



# HOLISTIC AYURVEDIC COACH (HAC)

FALL 2024 PROGRAM



PERIOD OF ENROLLMENT:  
JUNE 1, 2024 - FEBRUARY 1, 2025

## REGISTERED OFFICES

State of CA

Kerala Ayurveda Academy

691 S. Milpitas Blvd Suite 206

Milpitas, CA 95035

Toll Free: +1 (888) 275-9103

Fax: +1 (510) 257-4378

State of WA

910 207th Ave NE

Sammamish, WA 08074

Toll Free: +1 (888) 275-9103

India

The Health Village

Monastery Lane, Karimattathu

Aluva Munnar Road

Aluva, Kerala, India-683101

AyurvedaGram Heritage Wellness Center

Hemmandanahalli, Samethanahalli Post

Whitefield, Bangalore-560 067

Registration: [admissions@keralaayurveda.us](mailto:admissions@keralaayurveda.us)  
All Other Course Support: [support@keralaayurveda.us](mailto:support@keralaayurveda.us)  
Website: [www.keralaayurveda.us/courses](http://www.keralaayurveda.us/courses)

Date of Publication: 7/3/24

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*Kerala Ayurveda Academy, in the State of California, is a privately-owned institution that is approved to operate by the Bureau for Private Postsecondary Education under School Code# 72482254. 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](http://www.bppe.ca.gov). Phone: (916) 574-8900 or (888) 370-7589. Approval to operate means compliance with state standards as set forth in the California Private Postsecondary Education act of 2009. Kerala Ayurveda Academy, in the State of Washington, is licensed under Chapter 28C.10 RCW. Inquiries or complaints regarding this private vocational school may be made to the: Workforce Board, 128 10<sup>th</sup> Ave. SW, Box 43105, Olympia, Washington 98504. Web: [wtb.wa.gov](http://wtb.wa.gov), phone: +1 (360) 709-4600, e-mail address: [wtecb@wtb.wa.gov](mailto:wtecb@wtb.wa.gov).*





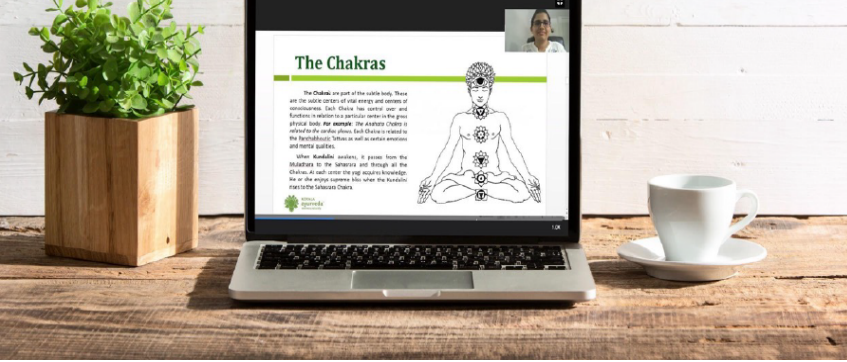
## Holistic Ayurvedic Coach (HAC)

### 300 Hour Training Program

The Holistic Ayurvedic Coach (HAC) training 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.**





## Classroom Location

Milpitas, CA

*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, and a library. 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.

## Online Learning

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

### 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







## Faculty

Vaidya. Jayarajan Kodikannath, BSc, BAMS

Vaidya. Kamy Pillai, BAMS, AWP

Vaidya. Princy Prasad, BAMS, MS (Ayu), PhD (Ayu)

Vaidya. Sheena Sooraj BAMS

## Guest Faculty

Vaidya. Vandana Barnawal, BSc, BAMS, MD (Masters in Ayurveda)

Anuradha Gupta, Certified Ayurvedic Doctor, Engineer, MBA, 200 HYT

Vaidya. Rucha Kelkar, BAMS, PT, DPT

Alka Mulakalari, CAP, LMT, AD (NAMA)

Neha Pitla, BAMS, MD (Ayu)

Vaidya. Nimin Sreedhar, BAMS

Maryna Stasiuk AHC, AP, AD, Engineer

Vaidya. Ram Tamang, BAMS

Revathi Veeraraghavan, AWP





## Learning Materials & Resources

**Course Manuals:** digital manuals are provided for each Weekend Intensive module. Print manuals are available for an additional cost.

**Elearning:** learn anytime, anywhere, at your own convenience on your own computer. Our HAC training 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.

**On-Site Reference Library:** We offer an onsite reference library in the main classroom for students to use while they are at the Academy either during breaks or when they are on campus outside of classroom hours.

## Prerequisite

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

## Student Mentors

Students have access to an experienced Ayurvedic Practitioner (AP) 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.







## Weekend Intensives

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

- Begin your 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, 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 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 which 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-person 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 | Ayurveda and Yoga (Yoga Vigyan) and Clinical Practice (3 days)

Ayurveda and 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

## 1-Day Clinical Practicum

This small group practical provides the opportunity to practice clinical techniques with supervised guidance, honing coaching skills utilizing all the tools learned thus far.

## Tuesday Virtual Classes

Virtual Classes covers topics in alignment with the upcoming or recent Weekend Intensive. These sessions offer students opportunities to explore topics raised in the Weekend Intensives in more depth, such as *Doshas* (one of the core principles of Ayurveda), *Ahara* (the inputs of life) and *Dinacharya* (daily and nightly rituals), and watch our experienced faculty perform intakes with live clients.

## Group Mentoring Sessions

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.

## Online Recorded Lectures

Online Recorded Lectures are included in each monthly module, covering topics in alignment with the Weekend Intensives to reinforce key concepts. Students may watch recorded lectures at their own pace throughout the month. Each individual lecture is equivalent to approximately 1-2 hours in length.

## 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 can 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 Assessments

Each student will conduct in person one-on-one Ayurvedic Constitution Assessments 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.

## Pretests & Tests

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

## Schedule and Hours

For detailed class dates see the online schedule: [keralaayurveda.us/courses/schedules](https://keralaayurveda.us/courses/schedules)

### Fall 2024 start and completion

- **Start Date:** Orientation – Tuesday, October 15, 2024, 5:30–7:00pm Pacific.
- **End Date:** Closing Ceremony – April 1, 2025, 5:30–6:30pm Pacific.





## General Class Schedule

### Student Orientation

*Tuesday, October 15 5:30pm-7:00pm US Pacific Time*

### 6 Weekend Intensives

*Saturday-Sundays 8:00am-6:00pm US Pacific Time*

Offered once per month for eleven consecutive months, both in person and live streamed. They are recorded for later viewing.

### 1-Day Clinical Practicum – live streamed

*Monday 8:00am-6:00pm US Pacific Time*

### 12 Tuesday Virtual Classroom Sessions

*Tuesdays, 5:30-7:30pm US Pacific Time*

Live streamed and recorded for later viewing.

### 5 Group Mentoring Sessions

*Mondays, 5:30-6:30pm or 5:30-7:00pm US Pacific Time*

Live streamed and recorded for all students.

### Self-paced

Ayurvedic Constitution Assessments  
Clinical Consultations  
Recorded Lectures

### Closing Ceremony

*Tuesday, April 1, 2025, 5:30-6:30pm US Pacific Time*

## Grading

- **Grading** – is based on a cumulative pass/fail mark from the following course components:
- **Assignments** –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 three 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).
- All tests, assignments and elearning course material are complete with a passing grade.

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





## Tuition and Fees

### Program Tuition

Registration Fee	\$100
Tuition	\$3,850
TOTAL	\$3,950

Multiple payment plans are available.

For more information see the **Payment Plans** section.

## Books & Materials

Digital copies of our course manuals are included in tuition. Print manuals are available at an additional cost of \$150.

## Application

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



## Payment Plans

### Tuition

Registration Fee	\$100
Tuition	\$3,850

Payment Plan	Tuition Payment	Payments	Registration Fee	TOTAL
Pay in full	\$3,750	1	\$100	\$3,850
Split payments	\$1,925	2	\$100	\$3,950
Monthly	\$667	6	\$100	\$4,102

#### TOTAL CHARGES FOR THE CURRENT PERIOD OF ATTENDANCE:

For the period of October 15, 2024 – April 1, 2025, is:

Pay in Full \$3850; Split Payment \$3,950; Monthly Payments \$4,102.

Estimated Total Charges for the entire Educational Program: \$3,850

The total charges the student is obligated to pay on Enrollment for the period of Oct 15, 2024 – April 1, 2025, is: Pay in Full \$3850; Split Payment \$2,025; Monthly Payments \$767

#### Please Note

- Kerala Ayurveda Academy does not offer state or federal financial aid, educational loans, tuition scholarships or discounts to students currently. First tuition payment, registration fee and books and material fee are due upon enrollment. Refunds are program specific. See HAC Refund Policy for more information.
- Kerala Ayurveda Academy has a limited number of merit and financial need-based scholarships. Please contact Admissions at [admissions@keralaayurveda.us](mailto:admissions@keralaayurveda.us) for more information.
- There is a management fee for the monthly payment plan listed above.

\*STRF is \$0 per \$1,000 for all payment plans and is non-refundable. STRF is for California Students only.



# 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. 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 session, or the seventh day after enrollment, whichever is later. There will be no refund if the student decides to withdraw after 60% of the classes (attendance of the 7<sup>th</sup> class) or online modules (accessed 7<sup>th</sup> online module).

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

A written notice from the students about the cancellation will be required. 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 27, 2024**

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

Step 2 Remainder is tuition refund due

**Example:** Student paid \$3850 at the time of enrollment

Step 1 \$3,950- \$100 \$3,850.00

**Total refund will be \$3,850.00**

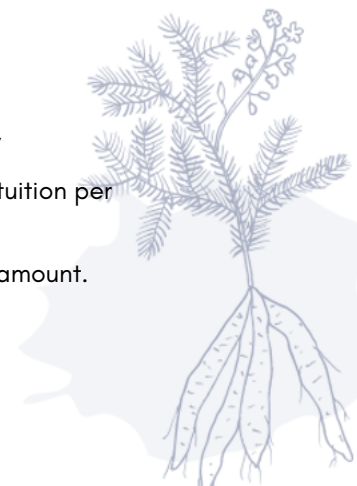
#### **Refund calculation seven days after enrollment or after October 27, 2024**

Step 1 Deduct \$100 (registration) from the total tuition paid

Step 2 Divide the total tuition paid by 6 (number of modules) = 'tuition per module'

Step 3 Multiply number of classes attended or modules accessed in elearning by 'tuition per module'

Step 4 Subtract the amount in step 3 from the amount in step 1. This is the refund amount.





**Example:** if the student decides to withdraw after completing 3 in person intensives or live streaming and if they have paid the full tuition, the refund will be as follows:

Step 1	\$3,950 - \$100	\$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**

## 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 if 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 1st class or accessed 1st online module)	10%
More than one week or 10% whichever is less but less than 25% (attended 2nd class or accessed 2nd online module)	25%
25% through 50% (attended 3rd class or accessed the 3rd online module)	50%
More than 50% (no refund issued after attending 4th class or accessing 5th or 6th online module)	100%



The school may keep this percentage of the tuition cost:

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 person 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	\$3,950 - \$100	\$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

## Additional Fees

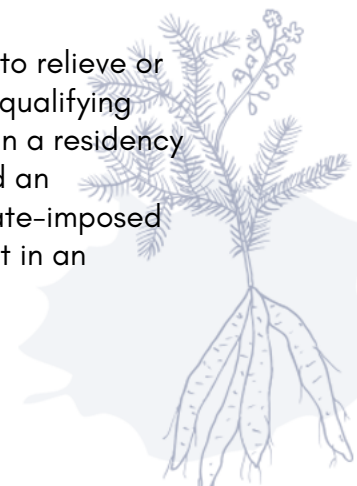
The following is a list of additional fees for all plans:

- 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
- Manual Fee: optional (see program payment plan section)
- Student Tuition Recovery Fund fee CALIFORNIA STUDENTS ONLY (nonrefundable): \$0 per every \$1,000

## Student Tuition Recovery Fund (STRF)

### Fee (non-refundable) – State of California

"The State of California established the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic loss suffered by a student in an educational program at a qualifying institution, who is or was a California resident while enrolled, or was enrolled in a residency program, if the student enrolled in the institution, prepaid tuition, and suffered an economic loss. Unless relieved of the obligation to do so, you must pay the state-imposed assessment for the STRF, or it must be paid on your behalf, if you are a student in an



educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition.

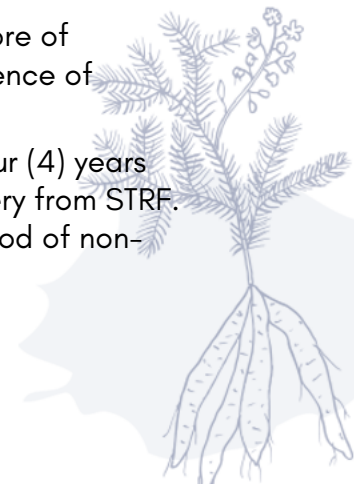
You are not eligible for protection from the STRF, and you are not required to pay the STRF assessment, if you are not a California resident, or are not enrolled in a residency program."

"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, Phone:(916) 574-8900 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 because 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 more than 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.

## Diversity & Religious Accommodation

Kerala Ayurveda Academy encourages diversity and accepts applications from all minorities. Kerala Ayurveda Academy does not discriminate based on 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 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.

Kerala Ayurveda Academy will make good faith efforts to provide reasonable religious accommodations to students who have genuinely held religious practices or beliefs that conflict with a scheduled program requirement. Students requesting a religious accommodation should make the request, in writing, directly to Student Support ([support@keralaayurveda.us](mailto:support@keralaayurveda.us)) with as much advance notice as possible. Absence from class does not excuse students from keeping up with any information shared or expectations set during the missed class. Students are responsible for reviewing the class recording and obtaining information provided during any class missed. The student shall work with their assigned Student Mentor to determine a schedule for making up missed work.

Examples of religious accommodations made by KAA may include rescheduling of an exam or giving a make-up exam for the student in question; altering the time of a student's presentation; allowing extra-credit assignments to substitute for missed class work or arranging for an increased flexibility in assignment due dates; and releasing a graduate assistant from teaching or research responsibilities on a given day.

## Special Accommodations

Kerala Ayurveda Academy is required to provide necessary accommodations to provide students with disabilities an equal opportunity for participation in the program. Requests For Reasonable Accommodation ASNT is committed to providing qualified students with disabilities an equal opportunity to access the benefits, rights and privileges of school



services, programs, and activities in compliance with the American with Disabilities Act and Section 504 of the Rehabilitation Act of 1973. Students who believe they need accommodations should contact Student Support at +1 (888) 275-9103 x20 or [support@keralaayurveda.us](mailto:support@keralaayurveda.us). Students with a documented disability must provide a current (within three years) document stating the disability and requested accommodations. This must be done prior to the start of the program. If you should develop a disability, condition, or illness while in school, KAA will work with you to accomplish your goal of completing your program.

## Attendance Policy

Kerala Ayurveda Academy accepts a limited number of students for in person attendance in the live class at 691 S. Milpitas Ave #206, Milpitas, CA. Student attendance is limited to 45 individuals. The instructor to student ratio is 1:45.

## Make-up and Retake Policy

If a student is absent from an in person 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-person session, they may do so for a fee of \$50 per day. To plan for all make-up or retake sessions, please contact Student Support at [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

## Length of Time for Program:

HAC Students are expected to complete within 6 months; however, they can avail a 1-month extension to complete their program with mentor assistance. If they do not complete within this time frame, they will be considered dropped from the program.

## 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 one-time Sabbatical. The Sabbatical will be requested by the student to the Student Support Office at [support@keralaayurveda.us](mailto:support@keralaayurveda.us). The office will then send a form for the student to complete and sign. There is a \$50 fee to go on Sabbatical.

If a student has completed their full tuition payment or wants to take sabbatical and is paid up to date, they may take a sabbatical up to 6 months and then re-enroll in the next program, transferring their payment credit and attendance to the new class co-hort. (Note: During the sabbatical there is no access to their course materials or their mentor).

If a student does not return from their 6-month sabbatical, they will be dropped from the program. If they wish to return after being dropped, they will need to re-enroll in the program as a new student and complete their payment prior to the class start date.



**Procedure:** Students must contact Student Support Services for a Sabbatical Request form and pay a \$50 fee. Once the form has been submitted and approved, the student has up to 6 months from that date for their sabbatical.

## Termination And Dismissal 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.
- A student will be assessed for dismissal from the institution if the student has not attended any class for the first quarter of their program. They will be notified by email in their elearning system, and they will be contacted by a phone call followed up with an email, and subsequently dismissed after this attempt with no response.
- For a student who is on authorized Sabbatical, the withdrawal date is the date the student was scheduled to return from Leave and failed to do so.
- **For nonpayment issues:** verbal and written warnings will be sent from Student Support Services. After a minimum of 3 attempts within 3 months and no response from the student, the student will be immediately dismissed.

## Suspension Policy

There are disciplinary guidelines to provide an environment to learn and grow independently, which give students rights and responsibilities.

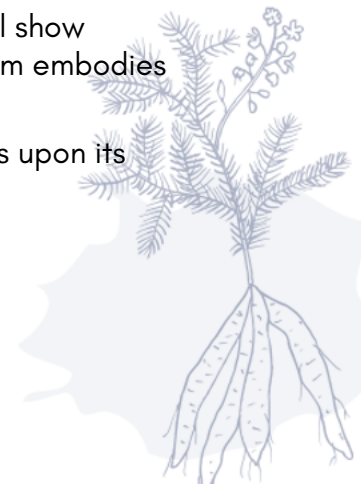
- Any behavior disruptive to other students or the smooth running of the class will not be allowed.
- Students will have to pay the tuition on time; this includes one-time fees and payment plans.
- Students must maintain a passing grade of 70%.

For behavioral issues: At first incidence, warning will be given. At the second incident, 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 (terminated) from the program. When the conduct of the student threatens the other student's safety, KAA reserves the right to dismiss a student immediately.

## 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.

## 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 act 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 (11USC. Sec. 1101 et seq.).”

Scholarships: Kerala Ayurveda Academy has a limited number of merit and financial need-based scholarships. Please contact Admissions at [admissions@keralaayurveda.us](mailto:admissions@keralaayurveda.us) for more information.

## 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, except for 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 for the attention of Student Support.

## Student Complaint (Grievance) Procedure

Students have the right to submit grievances to resolve disputes concerning issues considered by a student policy. This process is important for ensuring fairness and accountability within educational institutions, as it gives students a mechanism to address concerns and seek resolution when they feel their rights or privileges have been adversely affected. By establishing clear procedures for handling grievances, schools can promote transparency and uphold standards of justice within their community. Here is a breakdown of the steps:

### Step One: Attempt to Resolve the Grievance through an Informal Grievance Process

**Informal Resolution:** This step encourages students to address their concerns directly with the faculty, staff, or administrator involved. If this doesn't lead to a satisfactory resolution, they can escalate the issue to the lead or Student Support.

### Step Two: Submit a Formal Grievance

**Formal Grievance:** If the informal process does not help to resolve the issue, the student can submit a formal grievance. This must be done in writing, within a specified timeframe mentioned below, and must outline the steps taken during the informal process, the alleged policy violation, the person(s) involved, and the requested resolution.

The formal grievance must:

Be submitted in writing within thirty calendar days of the decision, action, or events giving rise to the grievance.

Describe the steps taken to remedy the situation through the informal grievance process.

State how the decision or action is unfair and harmful to the grievant and list the policy that has been violated, if known;

Name the person(s) against whom the grievance is filed;

State the requested resolution.

### Step Three: Investigation and Resolution

**Investigation and Resolution:** The designated authority will investigate the grievance and communicate the outcome to the student within a specified timeframe. This step ensures transparency and accountability in resolving the grievance.



## Final Appeal of Student Grievance

Final Appeal: If the student is not satisfied with the resolution provided, they have the option to file a final appeal within 14 days. During this period, any claims or disciplinary actions are placed on hold until the issue has reached resolution and is implemented. The designee will review the appeal and communicate the final decision within a specified timeframe; this decision is considered final. This process ensures a fair and timely resolution to the grievance.

## 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 for any KAA 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 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 KAA 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.





## FAQs

### How much does the program cost?

Holistic Ayurvedic Coach (HAC): \$3950

### 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 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 Ayurvedic Trainings is a high school diploma or equivalent.

### 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 status in the US 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 spring 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 profession. Please contact your local state representative for more information about regulations in your area.

### 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.

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

- Yes, Ayurveda is currently practiced all over the United States.
- While none of the US 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.

- The AAC 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 has 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 our graduates can 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, Counselors 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.

### **Are there tests? I feel anxious about taking tests.**

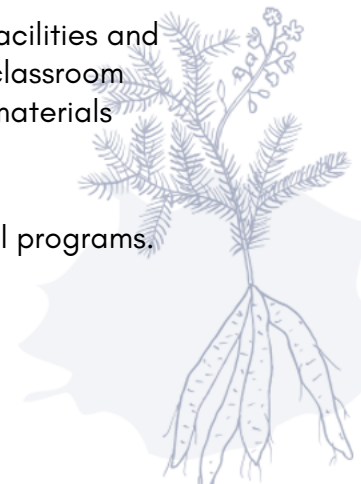
Please try not to feel anxious about the tests. Monthly testing is conducted online in our elearning system at the student's pace. There are (5) attempts available for taking the test, and the highest score is recorded. The tests provide the student and the academy an opportunity to verify learning benchmarks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

### **What materials do I need to bring to class and what should I expect in the classroom?**

Please bring a notebook and writing implement. KAA will provide classroom facilities and digital course manuals. The classes are taught in a traditional, clean, well-lit classroom with tables and chairs for your comfort. There is no additional equipment or materials needed for class.

### **Are there books for the class and what do they cost?**

- Digital copies of our course manuals are included in the tuition for all programs.



- Print manuals are available at an additional cost. See individual Program Tuition and Fees for more information.

### **When can I visit the school? Do you have open houses or visitor events?**

We allow our prospective students to sit in with the current class, so that they get a feel for 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.

### **Placement Services**

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 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. \$100-\$175. 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 US Pacific Time. A 1.5-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.

### **What are the US Department of Labor's Standard Occupational Classification Codes?**

The US Department of Labor's Standard Occupational Classification Code is 31-9099 Healthcare Support Workers, Holistic Ayurvedic Coach

### **Do you offer further Ayurvedic Studies?**

We also offer Ayurvedic Health Counselor, Ayurvedic Practitioner and Level III Ayurvedic Clinical Specialist (formerly known as AD) training.

For continued education, we offer several short programs and workshops in Ayurvedic assessment, formulations, marma and more. You can learn more on our website: [keralaayurveda.us/courses/programs/continuing-education/](http://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](mailto:support@keralaayurveda.us).



### **Do you have any financial assistance?**

Kerala Ayurveda Academy has a limited number of merit and financial need-based scholarships. Please contact Admissions at [admissions@keralaayurveda.us](mailto:admissions@keralaayurveda.us) for more information.

### **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](mailto: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](http://www.bppe.ca.gov). Phone: (916) 574-8900 or (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](http://wtb.wa.gov), phone: +1 (360) 709-4600, e-mail address: [wtecb@wtb.wa.gov](mailto: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."

### **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.



Period of Enrollment: May 1, 2024 - February 1, 2025

[www.keralaayurveda.us/courses](http://www.keralaayurveda.us/courses)

