

## SCHEDULE

### Certification Program Spring 2026

April 7, 2026 - September 29, 2026 | Milpitas, CA and Online

#### In Person Location

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

#### Live Streamed Orientation

Tuesday, April 7, 2026 from 5:30-7:00 pm Pacific - Recorded

#### Weekend Intensives

Class is held Saturday and Sunday from 8:00am-6:00pm Pacific. Students may attend in person or via live streaming, and all classes are recorded for later viewing. A 1.5 -hour lunch break begins at 12:30 pm each day.

Module	Subject	Dates
KAA 101	Essence of Ayurveda ( <i>Tarka Sankhya and Sharir</i> )	Apr 18-19, 2026
KAA 102	Ayurvedic Physiology ( <i>Dosha Dhatu Mala Vigyan</i> )	May 16-17, 2026
KAA 103	Ayurvedic Psychology ( <i>Manasa Shastra</i> )	June 20-21, 2026
KAA 104	Ayurvedic Nutrition & Cooking ( <i>Ahara Vigyan</i> )	July 25-26, 2026
KAA 105	Ayurvedic Preventive Science ( <i>Swastha Vritta</i> )	Aug 22-23, 2026
KAA 106	Ayurveda and Yoga ( <i>Yoga Vigyan</i> )	Sep 19-20, 2026

#### Tuesday Virtual Classes *live streamed and recorded for later viewing*

	Date	Topic
1	Apr 28, 2026	What Does it Mean to Be an Ayurvedic Student?
2	May 5, 2026	Vedic Sciences and their Interconnection
3	May 19, 2026	Doshas: Functional Intelligences within the Body
4	May 26, 2026	Body Constitution: It is Not simply Structural
5	June 9, 2026	Differentiation of Body Constitution from Expressions of Imbalances

6	July 14, 2026	Mental Constitution and its Transformable Nature
7	July 28, 2026	Ayurvedic Concept of Tissue Nutrition
8	Aug 11, 2026	The Mind/Gut Connection
9	Aug 18, 2026	Relationship between Ama and Agni
10	Sep 1, 2026	Incorporating Dinacharya and Ritucharya in Modern Life
11	Sep 8, 2026	Pranayama Basics: Practice and Instruction
12	Sep 15, 2026	Live Case 1: Emphasis on Coaching

## Mentoring Sessions: *live streamed and recorded for later viewing*

	Date	Time (PT)	Curriculum Covered
1	Apr 27, 2026	5:30-7:00 pm	KAA 101 & HAC Assignments Review
2	June 1, 2026	5:30-7:00 pm	KAA 102
3	July 13, 2026	5:30-7:00 pm	KAA 103
4	Aug 3, 2026	5:30-7:00 pm	KAA 104
5	Aug 31, 2026	5:30-7:00 pm	KAA 105

## 1-Day Clinical Practicum

September 21, 2026, 8:00am-6:00pm Pacific. This class will be held in person and also live streamed.

## Test & Completion Schedule

<b>Monthly Test</b>	Testing is available on the elearning system after each weekend intensive
<b>Completion</b>	After all requirements are fulfilled (see Graduation Requirements in catalog)
<b>Completion Celebration</b>	Tuesday, September 29, 2026 Live streamed from 5:30-6:30 pm Pacific