



Preceptor Program Hybrid



3	Program Requirements
4	Course Descriptions
8	Academic Calendar
10	Course Calendar

Program Requirements

PRECEPTOR PROGRAM HYBRID **12 Quarters - Part Time Program**

- Bhūtavidyā / Manovijñāna: Healing the Mind & Soul, live webinar (24 hours)
- Conscious Business Design, prerecorded webinar (24 hours)
- Joytish: Vedic Astrology, asynchronous
- Kaumarabhrtya: Science of Children's Health, live webinar (24 hours)
- Vastu: Vedic Architecture, asynchronous
- Tarka Tarang: Research Module 1, asynchronous
- Ayurvedic & Western Medicine: Functional Health Coaching, live webinar (24 hours)
- Dravyaguna: Therapeutic Applications of Herbs, live webinar (24 hours)
- Purva / Pacat Karma, live webinar (24 hours)
- Skin Care / Dermatology, live webinar (24 hours)
- Surgery, asynchronous
- Tonification, live webinar (24 hours)
- Toxicology, live webinar (24 hours)
- Tarka Tarang: Research Module 2

Ayurvedic Health Counselor (AHC) Program:

- Gurukul Clinical Residency: 40 in-person hours (previously 180 hours)
- Clinical Internship Hours: 80 hours (previously 100 hours)
- Client Encounters via the PE Submission Module: 75 encounters (previously 50: 10 Independent Practice, 10 Observation, and 30 Supervised)

Ayurvedic Practitioner (AP) Program:

- Gurukul Clinical Residency: 180 in-person hours (previously 540 hours)
- Clinical Internship Hours: 240 hours (previously 290 hours)
- Client Encounters via the PE Submission Module: 235 encounters (previously 150: 40 Independent Practice, 35 Observation, and 75 Supervised)

Course Descriptions

Bhūtavidyā / Manovijñāna: Healing the Mind & Soul, live webinar (24 hours)

This course provides in-depth knowledge of yoga perspectives on the mind's structure, states, and conditions, such as citta (consciousness), buddhi (intellect), and manas (mind). Learn to assess and treat mild mental pathologies using diet, lifestyle, herbs, and sensory therapies. Understand how to balance doshas, prana, tejas, and ojas, while incorporating positive conduct and mindfulness practices. This course empowers you to design and implement comprehensive treatment plans for mental and emotional health.

Conscious Business Design, prerecorded (24 hours)

This course guides you in strategic planning, helping you craft a mission statement that aligns with Ayurvedic values and the NAMA Code of Ethics. Develop leadership skills to uphold the honorable traditions of Ayurveda and gain financial acumen for ethical and accurate practice management. Learn the fundamentals of accounting, ensuring accurate financial reporting, and master management practices, including marketing and advertising, to effectively promote your Ayurvedic business.

Jyotish: Vedic Astrology, asynchronous

This course offers an insightful overview of Vedic astrology, empowering you to refer clients to a qualified Vedic or Medical Jyotisa for specialized assessment and education. Gain familiarity with the core concepts and therapeutic tools of Vedic astrology, and understand its scope and practice. Learn how Vedic astrology can complement and enhance client care, providing a holistic approach to health and well-being.

Kaumarabhrtya: Science of Children's Health, live webinar (24 hours)

This course equips you with the skills to offer comprehensive care for children of all ages, focusing on balancing the srotas (pathways) and addressing imbalances.

Learn to create and implement personalized treatment plans that include herbal formulas, dietary modifications, lifestyle changes, and Ayurvedic therapies. Gain in-depth knowledge of common pediatric disorders, the signs of dosha imbalances, and how family dynamics influence a child's health. Master the art of monitoring and adjusting treatment plans to ensure optimal outcomes for young patients.

Vastu Sastra: Vedic Architecture, asynchronous

This module provides a foundational understanding of Vāstu Śāstra, focusing on its principles and therapeutic applications. Learn what Vāstu is, what a Vāstu doctor does, and how this practice complements holistic client care. Gain insight into the scope of Vāstu Śāstra, its significance in creating harmonious living spaces, and the therapeutic tools used by practitioners.

Tarka Tarang: Research Module 1, asynchronous

This module focuses on developing the skills necessary to write comprehensive case studies. Learn to accurately document patient information, including age, sex, occupation, and individual health conditions (prakṛti and vikṛti). Gain expertise in creating detailed treatment plans that encompass diet, lifestyle, and herbal recommendations, along with the frequency of appointments. Track patient progress, make necessary adjustments, and analyze outcomes to identify successful aspects and areas for improvement. This module provides a solid foundation for conducting and presenting rigorous Ayurvedic research.

Ayurvedic & Western Medicine: Functional Health Coaching (24 hours)

This course focuses on identifying and addressing the root causes of disease through personalized care plans that combine Ayurvedic and Western medical principles. Learn to empower clients with diet and lifestyle changes, behavioral motivation, and evidence-based strategies to achieve optimal wellness. Gain expertise in educating clients, assessing nutritional and health statuses, and collaborating with healthcare providers. This course prepares you to guide clients towards sustainable health by addressing both physical and psychological factors.

Dravyaguna: Therapeutic Applications of Herbs (24 hours)

This course emphasizes the treatment of complex diseases and pathologies using herbal combinations and compounds. Learn to recommend herbal medicines that target different doṣas and dhātus. Gain comprehensive knowledge of the impact of herbs on dhātu, srota, and the states of agni and āma. Explore advanced preparation techniques and formulations, equipping you to handle intricate disease conditions with confidence and precision. This course ensures you can

provide sophisticated and effective Ayurvedic herbal treatments.

Purva / Pacat Karma: Preparing & Healing (24 hours)

Learn to design and manage personalized preoperational procedures, including dietary plans, oil applications (abhyanga), dry powder massages (udvartana), and sweating therapies (swedana). Gain expertise in specialized treatments like shirodhara (oil on the forehead), katibasti (oil well on the lumbar region), and others. Master the ability to monitor signs of over and under oleation, assess the state of agni, āma, and ojas, and adjust the program for optimal patient care and preparation for the main Panchakarma procedures.

Skin Care / Dermatology (24 hours)

Learn to recommend herbal treatments and therapies tailored to individual skin types and conditions. Gain a deep understanding of how to balance the doshas through diet, lifestyle, and herbal applications to achieve healthy skin. Explore the Ayurvedic approach to treating common skin issues such as acne, eczema, psoriasis, and premature aging.

Shalya Tantra: Surgery, asynchronous

Gain basic knowledge of Ayurvedic surgical techniques, their historical significance, and current applications in India. Understand common surgical procedures and familiarize yourself with medical terminology relevant to yoga therapy. Learn to support patients before and after surgery, ensuring comprehensive care. This course also covers how to reference and utilize current healthcare information, including pathologies, disorders, and drugs, to enhance your practice and provide holistic support to your clients.

Tonification (24 hours)

Learn to design, implement, and manage comprehensive tonification programs using dietary and herbal therapies, as well as internal and external snehana (oil therapies). Gain expertise in pacifying the doṣas and eliminating āma (undigested material) through targeted interventions like dīpana (increasing agni), pācana (digesting āma), sensory therapies, exercise, and heat treatments. This course equips you with the skills to assess and balance agni, āma, and ojas for optimal well-being.

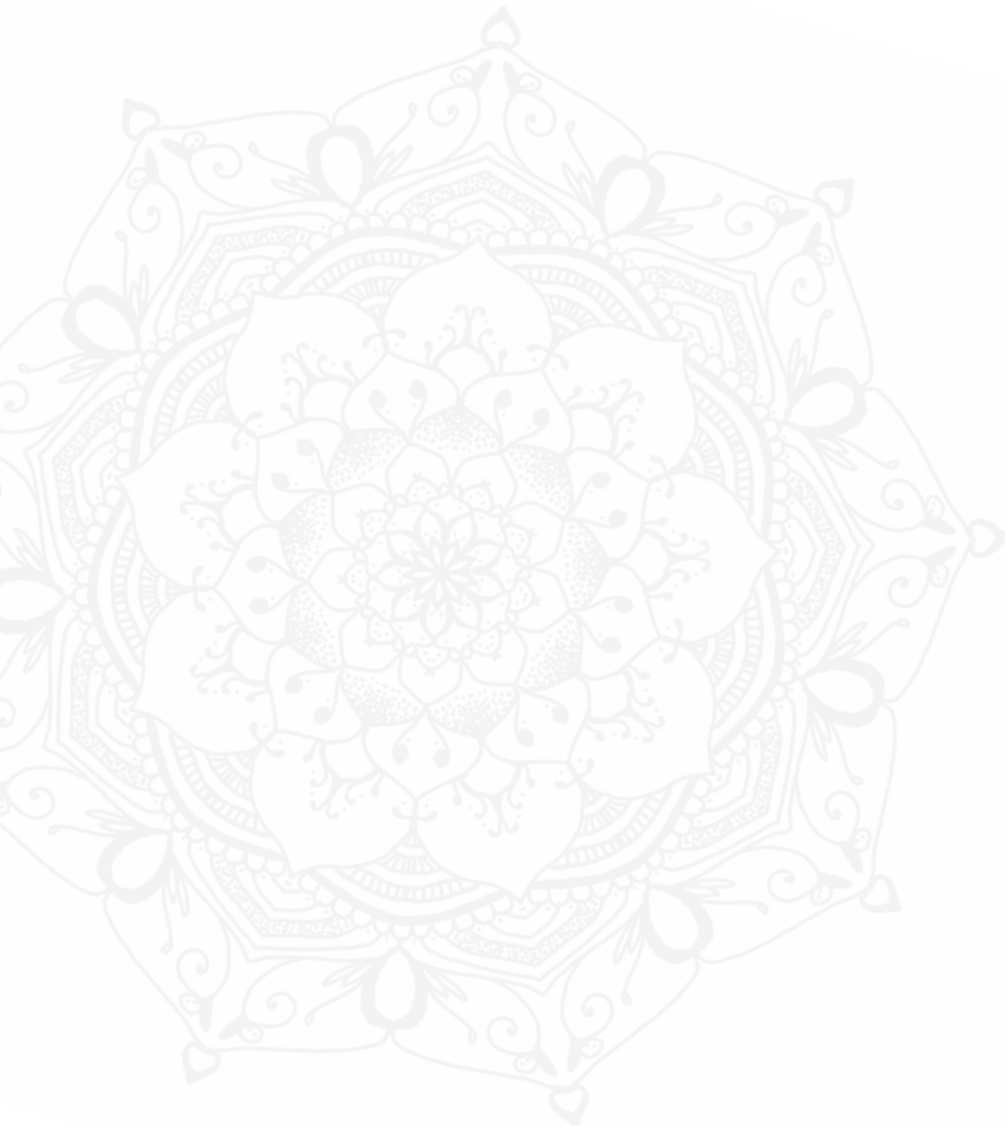
Toxicology (24 hours)

This course provides an in-depth understanding of classical teachings on toxicology and their application to contemporary environmental and occupational challenges. Learn to take comprehensive occupational and environmental

histories, assess potential toxin exposures, and provide appropriate treatments. Gain knowledge of the qualities and categories of poisons, food-borne diseases, vegetable poisons, insect bites, and heavy metal poisoning. The course also covers the Ayurvedic management of zoonotic diseases such as Lyme disease, malaria, and toxoplasmosis, bridging classical insights with modern contexts.

Tarka Tarang: Research Module 2

This module focuses on the essential competencies needed to write scholarly articles using proper citation methods. Learn to develop and organize effective presentations, ensuring clear and articulate delivery. Gain knowledge of how to properly cite references from books, journals, and websites, and enhance your proficiency with presentation software. This module is designed to support and nurture your journey in Ayurvedic research and scholarship.



Academic Calendar

Fall 2024 Trimester

Fall trimester begins
Mid-trimester break
Thanksgiving break
Fall trimester ends
Winter break

September 16
October 28 - November 1
November 18 - 22
December 6
December 7 - January 12

Winter 2025 Trimester

Winter trimester begins
Martin Luther King Jr. Day - No Class
Mid-trimester break
Winter trimester ends
Spring break

January 13
January 20
February 17 - 21
March 31
April 1 - 20

Spring 2025 Trimester

Spring trimester begins
Mid-trimester break
Spring trimester ends
Summer break

April 21
May 26 - 30
July 3
July 4 - 21

Fall 2025 Trimester

Fall trimester begins
Mid-trimester break
Thanksgiving break
Fall trimester ends
Winter break

September 22
November 10 - 14
November 24 - 28
December 12
December 13 - January 11

Winter 2026 Trimester

Winter trimester begins
Martin Luther King Jr. Day - No Class
Mid-trimester break
Winter trimester ends
Spring break

January 12
January 19
February 16 - 20
March 30
March 31 - April 20

Spring 2026 Trimester

Spring trimester begins
Mid-trimester break
Spring trimester ends
Summer break

April 21
May 26 - 29
June 4
June 5 - 21

Fall 2026 Trimester

Fall trimester begins
Mid-trimester break
Thanksgiving break
Fall trimester ends
Winter break

September 22
November 10 - 14
November 24 - 28
December 12
December 13 - January 11

Winter 2026 Trimester

Winter trimester begins
Martin Luther King Jr. Day - No Class
Mid-trimester break
Winter trimester ends
Spring break

Monday, January 13
Monday, January 20
February 17 - 21
Monday, March 31
April 7 - 18

Course Calendar

Our live class sessions are held weekly for two hours each for 10 weeks, with 4 hours of asynchronous testing, and our asynchronous modules are self-paced PDF learning sessions. Classes are scheduled during business hours on Mondays to Thursdays, occasionally on Fridays, all in US Eastern Time (EST). The specific timings for each trimester are announced two weeks before the start of the term. For the most current schedule, visit our [Course Calendar](#).

Fall 2024 Trimester Classes

- Āhāra Chikitsa: Nutritional Therapy
- Panchakarma Theory: Ayurvedic Detoxification
- Vihāra: Principles of Ayurvedic Lifestyle Design
- Vikriti Vijñāna: Story of Disease II
- Classical Sanskrit
- Clinical Internship (AHC)
- Clinical Internship (AP)
- Spiritual Health & Healing

Winter 2025 Trimester Classes

- Bhūtaavidyā / Manovijñāna: Healing the Mind & Soul
- Dravyaguna: Ayurvedic Herbalism for Healing
- Kaumarabhrtya: Science of Children's Health
- Sacred Window: Birth & Beyond
- Skin Care / Dermatology
- Classical Sanskrit
- Clinical Internship (AHC)
- Clinical Internship (AP)
- Spiritual Health & Healing

Spring 2025 Trimester Classes

- Chikitsa: Ayurvedic Therapies
- Tonification
- Vikriti Vijñāna: Story of Disease III
- Women's Health
- Classical Sanskrit
- Clinical Internship (AHC)
- Clinical Internship (AP)
- Spiritual Health & Healing

Fall 2025 Trimester Classes

- Ayurvedic and Western Medicine: Functional Health Coaching
- Dravyaguna: Ayurvedic Herbalism for Healing
- Pañcamaya Kosha: Subtle Body Anatomy
- Vikriti Vijñāna: Story of Disease I
- Classical Sanskrit
- Clinical Internship (AP)
- Clinical Theater
- Spiritual Health & Healing

Winter 2026 Trimester Classes

- Āhāra Chikitsa: Nutritional Therapy
- Conscious Business Design
- Panchakarma Theory: Ayurvedic Detoxification
- Vihāra: Principles of Ayurvedic Lifestyle Design
- Vikriti Vijñāna: Story of Disease II
- Toxicology
- Classical Sanskrit
- Clinical Internship (AHC)
- Clinical Internship (AP)
- Spiritual Health & Healing

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- Bhūtavidyā / Manovijñāna: Healing the Mind & Soul
- Dravyaguna: Ayurvedic Herbalism for Healing
- Kaumarabhrtya: Science of Children's Health
- Sacred Window: Birth & Beyond
- Skin Care / Dermatology
- Classical Sanskrit
- Clinical Internship (AHC)
- Clinical Internship (AP)
- Spiritual Health & Healing

Fall 2026 Trimester Classes

- Chikitsa: Ayurvedic Therapies
- Dravyaguna: Therapeutic Applications of Herbs
- Tonification
- Vikriti Vijñāna: Story of Disease III
- Women's Health
- Classical Sanskrit
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- Dravyaguna: Ayurvedic Herbalism for Healing
- Pañcamaya Kosha: Subtle Body Anatomy
- Purva / Pacat Karma: Preparing & Healing
- Vikriti Vijñāna: Story of Disease I
- Classical Sanskrit
- Clinical Internship (AP)
- Clinical Theater
- Spiritual Health & Healing