

## SCHEDULE

### Certification Program Spring 2024 -25

April 9, 2024 - April 7, 2025 | Milpitas, CA and Online

#### In Person Location

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

#### Live Streamed Orientation

Tuesday, April 9, 2024 from 5:30-7:00 pm Pacific - Recorded

#### Weekend Intensives

Class is held Saturday and Sunday from 8:00am-6:00pm Pacific. Students may attend in-class or tune in via live streaming, and all classes are recorded for later viewing. A 1-hour lunch break begins at 12:30 pm each day.

Module	Subject	Dates
KAA 101	Essence of Ayurveda ( <i>Tarka Sankhya and Sharir</i> )	Apr 21-22, 2024
KAA 102	Ayurvedic Physiology ( <i>Dosha Dhatu Mala Vigyan</i> )	May 11- 12, 2024
KAA 103	Ayurvedic Psychology ( <i>Manasa Shastra</i> )	Jun 15-16, 2024
KAA 104	Ayurvedic Nutrition & Cooking ( <i>Ahara Vigyan</i> )	Jul 27-28, 2024
KAA 105	Ayurvedic Preventive Science ( <i>Swastha Vritta</i> )	Aug 17-18, 2024
KAA 106	Ayurveda and Yoga ( <i>Yoga Vigyan</i> )	Sep 28-29, 2024
KAA 107	Ayurvedic Herbology ( <i>Dravya Guna Karma Sastra</i> )	Oct 26-27, 2024
KAA 108	Introduction to Ayurvedic Bodywork ( <i>Panchakarma</i> )	Dec 14-15, 2024
KAA 109	Assessment of Dosha Imbalances ( <i>Roga Nidan</i> )	Jan 18-19, 2025
KAA 110	Management of Dosha Imbalances ( <i>Kayachikitsa</i> )	Feb 8-9, 2025
KAA 111	Clinical Management and Review	Mar 8-9, 2025

## 5-Day Practical Immersions

Practical Immersions coincide with Weekend Intensives and are held from 8:00am-6:00pm Pacific in person in Milpitas, CA, as well as live streamed and recorded for later viewing. A 1-hour lunch break begins at 12:30 pm each day.

### Practical Immersion 1

October 28-30, 2024 (coincides with KAA 107)

### Practical Immersion 2

March 10-12, 2025 (coincides with KAA 111)

## 1-Day Clinical Practicum

September 30, 2024, 8:00am - 6:00pm Pacific - this class is held in person, as well as live streamed and recorded for later viewing.

## Tuesday Virtual Classes

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

	Date	Topic
1	Apr 30, 2024	What Does it Mean to Be an Ayurvedic Student?
2	May 7, 2024	Vedic Sciences and their Interconnection
3	May 28, 2024	Doshas: Functional Intelligences within the Body
4	Jun 4, 2024	Body Constitution: It is Not simply Structural
5	Jun 11, 2024	Differentiation of Body Constitution from Expressions of Imbalances
6	Jun 25, 2024	The Three Bodies and Their Interrelationship
7	Jul 9, 2024	Mental Constitution and its Transformable Nature
8	Jul 23, 2024	Ahara: The Inputs in Life
9	Jul 30, 2024	Incorporating Ayurvedic Principles in Cooking for Your Family
10	Aug 13, 2024	Selection and Uses of Spices Based on Doshas
11	Aug 20, 2024	Nasya: Practical Approach and Use
12	Sep 3, 2024	Do's and Don'ts During Ayurvedic Coaching
13	Oct 8, 2024	Yoga Nidra and its Effects on Health
14	Oct 15, 2024	Dosha specific Pranayamas, Mudras, and Mantras
15	Oct 22, 2024	AHC Internship: Live Case 1

16	Nov 5, 2024	How Do Ayurvedic Herbs Heal? An Understanding of Ginger
17	Nov 19, 2024	Food Ingredients vs Healing Ingredients
18	Dec 10, 2024	Practical Applications of the Principles of Ayurvedic Bodywork
19	Jan 7, 2025	Rasayana: The Science of Rejuvenation
20	Jan 21, 2025	A Typical Online AHC Ayurvedic Assessment
21	Jan 28, 2025	Ayurvedic Assessment of Agni (Digestion & Metabolism)
22	Feb 4, 2025	Ayurvedic Assessment and Management of Ama
23	Feb 11, 2025	AHC Internship: Live Case 2
24	Feb 18, 2025	Guiding your Clients to follow Ayurveda in Sync with Circadian Rhythm
25	Feb 25, 2025	AHC Internship: Live Case 3
26	Mar 4, 2025	AHC Internship: Live Case 4
27	Mar 18, 2025	AHC Internship: Live Case 5
28	Apr 1, 2025	An Introduction to Vedic Astrology (Jyotisha)

## Mentoring Sessions

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

	Date	Time (PT)	Curriculum Covered
1	Apr 29, 2024	5:30-7:00 pm	HAC Assignments Review
2	May 20, 2024	5:30-7:00 pm	KAA 102
3	June 17, 2024	5:30-7:00 pm	KAA 103
4	Aug 5, 2024	5:30-6:30 pm	KAA 104
5	Aug 26, 2024	5:30-6:30 pm	KAA 105
6	Oct 14, 2024	5:30-7:00 pm	AHC Orientation/Assignments Review
7	Nov 4, 2024	5:30-6:30 pm	KAA 107
8	Dec 16, 2024	5:30-6:30 pm	KAA 108

9	Jan 27, 2025	5:30-7:00 pm	KAA 109
10	Feb 17, 2025	5:30-7:00 pm	KAA 110

## Monday Virtual Classes

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

	Date	Curriculum Covered
1	Nov 11, 2024	Legal and Insurance Aspects of Running Your Business
2	Dec 2, 2024	Marketing Your Business
3	Jan 6, 2025	Digital Marketing
4	Feb 24, 2025	Basic Accounting and Money Management
5	Mar 17, 2025	Best Business Practices
6	April 1, 2025	Ethics in Ayurveda

## 5-Day AHC Clinical Internships

AHC Internships are offered in week-long, 5-day segments Monday through Friday, from 8:00am-6:00pm Pacific Time. Each internship is 46 hours and will be held in Milpitas, CA.

**Feb 3-7, 2025 - Limited space - recommended registration deadline: Dec 1**

**Apr 7-11, 2025 - Limited space - recommended registration deadline: Feb 1**

**Jun 16-20, 2025 - Limited space - recommended registration deadline: Apr 1**

## Test & Completion Schedule

<b>Monthly Test</b>	Testing is available on the elearning system after each weekend intensive
<b>Completion</b>	After all requirements are fulfilled (see Graduation Requirements in catalog)
<b>Closing Ceremony</b>	Live streamed Monday, April 7, 2025 from 5:30-6:30 pm Pacific