

## 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 20-21, 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	Live Case 1: Emphasis on Diet
10	Aug 13, 2024	Selection and Uses of Spices Based on Doshas
11	Aug 20, 2024	Live Case 2: Emphasis on Dinacharya
12	Sep 3, 2024	Live Case 3: Emphasis on 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	May 6, 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

<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 October 7, 2024 from 5:30-6:30 pm Pacific