topics include measurements and dosage of Ayurvedic herbs and formulations. Topics include:

- Preparation of Formulations: Decoctions, Herbal Oils, Ghees, Pastes, Poultices, Pills, Powders & Jams
- An understanding of how an herb's *Gunas* affect the body
- Traditional preparation of buttermilk & ghee from milk.

KAA 204 | Advanced Bodywork, Detoxification & Rasayana (*Panchakarma & Rasayana*)

Advanced Bodywork, Detoxification and *Rasayana* is a hands-on course. A detailed theory of Panchakarma will be covered, including the *Poorvakarma* (Preparation), *Pradhanakarma* (Main Procedure) and *Paschatkarma* (Post-Procedural Convalescence). The preparatory procedures, including various types of *Snehana* & *Swedana* therapies, will be explained. This course also covers the five Ayurvedic Detoxification procedures. The post Panchakarma convalescence, such as specific food and lifestyle modifications, is also a part of this course. Topics include:

- *Snehana* & *Swedana* Therapies - *Abhyanga*, *Choornasweda*, *Patrapotala Sweda*, *Njavarakizhi*, *Pizhichil*, *Udwartanam*, *Kateevasthy*, *Nethratharpanam*, *Lepam*, *Pichu*
- Panchakarma: *Vamana*, *Virechana*, *Anuvasana*, *Niroohavasthy*, *Nasya*
- Various aspects of *Rasayana* - the anti-ageing modalities of Ayurveda.

KAA 205-208 | Kayachikitsa I-IV

Each Kayachikitsa course I, II, III and IV will cover the following topics for their course theme:



- *Nidana* and *Samprapti*
- Ayurvedic Clinical Assessment
- Management Protocol
- Preparation of Specific Formulations

KAA 205 | Kayachikitsa I: Management of Digestive System & Metabolic Disorders

The course will cover the Ayurvedic etiology, pathogenesis, symptoms, signs, and detailed herbal treatments, as well as dietary and lifestyle changes, for several digestive and metabolic disorders.

KAA 206 | Kayachikitsa II: Management of Nervous System & Musculoskeletal Disorders

This course will cover Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several nervous systems and musculoskeletal disorders. This course also covers fracture management and bandages.

KAA 207 | Kayachikitsa III: Management of Respiratory System & Cardiovascular System Disorders

This course covers the Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several respiratory, circulatory and cardiac disorders.

KAA 208 | Kayachikitsa IV: Management of Skin, Special Senses & Mental Disorders

This course covers the Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several skin disorders, diseases of sense organs and mental disorders.

KAA 209 | Kayachikitsa V: Management of Reproductive & Excretory System Disorders, Gynecology & Pediatrics

This course covers the Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several female and male reproductive system disorders. This course also covers a general outline of child care and management of pediatric conditions. This includes:

- Reproductive & Excretory System Disorders
 - *Nidana* and *Samprapti*
 - Ayurvedic Clinical Assessment
 - Management Protocol
 - Preparation of Specific Formulations
- Ayurvedic Gynecology
- Ayurvedic Pediatrics
 - Prenatal & Postnatal Therapies
 - Baby Massage



KAA 210 | Clinical In-Class Internship

17 hours of internship is included in the 10 sessions of the 2 day monthly in-class learning experience. Students will evaluate clients in the following areas: Potential treatments, dietary and lifestyle recommendations, Ayurvedic herbal formula recommendations, daily routines and seasonal changes. This includes:

- Clinical Internship
- Supervised internship
- One-on-one clinical consultation and creation of chikitsa protocol.

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AP PRACTICAL IMMERSIONS

AP Practical Immersion 1 (corresponds with KAA 203)

- Marma points examination
- Ayurvedic assessment including *Ashtasthana Pareeksha*
- Consultation practices and physical examination of clients including vitals, palpation, percussion and auscultation
- Clinical documentation

AP Practical Immersion 2 (corresponds with KAA 205)

- Making formulations for Panchakarma
- Practicing various *Purvakarma*
- Demonstration of selected *Pradhana Karmas* and practice of *Paschat Karma*
- Practice consultations

AP Practical Immersion 3 (corresponds with KAA 210)

- Complete clinical management including conducting consultations
- Honing the clinical assessment skills
- Creating protocol based on *Samprapti* and client guidance
- At least 6 clinical encounters

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CLINICAL INTERNSHIP

For more information see the AP Clinical Internship section



ASSIGNMENTS

Individual Clinical Consultations

Chikitsa Consultations: each student will complete 2 Clinical Consultations (120 minutes) for each module KAA 205-209 and 2 follow-up sessions (60 minutes each).

Community Health Education Assignment

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

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

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

Research Paper or Research Project

Students may choose between:

- A comprehensive **Research Paper**, 15 to 20 pages in length, on a topic of interest to you that is first approved by the Academic Director.
- A detailed **Research Project** on a topic and format approved by the AWP Mentor.

PRETESTING AND TESTING

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

Format & Hours

Student Orientation - 2 hours

Live streamed – weekday evening 5:30-7:30pm U.S. Pacific Time

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

Weekend Intensives - 180 hours

Sat-Sun 8:00am-6:00pm U.S. Pacific Time

The Weekend Intensives are offered once per month for eleven months. All are live streamed for our online learners and recorded for all students.

AP Practical Immersions – 81 hours

Wed-Sun 8:00am-6:00pm U.S. Pacific Time

3 sessions - coincide with KAA 203, 205 and 210

The AP Practical Immersions are 5 days (including the weekend intensive), hands-on learning experiences offered in-class and recorded. Practical Immersion 1 coincides with AP Weekend Intensive KAA 203; Practical Immersion 2 with KAA 205, and Practical Immersion 3 with KAA 210. The additional three days cover material from previous modules in the program. These immersions are offered in-class. It is mandatory to attend all 3 practical immersions by the in-class students as well as the online distant learners.

Due to the continuing pandemic, in-class attendance at Practical Immersions is no longer mandatory per the 7/1/21 notice from NAMA for programs which start prior to 12/31/21. Students may attend Practical Immersions in real time, live streaming to meet this requirement.

Thursday Virtual Classroom Sessions - 60 hours

Thursdays 5:30-7:30pm U.S. Pacific Time

Thursday Virtual Classroom sessions are live streamed and recorded for all students from 5:30-7:30pm U.S. Pacific Time. Each session is conducted by a KAA Faculty member and focuses on a topic related to the curriculum. The final 30 minutes of the session are reserved for student questions. The access link and class recording is made available in the elearning platform.

Mentoring Sessions - 7 hours

Thursdays 5:30-7:00pm U.S. Pacific Time

Mentoring Sessions are live streamed and recorded for all students from 5:30- 7:00pm U.S. Pacific Time. Each of the 5 sessions is conducted by a 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.



Monthly Clinical Case Discussions - 15 hours

Tuesdays 5:00-6:30pm U.S. Pacific Time

Clinical Case Discussions are live streamed and recorded for all students. Ten sessions are offered on a monthly basis and conducted by a KAA Faculty member and Ayurvedic Doctor. The participating audience is also composed of students from outside of the AP program, including level III Ayurvedic Doctor students, alumni and qualified students from other institutions.

Vedic Formulations: Clinical Applications – 24 hours

Elearning platform

Vedic Formulations: Clinical Applications is a recorded series of twelve sessions. This series is the first session of a previously held course in which the most common formulations are described in detail from the classical texts.

Online Recorded Lectures - 311 hours

Elearning platform

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

Clinical Internship – 200 Hours

Students have the opportunity to begin their Clinical Internship midway through the AP program. A total of 200 hours of Clinical Internship are required for graduation. Internships are conducted in the U.S. and India.

For more information see the AP Clinical Internship section

Recommended Reading

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

These books are beneficial but not mandatory.

Author	Titles
Prof. K. R. Srikantha Murthy	Ashtanga Hridayam: Vol 1, 2 & 3
Dr. G. Prabhakara Rao	Sahasrayogam
Prof. K. R. Srikantha Murthy	Bhavaprakasa of Bhavamisra: Vol 1 & 2
Dr. Kanjiv Lochan	Bhaisajya Ratnavali: Vol 1, 2 & 3
Prof. K.R. Shrikantha Murthy	Astanga Samgraha of Vagbhata
Frawley, David	The Art and Science of Vedic Counseling: Vol 1, 2 & 3
Dr. R. K. Sharma & Vaidya Bhagavan Dash	Charaka Samhita: Vol 1, 2, 3, 4, 5 & 6
Arya Vaidya Sala	Indian Medicinal Plants: Vol 1, 2, 3, 4 & 5

MENTOR PROGRAM

Students have access to an AP graduate or AD student who is supervised by an Ayurvedic Vaidya (BAMS). Student Mentors can be contacted via the elearning platform to review and grade assignments, and are also available to assist with questions during studies.

GRADING & GRADUATION REQUIREMENTS

Grading

Grading – is based on a cumulative pass/fail mark from the following course components:

Assignments – are reviewed on a pass/fail basis and are submitted in the elearning platform. Project and assignment grades are posted within 10 days of submission.

Tests – a minimum grade of 70% is required to pass. Tests are multiple choice, self-paced and conducted via elearning. There are 9 tests which correspond to the weekend intensive modules. 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. Test scores are immediately available in the elearning platform.



Graduation Requirements

- Tuition is paid in full.
- The student submitted documentation of completing equivalent of 6 credits of college level Anatomy & Physiology course.
- Attendance requirements are met (see Attendance Policy: AP).
- This program requires the student to attend all three AP Practical Immersions in-class at KAA's location US.
- The student completed the 200-hour Clinical Internship.
- All tests, assignments and course material are complete with a passing grade.
- This program requires the student to attend at least 545 hours of in-person and live synchronous sessions together (live synchronous is live streaming attended in real time).

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

CONTACT HOURS BREAKDOWN BY FORMAT OPTION

Students may choose the format which best fits their lifestyle:

■ **Option 1:** All In-class Weekend Intensives & all 3 in-class Practical Immersions*

■ **Option 2:** All Live streamed Weekend Intensives & all 3 in-class Practical Immersions*

*Weekend Intensives coinciding with Practical Immersions are attended in-class.

Course Component	OPTION 1 <i>All in-class</i>		OPTION 2 <i>Combined in-class & live streaming</i>		Total Hours
	In person	Live stream	In person	Live stream	
Orientation	-	2	-	2	2
KAA 201	18	-	-	18	18
KAA 202	18	-	-	18	18
KAA 203	18	-	18	-	18
KAA 204	18	-	-	18	18
KAA 205	18	-	18	-	18
KAA 206	18	-	-	18	18
KAA 207	18	-	-	18	18
KAA 208	18	-	-	18	18
KAA 209	18	-	-	18	18
KAA 210	18	-	18	-	18
Weekly Virtual Classroom Sessions	-	60	-	60	60
Monthly Clinical Case Discussions	-	15	-	15	15
Online Recorded Lectures	-	-	-	-	311
Monthly Mentor Sessions	-	7	-	7	7
Individual Clinical Consultations	30	-	30	-	30
Vedic Formulations Part 1 (recorded)	-	-	-	-	24
Clinical Internship	200	-	200	-	200
Practical Immersion	81	-	81	-	81
TOTAL: 910					





AP Clinical Internship

200 HOURS MANDATORY

Kerala Ayurveda Academy offers regularly scheduled Clinical Internship training opportunities at our U.S. and India locations. Students may design a format based on their location interest. Internships are also open to students and alumni from other institutions, as well as KAA alumni who seek additional clinical training. AP students may commence their Clinical Internship training midway through the AP program and are required to complete 200 hours total for graduation.

Due to the continuing pandemic, in-class attendance at Practical Immersions is no longer mandatory per the 7/1/21 notice from NAMA for programs which start prior to 12/31/21. Students may attend Practical Immersions in real time, live streaming to meet this requirement.



NOTE:

Clinical Internship training tuition is separate from course tuition. See Tuition and Payment Plans for more information. You may also find more detailed information on the India Internship in our India Internship catalog, available on the website at keralaayurveda.us/courses

FORMAT

Format Options to Achieve Required 200 Hours

U.S. Clinical Internship	1 session each of the U.S. & India Clinical Internship	3 U.S. Internships & 1 Mentored Panchakarma (MPK)
4 sessions total 50 hours each	1 session U.S. Internship 50 hours + 1 session India Internship 150 hours	3 sessions U.S. Internship 150 hours + 1 MPK – 50 hours

Detailed Format Options

	U.S. Clinical Internship	India Clinical Internship	Independent India Internship	Mentored Panchakarma (MPK)
Hours	50 hours	150 hours	Flexible	50 hours
Schedule	One week, M-F 8:00am-5:30pm	15 Days	Flexible: 8 hours/day	7 days
Location	Kerala Ayurveda Academy & Wellness Center, Milpitas, CA	The Health Village, Cochin AyurvedaGram Heritage Wellness Center, Bangalore	The Health Village, Cochin	Kerala Ayurveda Academy & Wellness Center, Milpitas, CA
Frequency	Offered approximately once in every 3 months	Offered once per year	Individual schedule dependent on availability	Need to be scheduled ahead of time and preparation completed at home prior

Assignment	Documentation of 6 Cases	Case Presentation to panel of Vaidyas	Case Presentation to panel of Vaidyas	Journaling of experiential PK
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PREREQUISITE

Clinical Internship eligibility requires completion of either the fourth module of the Ayurvedic Practitioner (AP) program (KAA 204) or equivalent experience in Ayurvedic studies from another Ayurveda school.

U.S. CLINICAL INTERNSHIP

The U.S. Clinical Internship is conducted as week-long 50 hour segments at Kerala Ayurveda Academy & Wellness Center, Milpitas, CA, open to AP students as well as students from other schools of Ayurveda. The program focuses on clinical assessment, creating Ayurvedic management protocol, implementation of Panchakarma, application of Ayurvedic herbs and formulation, Yoga and counseling. Interns gain hands-on experience managing a variety of cases across diverse age groups and disorders, all under the supervision of Kerala Ayurveda USA Director, Vaidya Jayarajan Kodikannath and other Kerala Ayurveda Faculty members.

Location

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

Format

One Week (50 hours) – Monday-Friday 8am-6:00pm

Graduation requirements: Minimum 1 week of U.S. Clinical Internship is required. To meet the full 200-hour requirement for AP completion, 4 weeks are required.

Curriculum

Topics include:

- Consultation/Clinical Assessment & Chikitsa – 20 hours
- Bhaishajyakalpna (Herbology & Formulations) – 10 hours
- Panchakarma – 10 hours
- Assignments – 10 hours



INDIA CLINICAL INTERNSHIP

The 15-day internship in India is one of the most exciting and life-changing opportunities offered by Kerala Ayurveda Academy India. Students live, study and practice Ayurveda in the birthplace of the Vedas, experiencing India both Ayurvedically and culturally. Interns can see firsthand how Ayurveda is embraced and practiced with phenomenal results in a wide variety of applications.

The India Clinical Internship is also a unique experience for students to experience and witness firsthand the full scope of a dynamic Ayurveda company, from seed to shelf. In addition to training our Kerala Ayurveda's award-winning wellness centers, interns tour the Kerala Ayurveda Ltd research and manufacturing facilities and herbal gardens, home to more than 1,200 medicinal and herbal plants.

Locations

Kerala Ayurveda Health Village, Cochin Kerala: an opportunity to intern at our green leaf certified hospital, Aluva. This unique hospital accommodates up to forty patients at a time, all rendering Ayurvedic services. It offers doctor consultations, in house Ayurvedic formulations and over 45 Ayurvedic therapies. Here you will observe patients daily and prepare herbal formulas. Gaining a deeper understanding of the authentic practices of Kerala Ayurveda.

AyurvedaGram Heritage Wellness Centre, Bangalore: a state of the art, 30-acre Ayurvedic herb plantation, clinic, *Panchakarma* center, restaurant, herb manufacturing pharmacy and library. You'll receive *Panchakarma* body therapies, follow *dinacharya*, learn special Kerala oil applications, review live cases and study solutions, Ayurvedic yoga, meditation, Pranayama & Ayurvedic cooking.

Format

15 Days – 150 Hours of Internship Requirements

Graduation requirements: To meet the full 200-hour requirement for AP completion, 1 week minimum of U.S. Clinical Internship is required in combination with the India Internship.

FOR MORE INFORMATION

See our India Internship catalog India Internship catalog, available on the website at keralaayurveda.us/courses



INDEPENDENT INDIA INTERNSHIP

Format

The Independent India Internship is customized to your convenience and requirements of internship/in person hours. The Independent Internship is available as an alternative to our group India Internship. Independent Internships are available at The Health Village location only.

FOR MORE INFORMATION

See our India Internship catalog India Internship catalog, available on the website at keralaayurveda.us/courses

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MENTORED EXPERIENTIAL PANCHAKARMA INTERNSHIP

**Tuition available upon request & subject to availability*

Location

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

Format

One Week: attend a minimum of 7 days of Panchakarma session at our Academy & Wellness Center. Interns experience Panchakarma as a rogi along with practitioner mentoring, journaling & self-reflection.

Panchakarma program includes:

- Pre-Panchakarma Consultation
- Herbs for preparation – 1-2 weeks
- Panchakarma protocol at our Wellness Center, Milpitas, CA
- Daily review with practitioner
- 2 hours of PK Procedures
- A Kichari meal each day
- Post-Panchakarma follow up consult 2 weeks after Panchakarma



AP Program and required Clinical Internship Tuition

<i>Tuition & Fees</i>	
Registration Fee (New Students Only)	\$100
Books & Materials	\$250
Tuition	\$9,950
U.S. Clinical Internship	\$995 per week (<i>minimum 1 week required*</i>) \$3,980 for 4 weeks (<i>to meet graduation requirement</i>)
India Internship*	\$3,995 (<i>1 week U.S. session required for graduation*</i>)
Independent India Internship*	\$295 single per day \$270 per student, per day for shared room (<i>subject to availability</i>)

**Airfare to and from India is not included.*

Schedule: Fall 2021-2022

See the Schedule for a complete calendar of classes:

keralaayurveda.us/courses/schedules

START AND COMPLETION DATES

Start Date: Orientation: October 21, 2021

End Date: April 21, 2023

Application

Applying online is easy! Begin the process with our **online enrollment forms** via our website: keralaayurveda.us/courses/apply. As a prospective student, you are encouraged to review this Catalog prior to signing the Enrollment Agreement. You are also encouraged to review the Student Performance Fact Sheet, which must be provided to you prior to signing the Enrollment Agreement.

Students from other institutions are welcome! Our Admissions and Student Support team will work with you to create a transfer plan (see the Transfer Policy).





Tuition and Payment Plans

FOR ALL PROGRAMS

The Holistic Ayurvedic Coach (HAC), Ayurvedic Health Counselor (AHC) and Ayurvedic Practitioner (AP) certifications are stand-alone programs which also build upon each other. They can be taken consecutively for building upon Ayurvedic knowledge and scope of practice. Multiple payment plans are available depending on the student's commitment learning. Individual program payment plans apply to students who commit to a single program. Combined payment plans are available for students who commit to multiple programs. Tuition discounts are available for multiple program enrollment.



Holistic Ayurvedic Coach (HAC)

HAC PAYMENT PLAN

<i>Tuition & Fees</i>	
Registration Fee	\$100
Material Fee	\$150
Tuition	\$3,950

Payment Plan	Tuition Payment	Payments	Registration Fee	Material Fee	STRF*	Total Tuition & Fees
Pay in full	\$3,850	1	\$100	\$150	\$0	\$4,100
Split payments	\$1,975	2	\$100	\$150	\$0	\$4,200
Monthly	\$685	6	\$100	\$150	\$0	\$4,360
California Students Only*		<i>Tuition includes STRF fee. See Fees for more information.</i>				
Pay in full	\$3,850	1	\$100	\$150	\$1.50	\$4,101.50
Split payments	\$1,975	2	\$100	\$150	\$2.00	\$4,202
Monthly	\$685	6	\$100	\$150	\$2.00	\$4,362

PLEASE NOTE

- 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, registration fee and books and material fee is due upon enrollment. Refunds are program-specific. See HAC Refund Policy for more information.
- There is a management fee for monthly payment plan listed above.

**STRF is \$.50 per \$1,000 for all payment plans and is non-refundable. STRF is for California Students only.*

Refund and Cancellation Policy

Step 1	\$4,100 - \$250	\$3,850.00
Step 2	\$3,850 / 6	\$642.00
Step 3	3 classes / live streaming * \$642	\$1,926.00
Step 4	\$3,850 - \$1,926	\$1,924.00

Total refund will be: \$1,924.00

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.

State of Washington (For Students not living in California)

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 thirty (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

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.

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.

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 4 th class or accessing 5 th or 6 th online module)	100%
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When calculating refunds, the official date of a student's termination is the last day of recorded attendance:

- When the school receives notice of the student's intention to discontinue the training program; or,
- When the student is terminated for a violation of a published school policy which provides for termination; or,
- When a student, without notice, fails to attend two consecutive In-Class Intensives or fails to access online modules for ninety calendar days.
- All refunds must be paid within 30 calendar days of receiving a completed and signed Kerala Ayurveda official refund request form and the student's official termination date.

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 have paid the full tuition, the refund will be as follows:

Step 1	\$4,100 - \$250	\$3,850.00
Step 2	2 of 6 classes attended or modules accessed online 2/6	33%
Step 3	25% through 50% completion = KA retains 50%	\$1,925.00
Step 4	\$3,850 - \$1,925	\$1,925.00

Total refund will be: \$1,925.00

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Ayurvedic Health Counselor (AHC)

AHC FULL PROGRAM

<i>Tuition & Fees</i>	
Registration Fee	\$100
Material Fee	\$300
Tuition	\$8,750

Payment Plan	Tuition Payment	Payments	Registration Fee	Material Fee	STRF*	Total Tuition & Fees
Pay in full	\$8,500	1	\$100	\$300	\$0	\$8,900
Split payments	\$4,375	2	\$100	\$300	\$0	\$9,150
Monthly	\$780	12	\$100	\$300	\$0	\$9,760
California Students Only*		<i>Tuition includes STRF fee. See Fees for more information.</i>				
Pay in full	\$8,500	1	\$100	\$300	\$4.00	\$8,904
Split payments	\$4,375	2	\$100	\$300	\$4.50	\$9,154.50
Monthly	\$780	12	\$100	\$300	\$4.50	\$9,764.50

PLEASE NOTE

- 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, registration fee, and material fee is due upon enrollment. Refunds are program-specific. See AHC Refund Policy for more information.
- There is a management fee for Monthly payment plan listed above.

**STRF is \$.50 per \$1,000 for all payment plans and is non-refundable. STRF is for California Students only.*



AHC FULL PROGRAM REFUND POLICY

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. Please email a copy of that letter to support@keralaayurveda.us. 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

State of California

The registration fee and material fee are nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class, 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 7th class) or online modules (accessed 7th online module).

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

A written notice from the students, about the cancellation will be required. A telephone call about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, the 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 within the first seven days after enrollment or prior to October 31, 2021

Step 1 Deduct \$100 (registration) and \$300 (material fee) from the total tuition paid

Step 2 Remainder is tuition refund due

Example: Student paid \$8500 at the time of enrollment

Step 1 \$8,500 – \$400 \$8,100.00

Total refund will be: \$8,100.00

Refund calculation seven days after enrollment or after October 31, 2021

Step 1 Deduct \$100 (registration) and \$300 (material fee) from the total tuition paid

Step 2 Divide the total tuition paid by 11 (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 3 In-Class Intensives or live streaming and if they have paid the full tuition, the refund will be as follows:

Step 1	\$8,500 – \$400	\$8,100.00
Step 2	\$8,100 / 11	\$736.00
Step 3	3 classes/live streaming * \$736	\$2,208.00
Step 4	\$8,100 – \$2,208	\$5,892.00

Total refund will be: \$5,892.00

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.

State of Washington (For Students not living in California)

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

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.

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.

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%

When calculating refunds, the official date of a student's termination is the last day of recorded attendance:

- When the school receives notice of the student's intention to discontinue the training program; or,
- When the student is terminated for a violation of a published school policy which provides for termination; or,
- When a student, without notice, fails to attend 2 consecutive In-Class Intensives or, fails to access online modules for ninety calendar days.

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.

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 have paid the full tuition, the refund will be as follows:

Step 1	\$8,500 – \$400	\$8,100.00
Step 2	4 of 11 classes attended or modules accessed online 4/11 36%	
Step 3	25% through 50% completion = KA retains 50%	\$4,050.00
Step 4	\$8,100 - \$4,050	\$4,050
Total refund will be:		\$4,050

AHC 6-MONTH PROGRAM (PAYMENTS AFTER HAC)

This payment plan is for Holistic Ayurvedic Coach (HAC) graduates who transition into the Ayurvedic Health Counselor (AHC) program.

<i>Tuition & Fees</i>	
Material Fee	\$150
Tuition	\$4,800

Payment Plan	Tuition Amount	Payments	Material Fee	STRF*	Total Tuition & Fees
Pay in full	\$4,675	1	\$150	\$0	\$4,825
Split payments	\$2,400	2	\$150	\$0	\$4,950
Monthly	\$832	6	\$150	\$0	\$5,142
California Students Only* <i>Tuition includes STRF fee. See Fees for more information.</i>					
Pay in full	\$4,675	1	\$150	\$2.00	\$4,827
Split payments	\$2,400	2	\$150	\$2.00	\$4,952.50
Monthly	\$832	6	\$150	\$2.50	\$5,144.50

PLEASE NOTE

- 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, registration fee, and material fee is due upon enrollment. Refunds are program-specific. See AHC 5-Month Refund Policy for more information.
- There is a management fee for monthly payment plan listed above.

**STRF is \$.50 per \$1,000 for all payment plans and is non-refundable. STRF is for California Students only.*

AHC 6-MONTH PROGRAM REFUND POLICY

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. Please email a copy of that letter to support@keralaayurveda.us. 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

State of California

The registration and material fees are nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class, 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 7th class) or online modules (accessed 7th online module).

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

A written notice from the students, about the cancellation will be required. A telephone call about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, the 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 within the first seven days after enrollment or prior to October 31, 2021

Step 1 Deduct \$150 (material fee) from the total tuition paid

Step 2 Remainder is tuition refund due

Example: Student paid \$4800 at the time of enrollment

Step 1 \$4,800 - \$150 \$4,650.00

Total refund will be: \$4,650.00

Refund calculation seven days after enrollment or after October 31, 2021

Step 1 Deduct \$150 (material fee) from the total tuition paid

Step 2 Divide the total tuition paid by 5 (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 3 In-Class Intensives or live streaming and if they have paid the full tuition, the refund will be as follows:

Step 1	\$4,800 - \$150	\$4,650.00
Step 2	\$4,650 / 5 total modules	\$930.00
Step 3	3 classes/live streaming * \$930	\$2,790.00
Step 4	\$4,800 - \$2,790	\$2,010.00

Total refund will be: \$2,010.00

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.

State of Washington (For Students not living in California)

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

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.

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.

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%

When calculating refunds, the official date of a student's termination is the last day of recorded attendance:

- When the school receives notice of the student's intention to discontinue the training program; or,
- When the student is terminated for a violation of a published school policy which provides for termination; or,
- When a student, without notice, fails to attend 2 consecutive In-Class Intensives or fails to access online modules for ninety calendar days.

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.

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 have paid the full tuition, the refund will be as follows:

Step 1	\$4,800 – \$150	\$4,650.00
Step 2	2 of 5 classes attended or modules accessed online 3/5	40%
Step 3	25% through 50% completion = KA retains 50%	\$2,325.00
Step 4	\$4,650 - \$2,325	\$2,325.00
Total refund will be:		\$2,325.00

Ayurvedic Practitioner (AP)

AP PROGRAM PAYMENT PLAN

<i>Tuition & Fees</i>	
Registration Fee (New Students Only)	\$100
Material Fee	\$250
Tuition	\$9,950

Payment Plan	Tuition Payment Amount	Payments	Registration Fee	Material Fee	STRF*	Total Tuition & Fees
Pay in full	\$9,650	1	\$100	\$250	\$0	\$10,000
Split payments	\$4,975	2	\$100	\$250	\$0	\$10,300
Monthly	\$863	12	\$100	\$250	\$0	\$10,706
California Students Only* <i>Tuition includes STRF fee. See Fees for more information.</i>						
Pay in full	\$9,650*	1	\$100	\$250	\$4.50	\$10,004.50*
Split payments	\$4,975*	2	\$100	\$250	\$5.00	\$10,305*
Monthly	\$863*	12	\$100	\$250	\$5.00	\$10,711*

PLEASE NOTE

- 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, registration and material fee is due upon enrollment. Program tuition does not include the fees for India or U.S. Internships. The U.S. and India Clinical Internship must be completed by the end of the AP program in order to receive certification. Refunds are program-specific. See AP Refund Policy for more information.
- There is a management fee for monthly payment plan listed above.

**STRF is \$.50 per \$1,000 for all payment plans and is non-refundable. STRF is for California Students only.*



AP 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. Please email a copy of that letter to support@keralaayurveda.us. 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

State of California

The registration fee and material fee are nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class, 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 7th class) or online modules (accessed 7th online module).

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

A written notice from the students, about the cancellation will be required. A telephone call about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, the 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 within the first seven days after enrollment or prior to Nov 8, 2021

- Step 1 Deduct \$100 (registration) and \$250 (material) from the total tuition paid
- Step 2 Remainder is tuition refund due

Example: Student paid \$10,050 at the time of enrollment

Step 1 \$10,000 – \$350 \$9,650.00

Total refund will be: \$9,650.00

Refund calculation seven days after enrollment or after Nov 8, 2021

- Step 1 Deduct \$350 (registration/material fee) from the total tuition paid
- Step 2 Divide the total tuition paid by 10 (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 In-Class Intensives or live streaming and if he/she has paid the full tuition, the refund will be as follows:

Step 1	\$10,000 – \$350	\$9,650.00
Step 2	\$9,650 / 10	\$965.00
Step 3	4 classes/live streaming x \$965	\$3,860.00
Step 4	\$9,650 - \$3,860	\$5,790.00

Total refund will be: \$5,790.00

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.

State of Washington (All students not residing in California)

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

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.

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.

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%

When calculating refunds, the official date of a student's termination is the last day of recorded attendance:

- When the school receives notice of the student's intention to discontinue the training program; or,
- When the student is terminated for a violation of a published school policy which provides for termination; or,
- When a student, without notice, fails to attend 2 consecutive In-Class Intensives or fails to access online modules for ninety calendar days.

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.

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 he/she has paid the full tuition, the refund will be as follows:

Step 1	\$10,000 – \$350	\$9,650.00
Step 2	4 of 10 classes attended or modules accessed online 4/10	40%
Step 3	25% through 50% completion = KA retains 50%	\$4,825.00
Step 4	\$9,700 - \$4,825	\$4,825.00
Total refund will be:		\$4,825



Combined Payment Plan

AHC* + AP PAYMENT PLAN

**includes HAC*

<i>Tuition & fees</i>	
Registration Fee	\$100
Material Fee	\$500
Tuition (AHC + AP)	\$18,400

PAYMENT PLAN

Payment Plan	Tuition Payment Amount	Payments	Registration Fee	Material Fee	STRF*	Total Tuition & Fees
Pay in full	\$17,950	1	\$100	\$500	\$0	\$18,550
Split Payment	\$9,200	2	\$100	\$500	\$0	\$19,000
4 Payments	\$4,690	4	\$100	\$500	\$0	\$19,360
Monthly	\$800	24	\$100	\$500	\$0	\$19,800
California Students Only* <i>Tuition includes STRF fee. See Fees for more information.</i>						
Pay in full	\$17,950	1	\$100	\$500	\$9.00	\$18,559.00
Split Payment	\$9,200	2	\$100	\$500	\$9.50	\$19,009.50
4 Payments	\$4,690	4	\$100	\$500	\$9.50	\$19,369.50
Monthly	\$800	24	\$100	\$500	\$9.50	\$19,809.50

PLEASE NOTE

- 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, registration fee and material fee is due upon enrollment. Program tuition does not include the fees for India or U.S. Internships. The U.S. and India Clinical Internship must be completed by the end of the AP program in order to receive certification. Refunds are program-specific. See Combined AHC + AP Refund Policy for more information.
- Travel, airfare and accommodation costs not included for U.S. or India Internships.
- There is management fee for 4-month and 24-month payment plans listed above.

**STRF is \$.50 per \$1,000 for all payment plans and is non-refundable. STRF is for California Students only.*



Refund calculation seven days after enrollment or after Nov 9, 2021

- Step 1 Deduct \$600 (registration/material fee) from the total tuition paid
- Step 2 Divide the total tuition paid by 21 (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 In-Class Intensives or live streaming and if he/she has paid the full tuition, the refund will be as follows:

Step 1	\$18,550 – \$600	\$17,950.00
Step 2	\$17,950 / 21	\$855.00
Step 3	4 classes/live streaming x \$855	\$3,420.00
Step 4	\$17,950 - \$3,420	\$14,530.00

Total refund will be: \$14,530.00

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.

State of Washington (All students not residing in California)

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

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.

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.

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%

When calculating refunds, the official date of a student's termination is the last day of recorded attendance:

- When the school receives notice of the student's intention to discontinue the training program; or,
- When the student is terminated for a violation of a published school policy which provides for termination; or,
- When a student, without notice, fails to attend 2 consecutive In-Class Intensives or, fails to access online modules for ninety calendar days.

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.

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 he/she has paid the full tuition, the refund will be as follows:

Step 1	\$18,550 – \$600	\$17,950.00
Step 2	9 of 21 classes attended or modules accessed online 9/21	43%
Step 3	25% through 50% completion = KA retains 50%	\$8,975.00
Step 4	\$17,950 - \$8,975	\$8,975.00
Total refund will be:		\$8,975

Additional Fees

The following is a list of additional fees for all plans:

- Administration Fee (for students new to KAA): \$100 upon enrollment
- Equipment: \$0
- Lab Supplies or kit fees: \$0
- Uniform or Special Protective Clothing Fee: \$0
- Learning Media Fee: \$0
- Tutoring Fees: \$50/hour (only if requested for additional private tutoring)
- In-resident housing Fees: \$0
- Assessment Fee: \$0
- Transfer or Credit Fee: \$0
- Student Tuition Recovery Fund fee CALIFORNIA STUDENTS ONLY (nonrefundable): \$0.50 per every \$1,000

Student Tuition Recovery Fund (STRF)

FEE (NON-REFUNDABLE) – STATE OF CALIFORNIA

“It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 1747 N. Market Blvd. Ste 225, Sacramento, CA 95834, (916) 431-6959 or (888) 370-7589.

To be eligible for STRF, you must be a California resident or are enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered an economic loss as a result of any of the following:

The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.

You were enrolled at an institution or a location of the institution within the 120-day period before the closure of the institution or location of the institution or were enrolled in an educational program within the 120-day period before the program was discontinued.

You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a

significant decline in the quality or value of the program more than 120 days before closure.

The institution has been ordered to pay a refund by the Bureau but has failed to do so.

The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.

You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.

You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans.

To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF. A student whose loan is revived by a loan holder or debt collector after a period of non-collection may, at any time, file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four (4) years since the action or event that made the student eligible, the student must have filed a written application for recovery within the original four (4) year period, unless the period has been extended by another act of law. However, no claim can be paid to any student without a social security number or a taxpayer identification number.”

FEE – STATE OF WASHINGTON

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



Academy Policies

FOR ALL PROGRAMS

DIVERSITY

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.



ATTENDANCE POLICY

Attendance is monitored via attendance taken in-class and during live streamed sessions.

Holistic Ayurvedic Coach (HAC)

- Student must attend at least 150 hours of in-person and/or live synchronous sessions together (live synchronous refers to live streaming attended in real time).
- If the student intends to advance to Ayurvedic Health Counselor (AHC) and become a professional member of NAMA must attend the 6-Day Practical Immersion in person. 📌

Ayurvedic Health Counselor (AHC)

- Student must attend at least 300 hours of in-person and/or live synchronous sessions together (live synchronous refers to live streaming attended in real time).
- Students must attend one of two AHC Practical Immersions in person.
- If the student intends to qualify for NAMA professional member, all 3 AHC Practical Immersions must be attended in person. 📌

Ayurvedic Practitioner (AP)

- Student must attend at least 545 hours of in person and/or live synchronous sessions together (live synchronous refers to live streaming attended in real time).
- Student must attend all three AP Practical Immersions in person at KAA's U.S. location (81 hours). 📌
- Student must complete the 200-hour in person Clinical Internship.

📌 Due to the continuing pandemic, in-class attendance at Practical Immersions is no longer mandatory per the 7/1/21 notice from NAMA for programs which start prior to 12/31/21. Students may attend Practical Immersions in real time, live streaming to meet this requirement.

MAKE-UP AND RETAKE POLICY

If a student is absent from an in-class or live streamed session, they may make it up at any KAA training location or via live streamed session, free of charge. If a student wishes to retake an in-class session, they may do so for a fee of \$100 per weekend session. To make arrangements for all make-up or retake sessions, please contact Student Support at support@keralaayurveda.us.

PRACTICAL IMMERSION REGISTRATION POLICY

The Practical Immersions of HAC, AHC and AP run two times per year. Students are recommended to attend each Immersion with their respective class, but in the event that they cannot make it, they can attend with the next class session.

Each Practical Immersion is scheduled in association with a specific HAC, AHC or AP Weekend Intensive and is designed to provide optimal hands-on learning to complement current curriculum. Priority registration is initially limited to students from that Practical Immersion's respective HAC/AHC/AP session. After the priority registration deadline ends, students & alumni from previous HAC/AHC/AP sessions can register.

Current students intending to attend the Practical Immersion during their scheduled program must confirm their participation at least 90 days prior to the Practical Immersion start date. If a participant has confirmed their attendance and needs to cancel, cancellation must be made at least 15 days prior to the Practical Immersion start date. If cancellation is made less than 15 days prior to the start date and the student wishes to attend a later Practical Immersion date, a registration fee will be due.

To confirm participation, contact Student Support via the elearning platform.

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

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.

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:

- When the student is terminated for a violation of a published Academy policy which provides for termination; or,
- When a student, without notice, either fails to attend classes, view recordings or access content in the elearning for thirty (30) calendar days.

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 weekend classes and they will be dropped after the third weekend.

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; this includes one-time fees and payment plans.

Students have to maintain a passing grade of 70%.

For behavioral issues: At first incidence, warning will be given. At the second incidence, the student will be suspended for the entire weekend. A student will be readmitted after a 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.

For nonpayment issues: verbal and written warnings will be sent from Student Support Services. After 3 attempts and no response from the student, the student will be immediately suspended.

A Suspension is defined as when the student's learning account is deactivated and the student is withdrawn from their program.

Length of Time for Student Certifications

HAC Students are expected to complete the program prior to the last date, however they can take an additional 6 months to complete for a total of 12 months. **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. **AP** Students are expected to complete within 1 year, however they can take an additional 12 months to complete for a total of 2 years.

If you have not completed within this time frame you will be considered on sabbatical for a maximum of 6 months. 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 (888) 275-9103, ext. 20

*You may contact the school for extenuating circumstances.

Student Sabbatical (Leave of Absence)

If a student has circumstances that prevent them from continuing the program as originally planned, they may apply for a Sabbatical. The Sabbatical will be requested by the student to the Student Support Office at support@keralaayurveda.us. The office will then send a form for the student to complete and sign.

A one-time sabbatical will be allowed for the student with the provision that they will come back after a maximum of 1 year, or before. With permission from the school, the student will be allowed to resume attending classes in the next class at the level where the sabbatical was initiated.



During the Sabbatical, all access to future classes will be removed from the student's account; however, they will retain access to the modules they have completed in the elearning.

If the student is on a payment plan and wishes to suspend the plan for the duration of the sabbatical, they will have to pay a \$25/month administrative fee (non-refundable, not part of tuition); otherwise they can continue paying their payment plan per their schedule.

Resuming the Program (Re-engaging)

To resume the program, a student must notify the school (Student Support Services at support@keralaayurveda.us or +1 (888) 275-9103, ext. 20) of his or her intention to resume classes and be in good academic and financial standing. They will need to fill out a new Enrollment Form for the semester they are restarting. It is not necessary for a student to retake any previously completed classes if the course of study resumes within the 12 months from the beginning of the Sabbatical.

When an agreed-upon Sabbatical has expired, a student must return to the program or be automatically withdrawn. In the latter case, a student will need to apply for readmission to a new class at the tuition rate in effect at that time. This is also the case if a student chooses to withdraw rather than go on a Sabbatical. See "Refund Policy for Withdrawal" below for further information on withdrawals.

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.).”

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 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 Support.

STUDENT COMPLAINT PROCEDURE

If a student complaint should arise, they may contact Student Support, at +1 (888) 275-9103 x20 or at support@keralaayurveda.us. If the student's complaint is not resolved after speaking to Student Support, they may contact the Director of Kerala Ayurveda Academy, Vaidya 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 Website www.bppe.ca.gov.

State of Washington

If the student's complaint is not resolved after exhausting the institution's grievance procedure, the student may file a complaint with the Workforce Training and Education Coordinating Board, 128 Tenth Avenue S.W., P.O. Box 43105, Olympia, Washington 98504-3105, +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 Holistic Ayurvedic Coach 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 HAC 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. Application and official transcripts must be submitted for all transfer credit approval.

EXPERIENTIAL CREDIT

There is no credit granted for experiential learning.





FAQ

Frequently Asked Questions

How much does the program cost?

The tuition for each program is as follows:

Holistic Ayurvedic Coach (HAC): \$3,950

Ayurvedic Health Counselor (AHC): \$8,750

Ayurvedic Practitioner (AP): \$9,950 + the tuition for the Clinical Internship. See the Clinical Internship section for tuition rates.

Note: tuition does not include registration and management fees. See Tuition & Fees for each program for details.

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 fields including Yoga, Yoga Therapy, Massage Therapy, Chiropractic, Nursing, Naturopathy and Allopathic Medicine, etc.

I'm not a healthcare professional. Can I still earn a certificate and practice Ayurvedic medicine?

Yes! The minimum admissions requirement for our professional certifications is a high school diploma or equivalent.



For AHC and AP applicants only, a Basic Anatomy and Physiology credit is also required. If you have not taken Anatomy and Physiology, you can finish the requirement within six (6) months of your start date. Kerala Ayurveda also offers an Anatomy & Physiology course. Inquire with Student Services for more information.

Is it legal to practice Ayurveda in all fifty states?

A bill has been passed in eleven states (Arizona, California, Colorado, Idaho, Louisiana, Maine, Minnesota, Nevada, New Mexico, Oklahoma, Rhode Island) allowing the residents of those states to approach the non-licensed healing practitioners with informed consent.

Does each state regulate the practice of Ayurvedic sciences?

No.

Ayurvedic practitioners are not licensed in the United States, and its practice is not regulated by state or federal agencies. Standards of competency are set by individual schools that have received state approval. Ayurvedic practitioners in the United States are 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.

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

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

While none of the 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.

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

Yes, there is the National Ayurvedic Medical Association (NAMA). Many states have their own state associations such as the California Association of Ayurvedic Medicine (CAAM).

Is there an alumni association? Can I contact previous students?

Once enrolled in our programs, students are welcome to join our private Student and Alumni Facebook group for community discussion and networking.

Upon request, KAA can provide contact information of students for networking or informational purposes. Many of our students and alumni are happy to talk to prospective students and share their experiences.

KAA is soon to announce an online database for alumni services and information to assist community interaction and promote alumni practices to the public.

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 Life. 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 Coaches or Practitioners.

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.

What if I can't attend all programs to qualify for NAMA professional membership in person?

The AHC and AP programs contain specific training hours that must be attended in person in order to qualify for NAMA professional membership. You must attend 180 hours for AHC and 360 for AP. If you miss any of the Weekend Intensives and/or Practical Immersions in your program session, you may attend one of the next session's Immersions. Contact Student Support for more information. 📞

Are there monthly tests? I feel anxious about taking tests.

Please try not to feel anxious about the tests. The testing is conducted online in our elearning system at the student's pace. There are (5) attempts available for taking the test, and the highest score is recorded. The tests provide the student and the academy an opportunity to verify learning benchmarks are achieved for successful course progress.

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.

📞 **Due to the continuing pandemic, in-class attendance at Practical Immersions is no longer mandatory per the 7/1/21 notice from NAMA for programs which start prior to 12/31/21. Students may attend Practical Immersions in real time, live streaming to meet this requirement.**

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.

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.

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 campus 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.

What should I do for meals during class times?

For students attending on-site, complementary water and tea is available at our center. Classes are scheduled between 8:00am-6:00pm U.S. Pacific Time. A 1-hour lunch break is provided. Students may bring lunch and are welcome to eat in our classroom. A breakroom is available in the building with a refrigerator, sink and microwave. KAA can provide recommendations for local restaurants.

Do you offer further Ayurvedic Studies?

For professional certification: we offer a level III Ayurvedic Doctor (AD) certification, as well as a Panchakarma Technician (PKT) certification.

For continued education, we offer several short programs and workshops in Ayurvedic assessment, formulations, Sanskrit and more. You can learn more on our website:

keralaayurveda.us/courses/programs/continuing-education/

Where is your administrative office?

Kerala Ayurveda Academy & Wellness Center, 691 S Milpitas Blvd Ste 206 Milpitas, CA 95035. Contact Student Support at +1 (888) 275-9103 x20 or support@keralaayurveda.us.

If I have additional questions or concerns, who do I contact?

In case a student has any complaint, they may contact Student Support at +1 (888) 275-9103 x20 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 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." 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.

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."


If I enroll for AHC, will I get a HAC certificate?

Yes, since AHC covers all the curriculum of HAC within the AHC, you will be eligible to receive the HAC certification once all the requirements are completed.

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, Life Centers, manufacturing facilities, Ayurvedic academies, and the Ayurvedic resort AyurvedaGram. Kerala Ayurveda Academy's Board of Directors includes Ramesh Vangal and Vaidya Jayarajan Kodikannath, who is also the Academy Director.





*Akasasya yadha nantah surairapyavagamyate
Tasmat arogya danasya nanto vai vidyate kwacit*



The end of our ever-expanding space is unknown even to the divine
just as the worth of healing is limitless for humankind

Kerala Ayurveda Academy

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