

SCHEDULE

Certification Program Spring 2024 -25

April 9, 2024 - October 7, 2024 | 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

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

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

Test & Completion Schedule

Monthly Test	Testing is available on the elearning system after each weekend intensive
Completion	After all requirements are fulfilled (see Graduation Requirements in catalog)
Closing Ceremony	Live streamed October 7, 2024 from 5:30-6:30 pm Pacific

Holistic Ayurvedic Coach

