



COURSE CATALOG

Ayurvedic Health Counselor (AHC)

Ayurvedic Practitioner (AP)

Spring 2025 Programs

v1.2

Period of Enrollment: November 22, 2025 – November 10, 2026

REGISTERED OFFICES

United States

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

State of Kerala

The Health Village
Monastery Lane, Karimattathu
Aluva Munnar Road
Aluva, Kerala, India-683101

State of Karnataka

AyurvedaGram Heritage Wellness Center
Hemmandanahalli, Samethanahalli Post
Whitefield, Bangalore-560 067



Registration: admissions@keralaayurveda.us

All Other Course Support: support@keralaayurveda.us

Website: www.keralaayurveda.us/courses

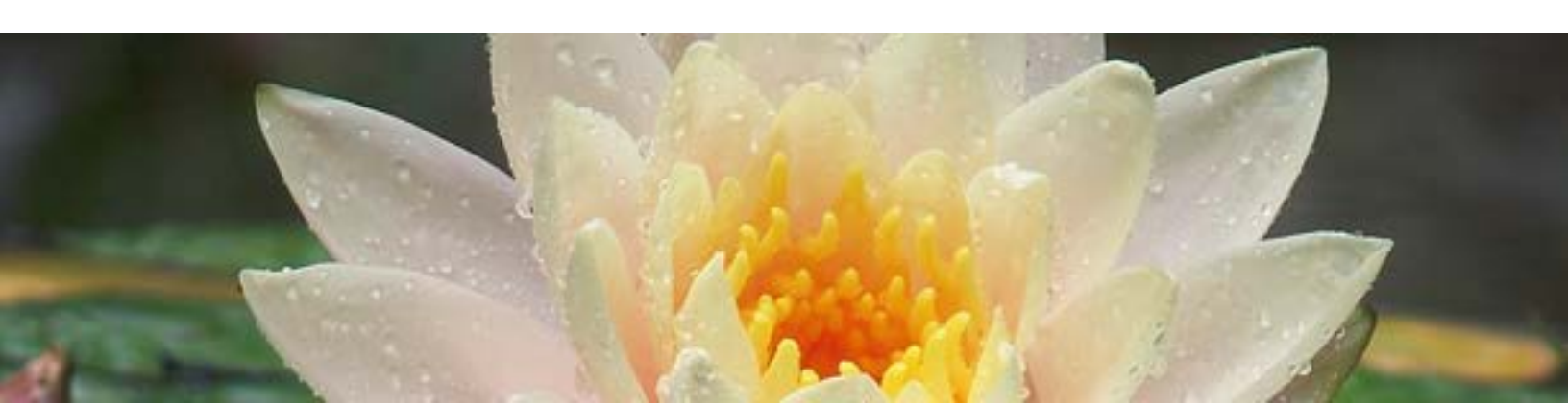
Date of Publication: 12/17/24

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. Telephone and Fax #'s: (888) 370-7589 or by fax: (916) 263-1897. (916) 574-8900 or by fax: (916) 263-1897

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 10th Ave. SW, Box 43105, Olympia, Washington 98504. Web: wtb.wa.gov, phone: +1 (360) 709-4600, e-mail address: wtecb@wtb.wa.gov.

While Kerala Ayurveda Academy is not accredited with the US Department of Education, we are currently undergoing accreditation with the Ayurvedic Accreditation Commission (AAC), which is undergoing the process of recognition with the US Department of Education.





Contents

WELCOME TO KAA	3	ACADEMY POLICIES	53
Ayurveda: The Science of Life	4	Diversity & Religious Accommodation	53
Professional Possibilities with Ayurveda	5	Special Accommodations	54
Why Choose Kerala Ayurveda Academy?	6	Attendance Policy	54
		Make-up and Retake Policy	54
CLASSROOM LOCATION	7	Length of Time for Student Trainings	55
		Student Sabbatical (Leave of Absence)	55
THE AYURVEDIC STUDY JOURNEY	8	Termination Policy	56
AAC and Professional Membership	9	Suspension and Dismissal Policy	56
		Conduct	57
FACULTY	10	Financial Aid	57
		English as a Second Language & Foreign Students	59
TRAINING PROGRAMS		Record Retention	58
Ayurvedic Health Counselor (AHC)	14	Grievance policy and procedures	58
Program Overview	15	Transferring of Credits & Credentials	60
Prerequisites, General Format	17	Experiential Credit	60
Curriculum	17	FAQ	61
Schedule and Hours	23		
Grading and Graduation Requirements	24		
Tuition	25		
Application	25		
Ayurvedic Practitioner (AP)	26		
Program Overview	27		
Prerequisites, General Format	28		
Curriculum	28		
Schedule and Hours	33		
AP Clinical internship	34		
Grading and Graduation Requirements	36		
Tuition	37		
Application	37		
PAYMENT PLANS & REFUND POLICIES	38		
Ayurvedic Health Counselor (AHC)	40		
Ayurvedic Practitioner (AP)	48		
Additional Fees	50		
Student Tuition Recovery Fund – CA, WA	51		





Welcome to Kerala Ayurveda Academy

OUR MISSION: At Kerala Ayurveda USA, our mission is to bring awareness to the consciousness-based practice of Ayurveda. By blending ancient wisdom with modern expertise, we aim to establish ourselves as a premier authority in traditional Ayurvedic education, the creation of safe and effective herbal products, and holistic community health. Our goal is to become a trusted companion for natural wellness seekers as they awaken the healer within to attain optimal health and well-being.

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 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 healthcare.



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 healers 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 US to provide authentic Ayurvedic programs throughout the country. We currently offer in-person training in the state of California plus online learning for students across the globe.

Ayurveda and Yoga are 5,000-year-old sister sciences and belong to the world's oldest known, most well-documented healthcare 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 to preserve 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 access the infinite power of the subtle energetic fields. The World Health Organization recognizes Ayurveda as a complete natural healthcare system.

Now is the perfect time for Ayurvedic graduates to embark on a professional journey. They have a unique opportunity today to lead successful lives by assisting family, friends and clients in creating healthier bodies, minds and communities, lowering healthcare costs and supporting our entire planet.



PROFESSIONAL POSSIBILITIES WITH AYURVEDA*

- **All Graduates** can start a wellness business or align with other wellness professionals to create an integrative practice.
- **Licensed Healthcare Practitioners and Healers** from all backgrounds can apply their Ayurvedic knowledge to enhance their current practice.
- **Massage Therapists and 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, publish articles, or create blog content.
- **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 US as well as programs in Kerala Ayurveda Academic Facilities in Cochin and Bangalore, India.

*These possibilities vary according to the level of education in Ayurveda.

Why Choose Kerala Ayurveda Academy?

AUTHENTICITY	We offer the highest level of Ayurvedic education outside of India based on the root Vedic texts. Our faculty and advisors include several of the world's leading Ayurvedic experts.
FLEXIBILITY	Programs include weekend and evening sessions, online learning, live streamed and in person 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 that 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 Ayurvedic Accreditation Commission (AAC), including the option to study at our sister sites in India.
- 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 Katra 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.





CLASSROOM 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, and a library. Amenities include free Wi-Fi 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 PERSON & 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 Talent LMS.



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 [Counselor program] (online) has been the best decision ever. -Nadja





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, and in a progressive format so you can upskill at an achievable pace. This catalog includes detailed information on the first two levels of Professional Ayurvedic Training: **Ayurvedic Health Counselor (AHC)** and **Ayurvedic Practitioner (AP)**. If you would like more information on any other of our Ayurvedic programs, please visit our website at www.keralaayurveda.us.

TRAINING LEVELS, AAC, NAMA AND PROFESSIONAL MEMBERSHIP

Our programs build upon one another for cumulative learning so you can achieve the highest level of Ayurvedic education available in the US.

■ LEVEL I - Ayurvedic Health Counselor (AHC)

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

The level I Ayurvedic Health Counselor program focuses on the fundamental principles of Ayurveda, Ayurvedic physiology and psychology, nutrition, Yoga, lifestyle and seasonal protocols for self-improvement or career enhancement, Ayurvedic herbology, an introduction to Panchakarma detoxification, as well as disease pathology and management. Upon graduation an AHC can determine and analyze body constitution, conduct Ayurvedic lifestyle consultations, and offer guidance on daily routines, Ayurvedic therapies and home remedies.

■ 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 the key clinical concepts are explored more deeply. Students learn the etiological factors contributing to the nature and structure of disease as well as management techniques.



Ayurvedic Accreditation Commission

Our Academy aligns with the Ayurvedic Accreditation Commission (AAC), the largest Ayurvedic organization in the US, to provide industry standards. We also encourage students to join the National Ayurvedic Medical Association (NAMA) to help support these goals as Ayurveda is not currently licensed as a medical practice in the US, and one of AAC and NAMA's goals is to make licensure possible.

NAMA membership by students and professionals is all optional. KAA opts into this alignment as we believe that standardization of the profession and licensure offers benefits to professionals as well as clients, making Ayurveda more accessible.

We are associated with AAC in the following ways:

1. As Recognized School
2. AHC, AP and ACS/AD(AAP) are AAC-recognized which means that graduates of these programs qualify to sit for the National Ayurvedic Medical Association Certification Board ([NAMACB](#)) certification exams.
3. Please note, only the AHC, AP and ACS/AD(AAP) courses are eligible for AAC Accreditation.



We are associated with NAMA in the following ways:

1. As an Organizational Member
2. As a PACE (Professional Ayurvedic Continuing Education) sponsor.
3. We sponsor NAMA's annual conference and attend as an exhibitor.

We encourage our students and faculty to explore what NAMA offers. Students can join NAMA at the Student Membership level at no cost.





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.

Kerala Ayurveda Academy is passionate about your success and increasing knowledge. The staff and instructors truly care about you as a person and future practitioner. Their community minded approach makes the student experience unique and vital. –Heather

As I complete my [Counselor] program, I realize how much my life has been impacted by the authentic, sincere, and expert guidance of the Vaidya-ji's, mentors, and support staff. I am confidently and eagerly looking forward to continuing my Āyurvedic journey at Kerala Ayurveda Academy. –Debmalya

[Vaidya. 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

I appreciate the way Dr. Kamyia teaches... she usually comes up with a little exercise at the end to apply the knowledge that we are learning. It helps with the understanding of how we will apply what we're learning in real life. –Bernadette M.

I just love that in such a short time, I have much more understanding of content in the classes [Dr. Sheena] teaches. –Anonymous

I am a proud graduate.... I can truly say that the timeless science of Ayurveda along with the brilliant panel of teachers at KAA, have influenced me greatly. –Karen

I'd like to express my high regard for the Academy. Their course curriculum is authentic, classical Ayurveda, taught by instructors with competence in passing on their deep wisdom and understanding of Ayurveda. –Renee



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 US.

MAIN FACULTY



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) from Kerala Ayurveda Academy at the AP and serves the program as a mentor for students.



Vaidya Princy Prasad

BAMS, MS (Ayu), PhD (Ayu)

Vaidya Princy Prasad has a special focus on Orthopedic management, Para-surgical procedures and diverse health conditions. She has a degree in Ayurvedic Medicine and Surgery and master's degree in surgery (Ayu) from Kerala University of Health Sciences. Her research studies in Gujarat Ayurveda University, Jamnagar led her to a Doctor of Philosophy (Ayu). She authored articles in Ayurveda for reputable Ayurvedic journals and is the subject editor of International Journal for AYUSH case reports.



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 US 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.



GUEST FACULTY



Anuradha Gupta

Ayurvedic Doctor, Engineer, MBA, 200 HYT

Anuradha Gupta is a graduate of the Ayurvedic Doctor program, AP Mentor and Content Specialist at KAA. Her great grandmother was an Ayurvedic Vaidya which encouraged her to pursue Ayurveda. She received her Master of Management Studies degree (an integrated degree in Engineering and Management) from Birla Institute of Technology and Sciences, Pilani, India. She then completed her Master's in Business Administration (MBA) from the Indian Institute of Foreign Trade (IIFT), New Delhi, India. Anuradha is a voracious writer who has written many articles on Ayurveda for Art of Living and Kerala Ayurveda, and a book on Ayurveda. Anuradha owns her practice, Ayurvedic Footprints and is a volunteer with Project Welcome Home Troops, Art of Living, IAHV, NAMA, WWF and PFLAG



Alka Mulakaluri

CAP, LMT, AD (NAMA)

Alka 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 LMT. She specializes in Panchakarma techniques and Ayurvedic detox programs, combining the knowledge of western massage techniques and traditional Ayurvedic preventive measures.



Vaidya Neha Pitla

BAMS, MD (Ayu)

Vaidya Neha Pitla graduated with a Bachelor of Ayurvedic Medicine and Surgery (BAMS) from R.A. Podar Ayurved Medical College and Hospital in Mumbai, Maharashtra; a Master of Ayurvedic Medicine in Rachana Sharir (Human Anatomy) from Government Ayurvedic College and Hospital in Nanded, Maharashtra; and a Diploma in Yoga Teacher from Yashwantrao Chavan Maharashtra Open University. She earned a Certification and Diploma in Garbh Sanskar (Antenatal Program) from the National Institute of Ayurveda in Jaipur, Rajasthan, India. Her goal is to use an Ayurvedic lifestyle to improve pediatric health from the beginning of a child's life to that of a healthy adult. She has worked as an assistant professor and as a resident physician.





Maryna Stasiuk

AHC, AP, AD, Engineer

Maryna completed her engineering studies at KYIV Polytechnic Institute and the Ayurvedic Doctor program at Kerala Ayurveda Academy. She holds a certification as a skilled Yoga Counselor from the American Institute of Vedic Studies. Sharing her expertise as a faculty member and mentor, Maryna guides numerous students at Kerala Ayurveda Academy. She also owns Ayurvedic Way Wellness Center in Sammamish, WA, where she offers Ayurvedic consultations and Panchakarma cleansing. Maryna is community-focused, and actively contributes to her local community.



Revathi Veeraraghavan

AWP

Revathi Veeraraghavan 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 holds a master's degree in mass communications and a Bachelors in Electronics Engineering.



Vaidya Nimin Sreedhar

BAMS

Vaidya Nimin Sreedhar Ayurveda doctor by profession, and he is dedicating his career to contribute towards projects that would make Ayurvedic learning, practice and healing even more efficient and effective. Through his flagship project, the Dravya App, he is constantly searching for innovative solutions to some of the most nagging problems in the Ayurveda sector.



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 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.





Ayurvedic Health Counselor (AHC)

600 HOUR TRAINING PROGRAM

The Ayurvedic Health Counselor (AHC) training 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

SCOPE OF PRACTICE

With this certificate, students can 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 basic oil therapies
- Offer cooking classes using Ayurvedic recipes along with techniques and tips to create Ayurvedically balanced meals
- Suggest common herbs and spices

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

PREREQUISITES

- Students must submit a high school diploma or equivalent prior to enrollment.
- It's essential for Ayurvedic students in professional programs to have adequate knowledge of Anatomy and Physiology (A&P). As a condition of graduation from the AHC program, the equivalent of four (4) college-level A&P credits (60 hours) is required. (A&P credit completion is not required prior to enrollment, it may be taken as a corequisite alongside the AHC program). KAA offers an online partner A&P course, or you can provide documentation of A&P credit completion from an approved institution. Please visit our website to learn more about our partner course or to submit your documentation.



GENERAL FORMAT

1 Year – 600 Total Hours

- 11 Weekend Intensives – in person or live streamed*
- 1-Day Clinical Practicum – in person and live streamed*
- 28 Tuesday Virtual Classes – live streamed*
- 6 Monday Virtual Classes – live streamed*
- 10 Group Mentoring Sessions – live streamed*
- Online Recorded Lectures – elearning*
- Assignments – elearning*
- One 5-Day AHC Practical – In person (required)

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

Curriculum

The Ayurvedic Health Counselor training program covers both theoretical and practical training, including a blend of online learning, in person hands-on training experience, clinical encounters and assignments. Live classroom sessions and the hands-on practicum are supplemented by online recorded lectures.

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 AHC 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 Academy classroom for students to use during classroom breaks, before and after class. Students may use the library outside classroom hours during Academy office business hours with the permission of the Academy Administration.

MENTOR PROGRAM

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.

RECOMMENDED READING

Students receive detailed digital course manuals, material and handouts for each class. The following list of books is not mandatory but recommended for additional reading.



Author	Title
Frawley, David	Yoga and Ayurveda; Ayurveda and the Mind; The Yoga of Herbs
Lad, Dr. Vasant	Textbook of Ayurveda (Two volumes)
Lele, Dr. Avinash	Secrets of Marma; Panchakarma and Ayurvedic Massage
Ranade, Dr. Subhash	Health and Disease in Ayurveda and Yoga; Natural Healing through Ayurveda
Svoboda, Dr. Robert	Prakriti: Your Ayurvedic Constitution
Yarema, Dr. Thomas	Eat-Taste-Heal: An Ayurvedic Cookbook for Modern Living
Prof. K.R. Srikantha Murthy	Vagbhata's Astanga Hridayam
Khirsagar, Dr. Manisha	Ayurveda: A Quick Reference Handbook
Kodikannath, Jayarajan and Gregory, Alyson Young	The Parent's Complete Guide to Ayurveda

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, Marmas

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 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-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*)

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



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 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 | Assessment of Dosha Imbalances (Roga Nidan)

Assessment of Dosha Imbalances will describe how diseases form and progress, how an individual can spring from health to imbalances. 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, Dhātu, 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 | Management of Dosha Imbalances (Kaya Chikitsa)

Management of Dosha Imbalances will describe how to address various imbalances and how to prevent their progression. This course will introduce the unique etiopathogenesis that Ayurveda uses to explain energies and structures (*Dosha, Dhātu, 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 clinical practice and how the science of Ayurveda applies to the business model. The highlights of the class are consultation demonstrations and practice for the students.

AHC PRACTICAL (COINCIDES WITH KAA 111)

This 5-day Practical (including weekend module KAA 111) reviews the process from client intake through final recommendations. It offers many practice sessions with live case consultations, and exploration of the practical ways in which this training can be implemented.

Required in person attendance for All Students.

1-DAY CLINICAL PRACTICUM

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

Live streamed and recorded for later viewing.

TUESDAY VIRTUAL CLASSES

Tuesday Virtual Classes are offered live approximately 2-3 times per month, covering 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.

MONDAY VIRTUAL CLASSES

There are six Monday Virtual Classes. These sessions will cover topics on Business and Ethics.

ONLINE RECORDED LECTURES

Online Recorded Lectures are included in each monthly module, covering topics in alignment with the Weekend Intensives.

Ashtanga Hridayam

Part 1: The Quest for Longevity: Foundational Principles of Ayurveda

Part 2: Daily Regimen for Health and Longevity

Class recordings of the first two sessions of our *Ashtanga Hridayam* online series (offered live twice per year) are included in the Online Recorded Lectures to provide students with a rich learning experience straight from the Vedic texts. *Ashtanga Hridayam* is one of the most used root texts of Ayurveda today. Composed in a beautiful poetic format called *Sutras* for easy memorization by practitioners, each line of the text is filled with practical information. Students learn the text line-by-line, how to chant the Sanskrit and understand the deeper meaning behind the principles.



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

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 constitution assessments 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

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.

Community Health Presentation OR Research Paper

Students have 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.

OR

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.



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

SPRING 2025-2026 START & COMPLETION

- **Start Date (Orientation) - Tuesday, April 15, 2025, 5:30-7:00pm Pacific**
- **Completion Celebration - Tuesday, April 14, 2026, 5:30-7:00pm Pacific**

GENERAL CLASS SCHEDULE

For attendance requirements see the Attendance Policy

Student Orientation: April 15, 2025

Tuesday 5:30-7:30pm US Pacific Time

11 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.

AHC Practical – in person

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

5-day intensive (including weekend intensive KAA 111)

Required in person attendance for all students.

1-Day Clinical Practicum – In person and live streamed

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

Live streamed and recorded for later viewing.

28 Tuesday Virtual Classroom Sessions

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

Live streamed and recorded for later viewing.

6 Monday Virtual Classroom Sessions

Mondays 5:30-7:30pm US Pacific Time

Live streamed and recorded for all students.

10 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
Chikitsa Reviews with Mentor
Recorded Lectures
Ashtanga Hridayam Recordings

Completion Celebration

Tuesday, April 14, 2026, 5:30-7:00pm Pacific at the end of the program

GRADING AND GRADUATION REQUIREMENTS

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 11 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.
- Documentation is submitted of completing the equivalent of 4 credits of college level Anatomy & Physiology course.
- Attendance requirements are met.
- All tests, assignments & elearning course material are complete with a passing grade.

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



Tuition and Fees

PROGRAM TUITION

Registration Fee	\$100
Tuition	\$8,950
TOTAL	\$9,050

Multiple payment plans are available. [For more information](#) see Payment Plans.

BOOKS & MATERIALS

Digital copies of our course manuals are included in tuition. Print manuals are available at an additional cost of \$300.

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. **California Students:** you are 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)

900 HOUR TRAINING 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

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. 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 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)



PREREQUISITES

It's essential for Ayurvedic students in professional programs to have adequate knowledge of Anatomy and Physiology (A&P). As a condition of graduation from the AP program, the equivalent of six (6) college-level A&P credits (90 hours) is required. (A&P credit completion is not required prior to enrollment, it may be taken as a corequisite alongside the AP program). KAA offers an online partner A&P course, or you can provide documentation of A&P credit completion from an approved institution. Please visit our website to learn more about our partner course or to submit your documentation.

GENERAL FORMAT

1.5 Years – 900 Total Hours

- 10 Weekend Intensives – in person or live streamed*
- 1 Online Internship – live streamed*
- 135 hours AP Clinical Internship – in person
- 31 Virtual Classes – live streamed*
- 10 Monthly Review Sessions – live streamed*
- 10 Monthly Clinical Case Discussions - live streamed*
- 5 Group Mentoring Sessions - live streamed*
- Online Recorded Lectures – elearning*
- Assignments – elearning*

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

Curriculum

The Ayurvedic Practitioner training program covers both theoretical and practical training, including a blend of online learning, in person hands-on training experience, clinical encounters and self-paced assignments. Live classroom sessions and hands-on practicums are supplemented by online recorded lectures on our elearning platform.

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. 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.
- AP 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 Academy classroom for students to use during classroom breaks, before and after class. Students may use the library outside classroom hours during Academy office business hours with the permission of the Academy Administration.



MENTOR PROGRAM

Students have access to an AP graduate or AD student mentor who is supervised by an Ayurvedic Doctor (*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.

RECOMMENDED READING

Students receive detailed digital course manuals, material and handouts for each class. The following list of books is not mandatory but recommended for additional reading.

Author	Title
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
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
Kodikannath, Jayarajan and Gregory, Alyson Young	The Parent's Complete Guided to Ayurveda

WEEKEND INTENSIVES

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

Includes an in-depth discussion of the *Doshas*, *Subdoshas*, *Dhatus*, *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 Pharmaceutics (Dravya Guna & Bhaishajya Kalpana)

Expands upon the principles of Ayurvedic herbal energetics, actions, uses and preparations with over thirty additional herbs. Learn the preparation of popular Ayurvedic formulations and their clinical application, times of administration and Anupanas, 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 205-210 | Kayachikitsa I-V:

Each Kayachikitsa course I, II, III, IV and V 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 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 & Musculoskeletal System 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 & Cardiovascular System Disorders

This course covers 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 & Excretory System

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

KAA 209 | Kayachikitsa V: Management of Male and Female Reproductive System Disorders and 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 childcare 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 | Kayachikitsa VI: Management of Mental Health Imbalances

This course covers the etiology, disease process, prevention and management of various disorders affecting the mind.

It includes concept of mind in Ayurveda, relationship of Dosha, Trigunas and Panchamahabhutas with Mind, Concepts of Satwavajaya and Daivavyapasraya chikitsa in healing imbalances of mind, Ayurvedic herbs useful in Various Psychological Diseases.



AP ONLINE CLINICAL INTERNSHIP

- Complete clinical management including conducting consultations
- Honing the clinical assessment skills
- Creating protocol based on *Samprapti* and client guidance
- Live streamed and required for all students

AP CLINICAL INTERNSHIP

For more information see the AP Clinical Internship section

THURSDAY VIRTUAL CLASSES

Thursday Virtual Classes are offered live approximately twice per month, covering 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 Clinical Management of *Ama*, Pain Management in Ayurveda and Samprapti & Case Papers.

ONLINE RECORDED LECTURES

Online Recorded Lectures are included in each monthly module, covering topics in alignment with the Weekend Intensives and include the following:

Vedic Formulations: Clinical Applications

One of the important skills of an Ayurvedic Practitioner is the ability to select the right herbs and formulations for an individual's constitution and imbalances. In these recordings, you will learn the most used and effective Vedic formulations as documented in the classical texts. The class will cover multiple formulations and single herbs. Students receive an overview of the formulation, contents of the formulations, method of preparation, specific indications, dosage forms, and appropriate adjuvants. Part one of this series is included as a recording and quiz in your AP Program in your elearning platform.

Ashtanga Hridayam

The Ashtanga Hridayam, the "Heart or Essence of all the Eight Branches of Ayurveda," is one of the primary ancient root texts of Ayurveda. Today, the Ashtanga Hridayam continues to serve as a root source for Ayurvedic philosophy and protocol, providing clear guidelines in all aspects of health.

As an Ayurveda student, it is important to use the authentic teachings of the ancient Vedic texts. As part of your AP training, the recordings of Parts 3-9 of our Ashtanga Hridayam series are included.

MONTHLY REVIEW SESSIONS

These sessions are held after the weekend intensive modules to review the content covered in the previous intensive class. There will be time for review, questions, and discussions on the class content.



CLINICAL CASE DISCUSSIONS

This program is dedicated to interactive reviews of clinical conditions, including cases submitted by participants. It is an opportunity for students to receive feedback on live cases and collaborate with fellow Ayurvedic Practitioners and Level 3 students on protocol development. Note: if there are no participant-submitted cases for a session, the faculty member will provide cases for review.

ASSIGNMENTS

Individual Clinical Consultations

Chikitsa Consultations:

Each student will complete 1 Clinical Consultation (120 minutes) for each module KAA 205-210.

Assignments - choose one of the following:

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

PRETESTING AND TESTING

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

Schedule and Hours

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

SPRING 2025-2026 START & COMPLETION

- **Start Date (Orientation): Monday, May 5, 2025, 5:30-7:30 pm Pacific**
- **Completion Celebration: Monday, May 4, 2026, 5:30-7:30 pm Pacific**



GENERAL CLASS SCHEDULE

For attendance requirements see the Attendance Policy

1 Student Orientation: May 5, 2025

Monday 5:30-7:30pm US Pacific Time

Required live streamed session prior to the class start date. It is recorded for later viewing.

10 Weekend Intensives

Sat-Sun 8:00am-6:00pm US Pacific Time

Offered once per month for 10 months, both in person and live streamed. They are recorded for later viewing.

1 Online Clinical Internship

Mon-Fri 8:00am-6:00pm US Pacific Time

5-day intensive offered online. It is required for all students.

31 Thursday Virtual Classroom Sessions

Thursdays 5:30-7:30pm US Pacific Time

Live streamed and recorded for later viewing.

5 Group Mentoring Sessions

Thursdays 5:30-7:00pm US Pacific Time

Live streamed and recorded for later viewing.

10 Monthly Review Sessions

Thursdays 5:30-7:30pm US Pacific Time

Live streamed and recorded for later viewing.

10 Monthly Clinical Case Discussions

Tuesdays 5:00-6:30pm US Pacific Time

Live streamed and recorded for later viewing.

Elearning platform

Self-paced work with recommended viewing deadlines aligned with the Weekend Intensives to stay on track for completion. Recorded lectures include:

- ◆ Weekend Topic teachings
- ◆ Ashtanga Hridayam parts 3-9
- ◆ Vedic Formulations part 1

AP Clinical Internship

Students may begin their AP Clinical Internship after the sixth course module of the AP program. Internships are conducted in the US and India and include several format options.

[For more information](#) see the AP Clinical Internship section



AP Clinical Internship

Kerala Ayurveda Academy offers regularly scheduled AP Clinical Internship training opportunities at our US 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 AP Clinical Internship training midway through the AP program and are required to complete 135 hours in person total for graduation.

NOTE: AP 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 Clinical Internship guide, available on the website at

keralaayurveda.us/courses/india-internship

PREREQUISITE

Completion of either the sixth module of the Ayurvedic Practitioner (AP) program (KAA 206) or equivalent experience in Ayurvedic studies from another Ayurveda school.

FORMAT

The following session combinations achieve the required 135 hours, (excluding the 1 mandatory US Clinical Internship session online).

US Only	India	US + Independent India
US AP Clinical Internships 3 total	India Internship: 1 session	Combination of 1 US Internship + 90 hours of Independent India Internship, or 2 US Internships + 45 hours of Independent India Internship

US CLINICAL INTERNSHIP

The US AP Clinical Internship is conducted as week-long, 45-hour segments at Kerala Ayurveda Academy & Wellness Center, Milpitas, CA. The program focuses on clinical assessment, creating Ayurvedic management protocol, Panchakarma protocols, application of Ayurvedic herbs and formulations, 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. (3 in person US AP Clinical Internships is required for your program unless you are choosing one of the other Internship formats mentioned above).

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.

FOR MORE INFORMATION

See our AP Clinical Internship Guide available at keralaayurveda.us/courses

INDEPENDENT INDIA INTERNSHIP

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. Independent Internships must be preapproved through Student Support Services.

FOR MORE INFORMATION

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

Grading and Graduation Requirements

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 via 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 10 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.
- 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 the online Clinical Internship.
- The student completed a minimum of 135 hours of AP Clinical Internship.
- All tests, assignments and course material are complete with a passing grade.

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



Tuition and Fees

PROGRAM TUITION

New Students Only:
Registration Fee

\$100

Tuition

\$12,950

TOTAL

\$13,050

Multiple payment plans are available depending on the student's commitment to learning. [For more information](#) see the Payment Plans section.

AP CLINICAL INTERNSHIP – FEES

The AP Clinical Internship fee is an additional cost to the Tuition and varies based on the format.

US AP Clinical Internship
(online and in person*)

\$995 per week

*Lodging, meals and airfare not included.

India Internship

\$4295*

*Lodging and meals included.
Airfare not included.

Independent India Internship*

\$310* single per day

*Airfare not included *Subject to availability

[For more information](#) see the AP Clinical Internship Guide (separate from this catalog).

Please Note: These prices are valid for India Internships held in 2025. We cannot guarantee prices for 2026 and beyond.

BOOKS & MATERIALS

Digital copies of our course manuals are included in tuition. Print manuals are available at an additional cost of \$250.

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. **California Students:** you are 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).





Payment Plans and Refund Policies FOR ALL PROGRAMS

The Ayurvedic Health Counselor (AHC) and Ayurvedic Practitioner (AP) trainings 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 to learning.



Ayurvedic Health Counselor (AHC)

AHC PROGRAM

Tuition and Fees	
Registration Fee	\$100
Tuition	\$8,950

Payment Plan	Tuition Payment	Payments	Registration Fee	TOTAL
Pay in full	\$8,725	1	\$100	\$8,825
Split payments	\$4,475	2	\$100	\$9,050
Monthly	\$776	12	\$100	\$9,412

TOTAL CHARGES FOR THE CURRENT PERIOD OF ATTENDANCE:

For the period of **April 15, 2025 - April 14, 2026**, is:

Pay in Full \$8,825; Split Payment \$9,050; Monthly Payments \$9,412.

Estimated Total Charges for the entire Educational Program: \$9,050.

Please Note

- Kerala Ayurveda Academy does not offer state or federal financial aid or educational loans to students currently. First tuition payment, registration fee, and material fee are due upon enrollment. Refunds are program specific. See AHC Refund Policy 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.

AHC 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 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).

Procedures Students must follow to withdraw from the institution:

- 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 a 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 the 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 May 3, 2025

Step 1 Deduct \$100 (non-refundable registration fee) from the total tuition paid

Step 2 Remainder is tuition refund due

Example: Student paid \$9,050 at the time of enrollment

Step 1 \$9,050 – \$100 \$8,950.00

Total refund will be: \$8,950.00

Refund calculation seven days after enrollment or after May 3, 2025

Step 1 Deduct \$100 (registration) 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 person intensives or live streaming and if they have paid the full tuition, the refund will be as follows:

Step 1 \$9,050 – \$100 \$8,950.00

Step 2 \$8,950 / 11 \$814.00

Step 3 3 classes/live streaming * \$814 \$2,442.00

Step 4 \$8,950 – \$2,442 \$6,608.00

Total refund will be: \$6,608.00

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 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 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 -5 th class or accessed the 3 rd -5 th 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 consecutives in person 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	\$9,050 – \$100	\$8,950.00
Step 2	4 of 11 classes attended or modules accessed online 4/11	36%
Step 3	25% through 50% completion = KA retains 50%	\$4,475.00
Step 4	\$8,850 - \$4,475	\$4,475.00
<i>Total refund will be: \$4,475</i>		



TRANSFER TO AHC FROM HAC PROGRAM

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

For more information about the HAC program, please visit www.keralaayurveda.us/courses

Tuition and Fees	
Registration Fee (new students only)	\$100
Tuition	\$5,000

Payment Plan	Tuition Amount	Payments	Total
Pay in full	\$4,900	1	\$4,900
Split payments	\$2,500	2	\$5,000
Monthly	\$865	6	\$5,190

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 material fee are due upon enrollment. Refunds are program specific. See Refund Policy 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.

AHC TRANSFER FROM HAC 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.

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).

Procedures Students must follow to withdraw from the institution:

- 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 a 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 the 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 October 13, 2025

Student Paid: \$5,000.00

Total refund will be: \$5,000.00

Refund calculation seven days after enrollment or after October 13, 2025

- | | |
|--------|--|
| Step 1 | Student paid tuition |
| 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 person intensives or live streaming and if they have paid the full tuition, the refund will be as follows:

Step 1: \$5,000

Step 2: \$5,000/5 modules	\$1,000
---------------------------	---------

Step 3: 3 classes/live streaming \$1000	\$3,000
---	---------

Step 4: \$5,000 – \$3,000	\$2,000
---------------------------	---------

Total Refund will be: \$2,000

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 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 6th class or accessing 6th, 7th, 8th, 9th, 10th or 11th 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 consecutives in person 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	\$5,000	\$5,000.00
Step 2	2 of 5 classes attended or modules accessed online 3/5	40%
Step 3	25% through 50% completion = KA retains 50%	\$2,500.00
Step 4	\$5,000 - \$2,500	\$2,500.00
<i>Total refund will be: \$2,500.00</i>		



Ayurvedic Practitioner (AP)

AP PROGRAM PAYMENT PLAN

Tuition and Fees	
Registration Fee (New Students Only)	\$100
Tuition	\$12,950

Payment Plan	Tuition Payment Amount	Payments	Registration Fee	TOTAL
Pay in full	\$12,625	1	\$100	\$12,725
Split payments	\$6,475	2	\$100	\$13,050
Monthly	\$1,122	12	\$100	\$13,564

There is a management fee for the Monthly payment plan listed above.

TOTAL CHARGES FOR THE CURRENT PERIOD OF ATTENDANCE:

For the period of May 5, 2025 – November 5, 2026, is:

Pay in Full \$12,725; Split Payment \$13,050; Monthly Payments \$13,564.

Estimated Total Charges for the entire Educational Program: \$12,950

Please Note

- Kerala Ayurveda Academy does not offer state or federal financial aid or educational loans to students currently. First tuition payment, registration is due upon enrollment. Program tuition does not include the fees for India or US Internships. The US and India Clinical Internship must be completed by the end of the AP program to receive their certificate of completion. Refunds are program specific. See AP Refund Policy 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.

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

Procedures Students must follow to withdraw from the institution:

- 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 a 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 the 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 May 18, 2025

- | | |
|--------|--|
| Step 1 | Deduct \$100 (non-refundable registration fee) from the total tuition paid |
| Step 2 | Remainder is tuition refund due |

Example: Student paid \$13,050 at the time of enrollment

- | | | |
|--------|------------------|-------------|
| Step 1 | \$13,050 – \$100 | \$12,950.00 |
|--------|------------------|-------------|

Total refund will be: \$12,950.00

Refund calculation seven days after enrollment or after May 18, 2025

- | | |
|--------|--|
| Step 1 | Deduct \$100 (non-refundable registration 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 person intensives or live streaming and if he/she has paid the full tuition, the refund will be as follows:

- | | | |
|--------|-----------------------------------|-------------|
| Step 1 | \$13,050 – \$100 | \$12,950.00 |
| Step 2 | \$12,950 / 10 | \$1295.00 |
| Step 3 | 4 classes/live streaming x \$1295 | \$5,180.00 |
| Step 4 | \$12,950 - \$5180 | \$7,770.00 |

Total refund will be: \$7,770.00

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 % 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 6th class or accessing 6th, 7th, 8th, 9th, 10th or 11th 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 consecutives in person 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	\$13,050 – \$100	\$12,950.00
Step 2	4 of 10 classes attended or modules accessed online 4/10	40%
Step 3	25% through 50% completion = KA retains 50%	\$6,475.00
Step 4	\$12,950 - \$6,475.00	\$6,475.00
<i>Total refund will be:</i> \$6,475.00		

Additional Fees

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

- Registration Fee-non-fundable (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

Note: The Registration Fee and STRF Fee are Non-Refundable

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, (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 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 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.





Academy Policies FOR ALL PROGRAMS

DIVERSITY & RELIGIOUS ACCOMMODATION

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 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) 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. 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.

Attendance is monitored both in person and during live streamed sessions.

Ayurvedic Health Counselor (AHC)

Students must attend a minimum of 40 hours in person. The Weekend intensive courses can be accomplished via live streaming attended in real time (live synchronous) or in person in Milpitas, CA.

Ayurvedic Practitioner (AP)

Out of 900 hours of the program, 180 hours are mandatory clinical Internship hours. Therefore, students must attend 135 hours of Clinical Internship in person and 45 hours of Online Clinical Internship (live streamed). From the remaining 725 hours, 120 hours must be completed either in person or live streaming in real time.

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.



LENGTH OF TIME FOR STUDENT TRAININGS

AHC Students are expected to complete within 1 year, however they can use the 3-month extension to complete their program including the Anatomy & Physiology requirement. (see below).

AP students have 18 months per published catalog to complete the coursework and assignments. There is a free 6-month Extension for students to complete the internships, with no mentor assistance. If a student has not completed their program after the 18 months and 6-month extension, they will be dropped from the program.

(Note: If mentor assistance is needed after the 18-month duration, students must request private mentoring at \$50/hour from Student Support.)

Anatomy & Physiology:

Students should complete their A&P corequisite within the program duration or within the 3-month extension. If the work is not completed within this 3-month free extension, the \$200/month extension will go into effect. **Note:** during this free A&P extension there is no mentor assistance.

If a student has not completed the program within the extension period, the student will be considered on dropped (see below).

Contact Student Support Services at support@keralaayurveda.us or +1 (888) 275-9103 x 20

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. The office will then send a form for the student to complete and sign. There is a \$50 fee to go on Sabbatical.

AHC

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.

AP

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 1 year 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 1-year 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 the \$50 fee. Once the form has been submitted and approved, the student has up to 1 year from that date for their sabbatical.

For all programs:

To resume the program: Students must notify the school (Student Support Services at support@keralaayurveda.us or +1 (888) 275-9103, ext. 20) of their intention to resume classes and be in good academic and financial standing.

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.
- 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 (PROBATION) 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.).”

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.

GRIEVANCE POLICY AND PROCEDURES – COMPLAINTS

Student Complaint (Grievance)

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589 or by completing a complaint form, which can be obtained on the bureau's internet Website address: www.bppe.ca.gov.

"BPPE Address:

1747, Market Street Blvd. Ste 225 Sacramento, CA 95834,
P.O. Box 980818, West Sacramento, CA 95798-0818,
Telephone and Fax (888)-370-7589 or by fax (916)-263-1897
(916)-574-8900 or by fax (916)-263-1899."

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.

If a student complaint or grievance should arise, they may contact Student Support, at +1 (888) 275-9103 x20 or at support@keralaayurveda.us to formally submit the complaint. 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.

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.



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 AHC or AP 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 AHC or AP 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 AHC or AP 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 AHC or AP 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:

- Ayurvedic Health Counselor (AHC): \$8,950
- Ayurvedic Practitioner (AP): \$12,950 + the tuition for the AP Clinical Internship. See the AP Clinical Internship section for tuition rates.
- Note: tuition does not include registration and management fees. See Tuition and Fees for each program for details.

Are the programs approved by the Ayurvedic Accreditation Commission (AAC), and how do I get my NAMA membership?

- The AHC and AP programs meet program competencies set forth by AAC. We are also a recognized program with AAC and for eligibility to take the NAMACB exam as a Level I – Ayurvedic Health Counselor or Level II – Ayurvedic Practitioner, students must complete the attendance requirements. Completion of KAA's programs does not guarantee NAMA professional membership. Upon passing the Board Exam, individuals may apply for NAMA professional membership. For more information, please contact NAMA directly.

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.
- For AHC and AP applicants only Basic Anatomy and Physiology credits are also required. If you have not taken Anatomy and Physiology, Kerala Ayurveda offers an Anatomy and Physiology course. Inquire with Student Services for more information.

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 3 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 pen. If any textbooks are required for an individual session, you will be notified in advance. KAA provides all classroom facilities including any equipment used for panchakarma demonstrations and herbology preparation. Equipment used for these classes include computers, monitors, video projectors, microphones, cameras, massage tables, linens, hotplates, towel warmers, vessels and utensils for cooking, shirodhara stand and vessels, and all perishable and nonperishable provisions used. Classes are taught in traditional, clean, well-lit classroom settings with tables and chairs for your comfort. A kitchen and restrooms are nearby the classroom.

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.

What Placement Services do you have?

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?

- A. KAA does not have dormitories.
- B. There are a few hotels near the campus where students can book a room for the weekend. The range of cost is approx. \$95-\$175. In the past, some students have made good friends with classmates and stayed with them on those weekends.
- C. 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, All Other – Ayurvedic Health Counselor & Ayurvedic Practitioner

Do you offer further Ayurvedic Studies?

We also offer a Level III program that aligns with the AAC Level 3 Ayurvedic Clinical Specialist (formerly known as AD) training.

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/](http://keralaayurveda.us/courses/programs/continuing%20education/)

How do I seek support from the Office of Student Assistance and Relief to the office?

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: "The Office of Student Assistance and Relief is available to support prospective students, current students, or past students of private postsecondary educational institutions in making informed decisions, understanding their rights, and navigating available services and relief options. The office may be reached by calling (888) 370-7589 or by visiting www.bppe.ca.gov."



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:(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, phone: +1 (360) 709-4600, e-mail address: wtecb@wtb.wa.gov.

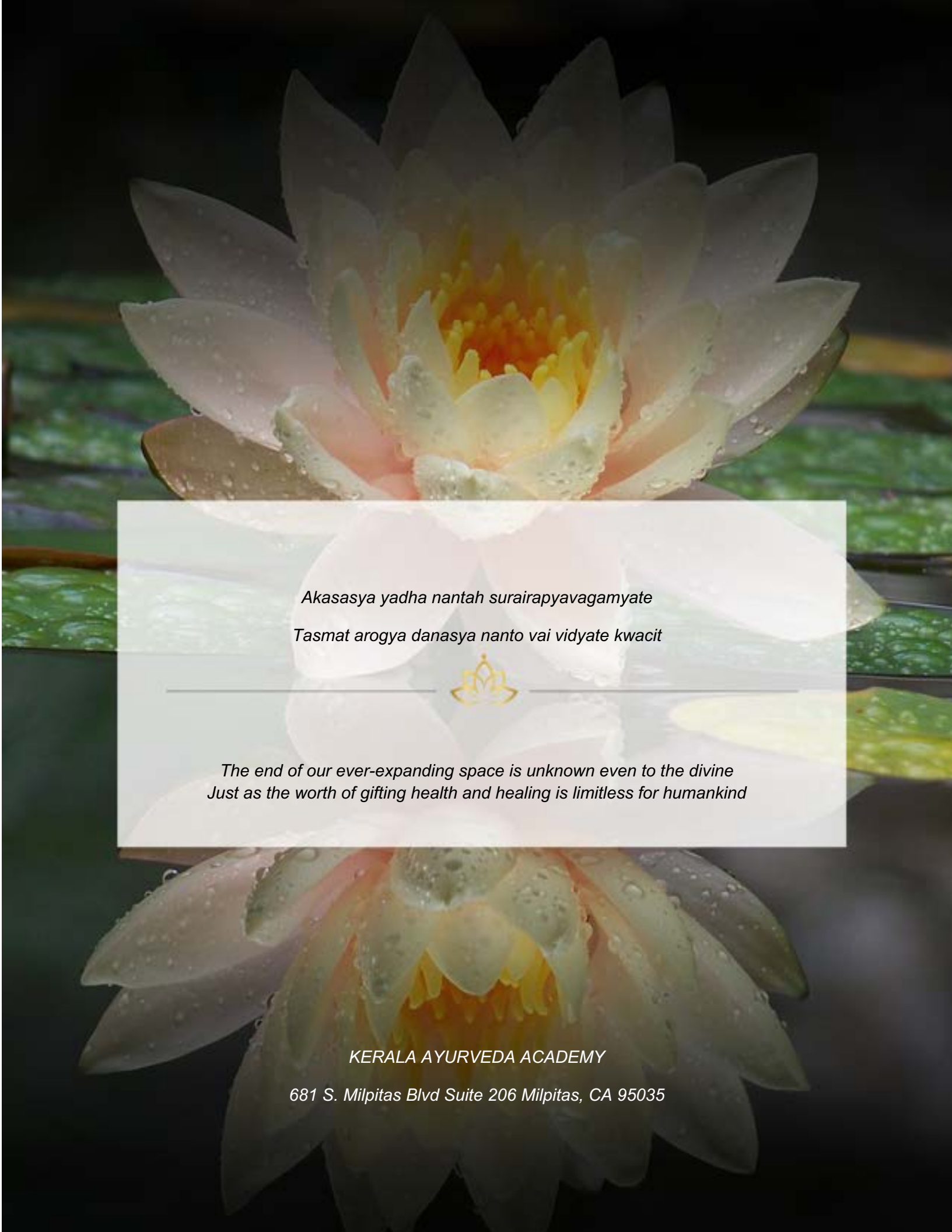
What else does the CA Licensing Board want me to know?

"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."

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 gifting health and healing is limitless for humankind*

KERALA AYURVEDA ACADEMY

681 S. Milpitas Blvd Suite 206 Milpitas, CA 95035