



# Ayurvedic Sciences



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# The Science Of Life

Ayurveda is the ancient art of holistic wellness, embodying a philosophy where simplicity meets spirituality in the quest for mind and body harmony. It recognizes each individual as an integral architect of their own well-being, intertwined with a vast, intelligent cosmos. This profound science teaches that the microcosm within us reflects the grandeur of the universe — diverse in expression yet unified in essence.

In embracing Ayurveda, we embrace the wisdom that healing ourselves and nurturing our connection to all of existence is one and the same. As you embark on the study of Ayurveda, you will embark on a journey to holistic health, gaining the tools and insights to foster balance and well-being within and beyond, contributing to the wellness of our world.





# OUR Mission

Yoga Veda Institute stands as a beacon of compassionate education, deeply rooted in the principle that profound Ayurvedic knowledge should be within reach for all, transcending economic barriers.

A significant portion of our vibrant student body benefits from our dedicated scholarship and financial aid programs, reflecting our commitment to inclusivity and empowerment.

Our mission is to deliver authentic teachings through our team of expert educators to a diverse global community. We uphold the values of equality and respect across all backgrounds, social statuses, races, religions, genders, cultures, and creeds.

Yoga Veda Institute is more than a school—it's a transformative space where education ignites healing and the divine spirit within. Join us and experience the exceptional, life-altering journey of Ayurveda.

Welcome to Yoga Veda Institute, where your path to holistic healing and enlightenment awaits.

# Ayurvedic Health Counselor

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Embark on a transformative 12-month journey with our Ayurvedic Health Counselor (AHC) program, thoughtfully designed to fit into your life as a part-time commitment.

This professional training program is crafted with a deep focus on preventative healthcare and health promotion, spotlighting the essential influence of diet and lifestyle. Experience our innovative multimedia approach that combines the flexibility of online learning with the depth of in-person sessions, which are optional for non-diploma seeking and international students, ensuring a comprehensive educational experience no matter where you are in the world.

Our curriculum bridges the ancient disciplines of Yoga and Ayurvedic Medicine, creating a learning experience that is both accessible and profound. Recognized by the Ayurvedic Accreditation Commission (AAC), our program adheres to the highest standards, preparing you to become a knowledgeable and skilled Ayurvedic Health Counselor. This recognition reflects the caliber of our curriculum and the readiness of our graduates to excel in their practices. Completing the program also positions you to pursue NAMACB Certification Exams, enhancing your professional credentials.

Step into the world of holistic wellness with Yoga Veda Institute, where your dedication meets our excellence in Ayurvedic education.

**Candidate for  
Accreditation**



# Ayurvedic Practitioner

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Embark on an in-depth 24-month (8 trimester) journey to becoming an Ayurvedic Practitioner (AP), a part-time professional training program that immerses you in the extensive study of preventative healthcare, holistic nutrition, lifestyle adjustments, pathology, and disease management from an Ayurvedic perspective.

Our hybrid training model, offering both online and optional in-person sessions for non-diploma seeking and international students, is tailored for those seeking a high-caliber distance learning experience enriched with personal mentorship, unwavering support, and ongoing educational development to master the competencies of an Ayurvedic Practitioner.

This program delves into full clinical training, examining disease pathology through the lens of Ayurvedic philosophy, equipping you with the skills to view and treat health conditions holistically.

The Ayurvedic Practitioner program has the distinction of being AAC Recognized. The Ayurvedic Accreditation Commission (AAC) ensures the integrity and educational excellence of professional Ayurvedic training programs. This recognition signifies that our program offers an accredited course of study that prepares you thoroughly, increasing professional transparency and trust for you as a future practitioner. Upon completion, you'll be eligible to sit for the NAMACB Certification Exams, positioning you for recognized professional practice.

Join us at Yoga Veda Institute and step into a role where ancient wisdom meets modern health needs, shaping a career path that is as rewarding as it is profound.

**Candidate for  
Accreditation**



# Academic Policies

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## GRADING SYSTEM

At Yoga Veda Institute, academic performance is evaluated using the following indicators: P=Pass, F=Fail. To successfully complete the program, students must receive a 'P' for passing in all modules, which requires a minimum score of 70%.

## LATE HOMEWORK/EXAM SUBMISSIONS

Students must complete and submit all assignments, exams, and coursework on time. Failure to meet the passing requirements for a class results in an 'F' grade, necessitating a retake of the course in a subsequent offering.

## GOOD STANDING ACADEMIC PROGRESS

To maintain good standing and progress through the program, students must:

- Submit all homework and exams by the due date.
- Achieve a passing score of 70% or higher on final exams.
- Students should actively monitor their own homework submissions and grades. Each term concludes with the issuance of a 'P' or 'F' grade for each class by Yoga Veda Institute.

## TRANSFER OF CREDIT

Students with prior education from other Ayurvedic institutions may be eligible to have certain program requirements at Yoga Veda Institute waived, subject to a case-by-case evaluation.

## GRADUATION REQUIREMENTS

To graduate and receive a Certificate of Completion from Yoga Veda Institute, students must:

- Achieve a 'P' grade in all courses within the enrolled program.
- Complete the required number of client encounters: at least 74 for the Ayurvedic Health Counselor program and 189 for the Ayurvedic Practitioner program, adhering to the AAC's Patient Encounter guidelines.
- Satisfy the Anatomy & Physiology pre/co-requisites for the respective Ayurvedic programs.
- Settle any financial commitments to the institute.

# How You'll Learn

- ▶ Live web-conference classes giving you face-to-face contact with your professors
- ▶ Class recordings in case you missed a lecture or want to rewatch a lesson
- ▶ PDF slides, readings, handouts, and workbooks
- ▶ Weekly discussions in our private community group
- ▶ Onsite training through a traditional Gurukul Clinical Residency or volunteer preceptors in your community.
- ▶ A community of other students from around the world to provide support, network, connect, and share your experience
- ▶ Ongoing Support, personal guidance, career support, and internship opportunities





# Tuition & Payment Plan

## Ayurvedic Health Counselor (AHC)

### **Tuition Cost: \$5,000**

#### Payment Options:

- Interest-Free Installments: Monthly payments of \$125 for a duration of 40 months.
- Full Payment Discount: Save 20% (\$1,000) by paying the full amount of \$4,000 at the time of enrollment.

## Ayurvedic Practitioner (AP)

### **Tuition Cost: \$5,000**

#### Payment Options:

- Interest-Free Installments: Monthly payments of \$125 for a duration of 40 months.
- Full Payment Discount: Save 20% (\$1000) by paying the full amount of \$4,000 at the time of enrollment.

## DUAL CERTIFICATION

### Ayurvedic Health Counselor (AHC) and Ayurvedic Practitioner (AP)

### **Tuition Cost: \$8,500 (Includes AHC and AP levels)**

#### Payment Options

- Interest-Free Installments: Monthly payments of \$125 for a duration of 68 months.
- Full Payment Discount: Save 20% (\$1,700) by paying the full amount of \$6,800 at the time of enrollment.
- Tuition covers all online education components.
- Additional expenses not included in tuition:
  - In-person training sessions
  - Travel, airfare, room, and board costs
  - Required textbooks, etc.

## Co-requisite Requirement:

Students are required to complete 6 credits of college-level Anatomy & Physiology by the time they finish the program.

## Recognition

Yoga Veda Institute's programs for Ayurvedic Health Counselor and Ayurvedic Practitioner have earned recognition from the Ayurvedic Accreditation Commission (AAC) for meeting professional training standards. Our graduates, upon maintaining good standing, are qualified to take the National Ayurvedic Medical Association Certification Board exam. Successful candidates can then pursue professional membership with NAMA at the counselor or practitioner level.

## Refund Policy

Yoga Veda Institute offers a 30-day satisfaction guarantee for all enrolled students, except for those on scholarship programs. During this period, if you decide the program isn't right for you, you may receive a full refund. However, beyond this initial guarantee period, please be aware that we do not issue refunds on any tuition payments, whether made in full or through a payment plan. By enrolling, students commit to fulfilling the financial obligation of their chosen program in its entirety.

# Apply for a Scholarship



Yoga Veda Institute is dedicated to bringing the transformative power of Ayurveda to passionate students worldwide, regardless of geographical or financial constraints.

Currently, we are proud to offer partial scholarships through our pledge program, targeting students in developing countries who otherwise lack access to premier Ayurvedic education due to geographical isolation or financial limitations.

Our vision at Yoga Veda Institute is to foster an "Elemental Shift In Consciousness" within communities across the globe through the profound teachings of Ayurvedic medicine.

Driven by the ethos of maximizing positive impact, we believe that the ancient wisdom of Ayurveda has the power to change lives. Our commitment lies in providing high-quality, personalized, and internationally recognized Ayurvedic education to all, ensuring that financial means are not a barrier to accessing this life-enhancing knowledge.

To explore scholarship opportunities and join our mission of global healing and education, please visit [www.yogavedainstitute.com/scholarships](http://www.yogavedainstitute.com/scholarships) and submit your application.

# Frequently Asked Questions

**Beginning Your Studies:** You can embark on your Ayurvedic educational journey immediately after your first payment installment is processed, thanks to our pre-recorded Foundations of Ayurveda courses. After completing these foundational modules and meeting the necessary prerequisites, you'll be able to join our upcoming cohort for live sessions.

**Live Class Attendance:** If you're unable to attend a live class, don't worry. We ensure all live sessions are recorded and posted in the course hub along with any associated assignments and reading materials.

**Program Recognition:** Both our Ayurvedic Health Counselor (AHC) and Ayurvedic Practitioner (AP) programs are recognized by the Ayurvedic Accreditation Commission (AAC). This recognition means our programs meet the stringent standards for professional Ayurvedic education, preparing graduates for the NAMACB Certification Exams and ensuring a high level of training and transparency.

**Financial Aid Availability:** Aligned with our mission to deliver accessible high-quality Ayurvedic education globally, we offer financial aid options. To learn more about our scholarship opportunities and how to apply, visit [www.yogavedainstitute.com/scholarships](http://www.yogavedainstitute.com/scholarships).

**Anatomy & Physiology Course Requirement:** To meet the Ayurvedic Accreditation Commission (AAC) standards, you are required to complete at least 6 college-level credits of Anatomy & Physiology, or its equivalent, before you can be certified as an Ayurvedic Health Counselor or Ayurvedic Practitioner. This is a prerequisite for graduation and receiving your certificate of completion.

**Class Withdrawal and Retake Policy:** Should you need to withdraw from a class, you have the flexibility to retake it in the future. Our classes are available once every 4 terms, allowing you to plan your schedule accordingly.

**Clinical Experience Travel Requirements:** For those enrolled in our Ayurvedic Health Counselor (AHC) and/or Ayurvedic Practitioner (AP) programs, completing on-site clinical training is essential for receiving your certification. \*Note: This requirement is applicable to students who enroll after January 1, 2022 and may not be required for students not seeking NAMACB Board Certification or International Students.

# Program Requirements

## **AYURVEDIC HEALTH COUNSELOR (660.5 hours) 12 Month - Part Time Program**

328 live webinar, 92.5 prerecorded webinar, 240 live in-person training

*Co-requisite: Students are required to complete 6 credits of college-level Anatomy & Physiology or equivalent.*

- Orientations (4), live webinar (8 hours)
- Foundations of Ayurvedic Yoga Therapy, prerecorded (10.5 hours)
- Ayurvedic Nutrition, prerecorded (12 hours)
- Introduction to Philosophy, prerecorded (20 hours)
- Art of Assessment, prerecorded (20 hours)
- Professional Practice & Medical Ethics, prerecorded (30 hours)
- Subtle Body Anatomy, live webinar (20 hours)
- Chikitsa, live webinar (20 hours)
- Foundations of Ayurvedic Herbalism, live webinar (20 hours)
- Women's Health, live webinar (20 hours)
- Birth & Beyond, live webinar (20 hours)
- Modern Applications of Classical Teachings Level 1, live webinar (36 hours)
- Classical Sanskrit, live webinar (24 hours)
- Spiritual Health & Healing, Level 1, live webinar (36 hours)
- Ayurvedic Lifestyle Design, live webinar (24 hours)
- Clinical Internship Level 1 / Clinical Theater, live webinar (100 hours)
- Gurukul Clinical Residency, live in-person (180 in-person hours)
- Client Encounters (74) 10 Observation, 54 Supervised, 10 Independent Practice

## **AYURVEDIC PRACTITIONER (1506.5 hours)**

### **12 Month - Part Time Program**

718 live webinar, 92.5 prerecorded webinar, 696 live in-person training (includes AHC hours)

*Co-requisite: Students are required to complete 6 credits of college-level Anatomy & Physiology or equivalent.*

- Orientations (8), live webinar (16 hours)
- Foundations of Ayurvedic Yoga Therapy, prerecorded (10.5 hours)
- Ayurvedic Nutrition, prerecorded (12 hours)
- Introduction to Philosophy, prerecorded (20 hours)
- Art of Assessment, prerecorded (20 hours)
- Professional Practice & Medical Ethics, prerecorded (30 hours)
- Subtle Body Anatomy, live webinar (20 hours)
- Chikitsa, live webinar (20 hours)
- Foundations of Ayurvedic Herbalism, live webinar (20 hours)
- Women's Health, live webinar (20 hours)
- Birth & Beyond, live webinar (20 hours)
- Classical Sanskrit, live webinar (24 hours)
- Story of Disease I, live webinar (20 hours)
- Story of Disease II, live webinar (20 hours)
- Story of Disease III, live webinar (20 hours)
- Ayurvedic Herbalism for Healing, live webinar (20 hours)
- Panchakarma Theory, live webinar (20 hours)
- Nutritional Therapy, live webinar (20 hours)
- Clinical Internship Level 1 / Clinical Theater, live webinar (100 hours)
- Clinical Internship Level 2 / Clinical Theater, live webinar (190 hours)
- Ayurvedic Lifestyle Design, live webinar (24 hours)
- Spiritual Health & Healing, Level 1, live webinar (36 hours)
- Spiritual Health & Healing, Level 2, live webinar (36 hours)
- Modern Applications of Classical Teachings Level 1, live webinar (36 hours)
- Modern Applications of Classical Teachings Level 2, live webinar (36 hours)
- Gurukul Clinical Residency, live in-person (540 in-person hours)
- Client Encounters (74) 10 Observation, 54 Supervised, 10 Independent Practice
- Client Encounters (115) 15 Observation, 80 Supervised, 20 Independent Practice

# Course Descriptions

## **Art of Assessment, prerecorded (20 hours)**

*Formally known as Clinical Assessment*

Introduction to using the three-fold Diagnostic Methods in people, groups, environment and introduction to patient interactions. Developing skills and competency to assess Prakruti/Vikruti, agni, malas, dhatus, manas, vital signs, BP and pulse evaluation. Understanding the use of Ashtavidha and Dashavidha Pariksha. Developing the skill and competency in determining the state of dosha, subdosha, upadhatu and srotas, health history, and Samkhya Philosophy.

## **Ayurvedic Herbalism for Healing, live webinar (20 hours)**

*Formally known as Herbology II*

At the level of Ayurvedic Practitioner, students learn formulas in how to treat the cardiovascular system, brain and nervous system, ENT, diabetes and the immune system with Ayurvedic herbs.

## **Ayurvedic Lifestyle Design (24 hours)**

In this program, students will discover the practical application of Ayurvedic practices through a variety of lifestyle categories including health & wellness, financial wellness, emotional well being, intellectual well being, children's health, conscious parenting, spiritual health and wellness, and beyond.

## **Ayurvedic Nutrition, prerecorded (12 hours)**

Introduction to Agni, Agni Variations, Ama; introduction to the Dhatus, Dhatu Nutrition, Rasa, Rakta, Mamsa, Meda, Asthi, Majja, Shukra & Artava, Gunas of each taste; food combinations; Nutritional Guidelines; Ayurvedic Spices; Concept of Health; and Ayurvedic Nutrition Principles.

## **Ayurvedic Yoga Therapy Foundations, prerecorded (10.5 hours)**

In this broad based introduction to Ayurvedic Medicine, Yoga Veda Institute faculty briefly discuss concepts and philosophies that will later be covered in great

detail throughout the course of this in depth program. This offers students an important broad based overview of the program which will serve as a stepping stone to the rest of the courses. Topic overviews include brief introductions to the following: Ayurvedic Philosophy, Shad Darshan, Samkhya Philosophy, Panchamahabhuta and their gunas, Tridosha, VPK in the body, VPK and their gunas, Prakruti vs. Vikruti, 4 types of prakruti, Asana, Pranayama, and Pratyahara.

### **Birth & Beyond, live webinar (20 hours)**

*Formally known as Postnatal Ayurveda*

Learn how to frame and use the foundational principles of Ayurveda (the overall philosophy and its parts: the elements, doshas, gunas, dhatus, srotas, etc) to create Sacredness during the Postpartum Window. Learn to keep the big picture in mind as you care for others. See Ayurvedic postpartum care as a special case of rasayana (supportive, nourishing therapies). Learn how to create sacredness and connection for yourself and others using Ayurvedic principles. Discover how to connect the dots between different paradigms of care using Ayurvedic principles. Develop the confidence to follow your own intention within the framework of Ayurvedic wisdom. Learn how to ask questions about the intention of any support or intervention, how to include other traditions/perspectives in your care, how to manage information overload and find the simplest solution available, and engage with philosophy in a way that takes it out of the realm of the theory and into your life. Discover the power of subtle elements that enable the creation of connection, presence and sacredness. Discover an invaluable positive application for samprapti to create a framework for predicting balanced flow. Discover diet and lifestyle appropriate for different age groups, herbs suitable to promote health in children, how to assess mild diseases that occur in different age groups along with suitable interventions according to age, season, prakruti, etc. The student will also learn herbs suitable for children, including according dosages, formulas and mode of administration for various age groups.

### **Chikitsa, live webinar (20 hours)**

This course provides a basic understanding of Ayurvedic therapies used to maintain health and regain balance from as far as stage 3 of the Ayurvedic pathogenesis model, and determines when to utilize integrative medicine and refer patients to other medical professionals. This course focuses on lifestyles, daily routines, tanmatras (subtle elements), five senses therapies, breathing exercises, simple meditations and mindfulness, yamas (code of conduct), and niyamas (rules).

### **Classical Sanskrit, live webinar (24 hours)**

*Formally known as Sanskrit for Ayurvedic Practitioners and Language of Yoga*

Students learn to pronounce Sanskrit properly; read and write Sanskrit characters; chant mantras, sutras, and shlokas; and investigate some initial points of grammar. Classes will include lectures, exercises, discussions, chanting, and group work. Included in the course is some light homework between sessions to help form structures in your long term memory.

### **Foundations of Ayurvedic Herbalism, live webinar (20 hours)**

*Formally known as Herbology I*

This course covers AAC AHC herbs, materia medica of Ayurvedic herbs, digestion, tonics, massage, formulating, and introductions to panchakarma.

### **Introduction to Philosophy, prerecorded (20 hours)**

*Formerly known as Yoga Philosophy*

Discover yoga as a system, the four paths of yoga, dharma and rta, the yoga sutras, the 8 limbs of raja yoga, the yamas (code of conduct) and niyamas (rules), kriya yoga, pranayama (breathing techniques), pratyahara (withdrawal of the senses), dharana (concentration), dhyana (meditation), and samadhi (merging with the divine).

### **Modern Applications of Classical Teachings, Level I (36 hours)**

This program delivers essential knowledge on developing the whole professional at the level of Ayurvedic Health Counselor. At this level, students are taught classical foundational philosophies grounded in Samkhya through personal application. They may immediately apply the principles to their own lives. Over the course of the program, students gain a variety of skills in application of various assessment techniques of mind-body constitution and state of imbalances. After skills training in Ayurvedic counseling and deepening their knowledge of guidelines for prevention, healthy living and psychiatry, students gain confidence in applying the what they have learned.

### **Modern Applications of Classical Teachings, Level II (36 hours)**

At this level, students are taught and trained in assessment of the client care process. Delving deeper into Samkhya philosophy with guided references to classical texts, students gain confidence and consistency in understanding the etiological, psychological, environmental, spiritual and emotional factors that contribute to the nature and structure of any imbalance. With this knowledge, they will become skilled independent practitioners adept at creating management plans for different stages of disorders through a variety of modalities. Students will touch on various philosophies, therapies, and assessment tools throughout this class.



### **Nutritional Therapy, live webinar (20 hours)**

This course builds on the concepts learned in Foundations of Ayurveda and teaches students how to use foods, spices, and preparation methods as therapy.

### **Orientation, live webinar (2 hours each)**

Introduces and orients students to the program/quarter, what to expect, how to apply mindfulness to the student experience, and technical aspects of the program. Please note that AHC and AP students are required to attend one tri-annual that they are enrolled in the program.

### **Panchakarma Theory, live webinar (20 hours)**

This course covers in detail five therapeutic procedures (panchakarma), including preparatory procedures and follow-up rejuvenative measures with appropriate dietary and behavioral guidelines.

### **Professional Practice & Medical Ethics, prerecorded (30 hours)**

*Formally known as Conscious Business Design for Professional Practice*

Learn what is within the current scope of practice of an Ayurvedic Health Counselor and Ayurvedic Practitioner and when to refer out or work with other health professionals, such as a Vedic Astrologer, Vedic Architect, and/or other licensed professions in the medical and wellness field. Gain knowledge of business practices relevant to the work of an Ayurvedic professional; including record keeping, planning, and financial management. Working through this course, students will discover and understand the role of medical ethics in consciousness based medicine. Students will learn to recognize ethical issues when they arise in practice and learn how to deal with these types of issues in a systematic manner.

### **Spiritual Health & Healing Level I & II, live webinar (36 hours each)**

This course focuses on the Vedic philosophies and practices and how these practices must be applied in our daily lives, as well as the lives in our professional relationships. Through an in-depth study of the classical teachings, practices and applications, we will undergo a journey into the ancient teachings from a practical standpoint.

### **Story of Disease I, live webinar (20 hours)**

*Formally known as Pathology I*

This course delivers essential knowledge about the structure of disease, the ability to analyze pathogenesis, its causative factors, and developing appropriate solutions accordingly. It includes an in-depth attention to nidana and samprapti,

with emphasis on pathology stages 4-6 as it is applied to root cause analysis involving Prakruti/Vikruti, agni, ama and gunas, including concepts of qualities of different stages of samprapti and corresponding treatments.

### **Story of Disease II, live webinar (20 hours)**

*Formally known as Pathology II*

This course delivers essential knowledge about the structure of disease, the ability to analyze pathogenesis and the causative factors and developing appropriate solutions. It includes disease inquiry and appropriate approaches to disease management.

### **Story of Disease III, live webinar (20 hours)**

*Formally known as Pathology III*

This course delivers essential knowledge about the structure of disease, the ability to analyze pathogenesis and the causative factors and developing appropriate solutions. It includes an in-depth study of the disease states within pathology, the development of solutions for regaining balance in later stages of pathology and the use of rasayana therapies.

### **Subtle Body Anatomy, live webinar (20 hours)**

*Formally known as Ayurvedic Anatomy*

Explore the basic concepts of Ayurvedic anatomy: dosha (energetic principles), dhatu (tissues), mala (waste products), srotas (channels), agni (digestive fire), prana (vital force), tejas (radiance), ojas (essence of life) and Samkhya Philosophy. This course builds on the concepts introduced in Foundations of Ayurveda.

### **Women's Health, live webinar (20 hours)**

Journey into the world of Ayurveda where you'll learn how to design, implement and manage lifestyle, herbs and various yoga therapy techniques for females to have healthy menstrual cycles, enhance fertility, provide prenatal and natal support to the expectant mother and help women navigate the menopausal change. Dive into the science of Ayurveda for women's health and join a global network of practitioners, teachers and students from around the world who have discovered the amazing power of Ayurveda.

### **Clinical Theater, live webinar (20 hours)**

Observe clinical skills, patient etiquette, and Ayurvedic recommendations with real clients through clinical theater. Ayurvedic clinicians perform live Ayurvedic consultations via HIPAA compliant software designed to train for clinical practice. Students have time after the consultation to ask questions in a safe environment.

### **Clinical Internship, live webinar (24 hours each)**

Each week, meet with an experienced practitioner to ask questions and review your case studies.

### **Mentorship, live webinar (30 hours)**

Gain access to experienced Ayurvedic Practitioners and Ayurvedic Doctors in this unique one-on-one mentorship for guidance as you move through one of our career programs. Fine tune your wellness questionnaire and identify 50 clients per mentorship (both initial and follow-up consultations). Strengthen your assessment of what the client presents and identify workable solutions to support your clients to return to good health.

### **Gurukul Clinical Residency, live in-person**

Ayurvedic Health Counselor Program: Students must fulfill 180 hours of Gurukul Clinical Residency to meet the requirements for this program.

Ayurvedic Practitioner Program: Students are required to complete a total of 540 hours of clinical residency. This includes the 180 hours from the Ayurvedic Health Counselor program. More information on page 25.

### **Client Encounters : AHC (74), live in-person/webinar (100 clinical hours)**

Ayurvedic Health Counselor students are required to complete a minimum of 74 patient encounters. 10 of which are done via observation (observing a teacher/clinician working with a client in a classroom setting and/or student/client encounter with direct supervision of a teacher). 10 are supervised by review of student case reports by faculty before chikitsa can be provided to the client through our virtual online case submission portal. The remaining 54 patient encounters are completed under direct 1:1 supervision of a qualified Ayurvedic Practitioner.

### **Client Encounters : AP (115), live in-person/webinar (166 clinical hours)**

Ayurvedic Practitioner students are required to complete a minimum of 115 patient encounters above and beyond that of the AHC level. 15 of which are done via observation (observing a teacher/clinician working with a client in a classroom setting and/or student/client encounter with direct supervision of a teacher). 20 are supervised by review of student case reports by faculty before chikitsa can be provided to the client through our virtual online case submission portal. The remaining 80 patient encounters are completed under direct 1:1 supervision of a qualified Ayurvedic Practitioner.

# Academic Calendar

## **Fall 2022 Trimester**

Fall trimester begins	Monday, September 19
Mid-trimester break	October 10 - 14
Mid-trimester break	November 21 - 25
Fall trimester ends	Friday, December 9
Winter break	December 12 - January 6, 2023

## **Winter 2023 Trimester**

Winter trimester begins	Monday, January 9
Martin Luther King Jr. Day - No Class	Monday, January 16
President's Day break	March 6 - 10
Mid-trimester break	February 20 - 24
Winter trimester ends	Monday, April 3
Spring break	April 3 - 14

## **Spring 2023 Trimester**

Spring trimester begins	Monday, April 17
Mid-trimester break	May 29 - June 2
Spring trimester ends	Friday, June 30
Summer break	July 3 - September 17

## **Fall 2023 Trimester**

Fall trimester begins	Monday, September 18
Mid-trimester break	October 30-November 3
Thanksgiving break	November 20-24
Fall trimester ends	Friday, December 8
Winter break	December 11 - January 5, 2024

### **Winter 2024 Trimester**

Winter trimester begins	Monday, January 8
Martin Luther King Jr. Day - No Class	Monday, January 15
Mid-trimester break	February 12 - 16
Winter trimester ends	Monday, March 25
Spring break	March 26 - April 12

### **Spring 2024 Trimester**

Spring trimester begins	Monday, April 15
Mid-trimester break	June 3 - 7
Spring trimester ends	Friday, June 28
Summer break	July 1 - September 13

### **Fall 2024 Trimester**

Fall trimester begins	Monday, September 16
Mid-trimester break	October 28 - November 1
Thanksgiving break	November 18-22
Fall trimester ends	Friday, December 6
Winter break	December 9 - January 10, 2025

### **Winter 2025 Trimester**

Winter trimester begins	Monday, January 13
Martin Luther King Jr. Day - No Class	Monday, January 20
Mid-trimester break	February 17 - 21
Winter trimester ends	Monday, March 31
Spring break	April 7 - 18

### **Spring 2025 Trimester**

Spring trimester begins	Monday, April 21
Memorial Day break	May 26 - 30
Spring trimester ends	Thursday, July 3
Summer break	July 4 - September 19

# Course Calendar

Our live class sessions are conveniently scheduled for two hours weekly (school breaks excluded) throughout each academic term. Monthly classes are designed to meet once per month, lasting either two or three hours, again excluding school breaks.

Class schedules vary by trimester, with live sessions typically occurring during normal business hours on Mondays, Tuesdays, Wednesdays, and Thursdays, and occasionally on Fridays, all set to US Eastern Time (EST).

The exact timings for classes are announced two weeks prior to the commencement of each new trimester. To stay informed about current and upcoming course schedules, please visit our website at [yogavedainstitute.com/event-calendar/](http://yogavedainstitute.com/event-calendar/).

Starting from the Fall trimester of 2022, we are pleased to offer the convenience of prerecorded classes for the following courses, accessible to all enrolled students throughout any term: Ayurvedic Yoga Therapy Foundations, Ayurvedic Nutrition, Introduction to Philosophy, and Art of Assessment.

## **Fall 2022 Trimester Classes**

- Women's Health
- Chikitsa
- Story of Disease III (AP)
- Clinical Internship
- Classical Sanskrit
- Spiritual Health & Healing, Level 1
- Modern Applications of Classical Teachings, Level 1

## **Winter 2023 Trimester Classes**

- Subtle Body Anatomy
- Foundations of Ayurvedic Herbalism
- Story of Disease I (AP)
- Clinical Theater
- Classical Sanskrit
- Spiritual Health & Healing, Level 1
- Modern Applications of Classical Teachings, Level 1
- Ayurvedic Lifestyle Design

### **Spring 2023 Trimester Classes**

- Nutritional Therapy (AP)
- Panchakarma Theory (AP)
- Story of Disease II (AP)
- Clinical Internship
- Classical Sanskrit
- Spiritual Health & Healing, Level 1
- Modern Applications of Classical Teachings, Level 1
- Ayurvedic Lifestyle Design

### **Fall 2023 Trimester Classes**

- Birth & Beyond
- Ayurvedic Herbalism for Healing (AP)
- Clinical Internship
- Classical Sanskrit
- Spiritual Health & Healing, Level 1
- Modern Applications of Classical Teachings, Level 1
- Ayurvedic Lifestyle Design

### **Winter 2024 Trimester Classes**

- Chikitsa
- Women's Health
- Story of Disease III (AP)
- Clinical Internship
- Classical Sanskrit
- Spiritual Health & Healing, Level 1
- Spiritual Health & Healing, Level 2
- Modern Applications of Classical Teachings, Level 1
- Modern Applications of Classical Teachings, Level 2
- Ayurvedic Lifestyle Design

### **Spring 2024 Trimester Classes**

- Subtle Body Anatomy
- Foundations of Ayurvedic Herbalism
- The Story of Disease I (AP)
- Clinical Theater
- Classical Sanskrit
- Spiritual Health & Healing, Level 1
- Spiritual Health & Healing, Level 2
- Modern Applications of Classical Teachings, Level 1
- Modern Applications of Classical Teachings, Level 2
- Ayurvedic Lifestyle Design

### **Fall 2024 Trimester Classes**

- Nutritional Therapy (AP)
- Panchakarma Theory (AP)
- The Story of Disease II (AP)
- Clinical Internship
- Classical Sanskrit
- Spiritual Health & Healing, Level 1
- Spiritual Health & Healing, Level 2
- Modern Applications of Classical Teachings, Level 1
- Modern Applications of Classical Teachings, Level 2
- Ayurvedic Lifestyle Design

### **Winter 2025 Trimester Classes**

- Birth & Beyond
- Ayurvedic Herbalism for Healing (AP)
- Clinical Internship
- Classical Sanskrit
- Spiritual Health & Healing, Level 1
- Spiritual Health & Healing, Level 2
- Modern Applications of Classical Teachings, Level 1
- Modern Applications of Classical Teachings, Level 2
- Ayurvedic Lifestyle Design

### **Spring 2025 Trimester Classes**

- Chikitsa
- Women's Health
- Story of Disease III (AP)
- Clinical Internship
- Classical Sanskrit
- Spiritual Health & Healing, Level 1
- Spiritual Health & Healing, Level 2
- Modern Applications of Classical Teachings, Level 1
- Modern Applications of Classical Teachings, Level 2
- Ayurvedic Lifestyle Design



# Gurukul Preceptorship & Clinical Residency

## **Overview**

Our Gurukul Preceptor Program, modeled after the traditional Gurukul system of India, offers an immersive experience in the practical application of Ayurvedic Medicine. Set in a dedicated learning environment, this program pairs students closely with experienced mentors, fostering an in-depth educational experience in the purest form of Ayurvedic practice.

Throughout this residency, students will hone their diagnostic skills, mastering the three-fold, eight-fold, and ten-fold assessments critical to Ayurvedic treatment. Under the careful guidance of their preceptor, students will deepen their practical understanding of Ayurvedic principles and their application to diverse health conditions.

## **Requirements**

### **Ayurvedic Health Counselor Program:**

Students must fulfill 180 hours of Gurukul Preceptorship & Clinical Residency to meet the requirements for this program.

### **Ayurvedic Practitioner Program:**

Students are required to complete a total of 540 hours of Gurukul Preceptorship & Clinical Residency. This includes the 180 hours from the Ayurvedic Health Counselor program.

# What is the Gurukul System of Education?

## **Overview**

The Gurukul system of education in the Vedic scheme refers to a residential type of schooling where the shishyas (students) reside in or near the Guru's home and acquire knowledge from the teacher.

Not only do students acquire important knowledge on various subjects taught, but also learn about this way of life.

Through the Gurukul system, students will have the opportunity to learn authentic Ayurveda under the direct supervision of a guide & mentor in a transformative, immersive, spiritual and traditional ashram environment.

## **Curriculum**

Visual examination, palpation, and the art of questioning; overview of the 8-fold diagnostic method with a focus on pulse reading, tongue, speech, and general form analysis; prakruti and vikruti assessment; how to assess the quality of the bodily tissues; and assessment of a person's digestive fire, undigested toxins in the body, their prana, tejas, and ojas.

Basic principles of Panchakarma, preparations of medicines needed for each process, their procedure and application according to the nature of the disease; facial, head massage (shiroabhyanga), foot massage (padabhyanga), powder massage with medicinal powder (udhwarthana), bolus bag massage with medicinal leaves, rice, and powder (elakizhi, navarakizhi, podikizhi), oil massage (abhyanga), oil bath (pizhichil), shirodhara, thailadhara, and ksheeradhara, traditional Kalari Marma massage, nasal instillation (nasyam), eye treatment using medicated oil (tharpanam), medicated oil in ear (karnapooranam), medicated oil over the neck, low back, and knee (greeva vasti, katti vasti, and janu vasti).

# Team & Faculty

**Andy Betancourt** Co-Founder, Co-Director

Andy Betancourt is a Behavioral Expert, Personal Development Coach, Performance Coach and an expert in Classical teachings and Vedic philosophies. Andy's role as a "Vedic educator" revives Vedic knowledge in an interdisciplinary approach for the modern age. He regards himself as a translator to demystify and empower people to use Vedic systems to aid in their greater Self-realization.



Co-Founder and Co-Director of Yoga Veda Institute, Andy works with associated organizations throughout the world. He encourages a deeper study of the Vedic teachings in all forms and branches and is interdisciplinary in approach.

**Jacquelyn Rae, IAYT, AP** Co-Founder, Co-Director



Jacky Rae is an Ayurvedic Practitioner and Clinical Yoga Therapist. She specializes in Ayurvedic Lifestyle Design, and Ayurveda for family health. Jacky Rae is one of the Co-Founders and Co-Directors of Yoga Veda Institute and is the Head of Admissions.

As an expert in both Ayurveda and Clinical Yoga Therapy, the importance of creating a comprehensive curriculum that not only combined these two often distinct fields of study, but integrated them seamlessly was the vision behind Yoga Veda Institute.

Jacky serves her community through a holistic approach to Ayurveda and yoga education offering a broad-based scope of advanced training that far exceeds any current standards.



**Brittany Woodard, B.A., E-RYT 500, AHC** Dean of Education,  
Project Director

Brittany began in the healing arts by completing her Bachelor's Degree in Anthropology where she discovered spiritual health and healing. She is a graduate of the Ayurvedic Practitioner Program at Yoga Veda Institute. Brittany is an Ayurvedic

Practitioner and certified Yoga Instructor. She is the Dean of Education and Student Director at Yoga Veda Institute and is deeply devoted to Ayurveda and yoga.

**Karta Purkh Singh Khalsa, A.D., D.N.-C., R.H.** Herbology, Panchakarma  
& Chikitsa Teacher

KP Khalsa, A.D., D.N.-C., R.H., is an herbalist, nutritionist, yoga teacher and educator who has been making holistic health approaches palatable to the modern mind for over 40 years.



**Dr. Resmi V. Rajagopal, BAMS, MS (Ayurveda Gynec) PGDYN** Panchakarma  
Theory

Dr. Resmi is an Ayurvedic Doctor from Kerala, India. She received her Bachelor's degree from Pankajakasthuri Ayurveda Medical College and her Master's degree from Jamnagar college in Ayurvedic Gynecology & Pregnancy Care. She has presented scientific papers in national and international seminars and published research papers in renowned journals and has a diploma in Yoga & Naturopathy. She is experienced in clinical, surgical, para surgical and emergency practices and specializes in treating women with hormonal problems and infertility issues.

**Kate O'Donnell, CAP** Ayurvedic Nutrition

Kate O'Donnell is the author of three Ayurvedic Cookbooks, including The Everyday Ayurveda Guide to Self-Care, The Everyday Ayurveda Cookbook: A Seasonal Guide to Eating and Living Well and Everyday Ayurvedic Cooking for a Calm, Clear Mind: 100 Sattvic Recipes. She is a nationally certified Ayurvedic



Practitioner and the founder of the Ayurvedic Living Institute. An authorized Ashtanga yoga instructor, she teaches yoga in Boston and Portland, Maine, and still travels to India annually for study.



**Dr. Scott Roos, Ed.D.** Sanskrit, Yogic Studies Teacher & Clinical Internship Mentor

Dr. Scott Roos, Ed.D., is a teacher of Ayurveda, Yoga, Yoga Philosophy, Vedic Astrology, and Sanskrit.

**Marek Sawicki, B.A. CAP., C-IAYT, LMBT, E-RYT 500** Ayurvedic Anatomy Teacher & Clinical Internship Mentor

Marek Sawicki is a professional instructor and a highly trained and experienced clinician in the fields of Ayurvedic Medicine, Yoga Therapy and Medical/Orthopedic Massage with over two decades of experience in his successful private practice Living Alchemy Healthcare and in college/private school venues.



His comprehensive education includes being a graduate of The Ayurvedic Institute of Albuquerque, N.M. under the guidance of Dr. Vasant Lad. This training is reinforced with two years of clinical internship under Dr. Alakananda Devi of Alandi Ayurvedic Gurukula specializing in Internal Herbal Medicine, Clinical Pancha Karma, Digestive Disorders, Parasitology, Women/Men’s Health, and Chronic Pain Management.



**DR. SHREEJAN SITA, C-IAYT, AHC** Chikitsa Teacher

Maa Shreejan Sita, MSc, AYT, ERYT, Doctoral Candidate Integrated Medicine is an Ayurvedic Yoga Therapist with 30+ years experience who studied at Chakrapani Ayurveda Institute in Jaipur, India and Paramanand Institute of Yoga Therapy in Indore, India.

**Terra Rafael, CAP** Women's Health Teacher

Terra Rafael is a positive and inspirational holistic women’s health practitioner, writer, and instructor on women’s health; focused on helping women find balance and guiding practitioners to creatively utilize effective tools for women’s health.





**Kaya Mindlin, CYT, AWP** Ayurvedic Nutrition Teacher

An IAYT accredited Yoga Therapist, Ayurvedic Practitioner and Teachers' Teacher, she's logged over 10,000 hours credentialed study and work in Vedic therapies – Restorative Yoga Therapy, Clinical Ayurveda, Yoga and Ayurveda for Pregnancy and Postpartum, Vedic Psychology and Counseling, Vedanta

Philosophy, and Vedic Astrology.

**Julia Fishman, AP** Postnatal Teacher

Julia is an educator, an entrepreneur, an intuitive visionary, an Ayurvedic Practitioner, Ayurvedic Postpartum Doula, yoga teacher and an active Avatar Master. She loves to make learning of profound wisdoms fun, accessible, easy to digest and applicable to life. Guided by a commitment to pragmatically

improving the world, Julia spends the majority of her time traveling around the country and facilitating consciousness training courses for people and families from all walks of life and from all over the world.



**Christine Devlin Eck, AP** Postnatal Teacher

Christine is the Director Sacred Window Center and one of its Instructors. She has a background as an Ayurvedic Practitioner, Educator, Group Facilitator and Birth and Postpartum Doula. She is also a busy mother of 4 boys, most of whom have been brought into the world using the principles we teach. She

describes Ayurvedic Postpartum Care as truly powerful and transformative, and the missing link in modern postpartum care.

**Charlotte Senseney-Sternkind, CAPA, LMT, MTI** Postnatal Teacher

Charlotte was led to this work by Spirit as she came up with a business name during meditation. The teacher who trained her called one day and said she had been informally calling her students Ayurdoulas. That is how her deeper journey as a postpartum doula began after years of being a birth doula and prenatal massage therapist. She fully believes in supporting the mama and her experience of growing, birthing and nurturing life on this earth.





**Ashlee Wilkin, CAP, CMT** Postnatal Teacher

Ashlee has been fascinated and inspired by birth, babies, and pregnant mama bellies since she was a little girl. Growing up, she witnessed the birth miracle of baby animals many times at her mom's Veterinary hospital. This and other life experiences planted the seed for her life-long interest in birth work. She is passionate about transforming our cultural perspective on pregnancy, birth, postpartum, and parenting by bringing back ancient wisdom for the modern family. Ashlee currently has a thriving practice, working with midwives in Northern California to provide Ayurvedic prenatal and postpartum care.



**Raine Beckett** Community Concierge

Raine is all about balanced, holistic health and wellness. She started her journey into natural medicine more than 20 years ago when she realized how disconnected we as the human race have become from our true nature and our place in the universe. Qualifying as a Reiki Master, incorporating Usui and Tibetan Reiki in 2011 was just the start of her quest to discover TRUE healing through Ayurveda and yoga.

**Professional Abbreviations Key**

RYT = Registered Yoga Teacher  
E-RYT 500 = Experienced Registered Yoga Teacher at the 500-hour level  
C-IAYT = International Association of Yoga Therapy Certified  
CYT = Certified Yoga Teacher  
AHC = Ayurvedic Health Counselor  
AWP = Ayurvedic Wellness Practitioner  
AP = Ayurvedic Practitioner  
CAP= NAMA Certified Ayurvedic Practitioner  
CAHC = NAMA Certified Ayurvedic Health Counselor  
CMT = Certified Massage Therapist  
CAPA = Certified Advanced Postpartum Ayurdula

AD = Ayurvedic Doctor  
C-AP = Ayurvedic Practitioner Certified  
DN-C = Certified Dietitian-Nutrition  
RH = Registered Herbalist  
LMBT = Licensed Massage and Bodywork Therapist  
BA = Bachelor's Degree  
BAMS = Bachelor of Ayurvedic Medicine and Surgery  
PGDG&C = Post Graduate Diploma in Guidance and Counseling  
LMT = Licensed Massage Therapist  
MTI = Massage Therapy Instructor

# Admissions & Registration

## Admissions Criteria

- ▶ Display English-language competency
- ▶ Dedication to fully participate in the program, attend the live lessons, and turn in assignments on time
- ▶ Continued access to a computer and internet connection

## Application Process

Begin your transformative path into the world of Ayurveda with our easy-to-navigate application process. Simply click the link on the website to initiate your application and become an integral member of our inclusive community, dedicated to spreading the profound wisdom of Ayurveda. Together, we're elevating health and wellness on a global scale. Embrace this opportunity for personal growth and broader change. Your journey in Ayurveda starts now. Apply today and join our vibrant collective.

## Still Have Questions?

Contact our Admissions Team at [admissions@yogavedainstitute.com](mailto:admissions@yogavedainstitute.com)





For more information, schedule a call with Admissions by emailing [admissions@yogavedainstitute.com](mailto:admissions@yogavedainstitute.com)

If you're ready to enroll in one of our programs, register at [yogavedainsitute.com/school](http://yogavedainsitute.com/school)

Apply for a scholarship at [yogavedainstitute.com/scholarships](http://yogavedainstitute.com/scholarships)



Postal Address:

Yoga Veda Institute  
2222 W. Grand River Ave  
Suite A  
Okemos, MI 48864  
USA

