



AYURVEDIC EDUCATION SINCE 1995



CALIFORNIA COLLEGE OF AYURVEDA



State-Approved Courses for Practitioner Certification

2021



A Message from the Founder and President

Welcome to the California College of Ayurveda (CCA), the longest running, state-approved college and professional training program for the study of Ayurvedic Medicine in the United States.

I am very pleased that you are interested in learning about CCA and about the ayurvedic profession. Today we enjoy a rare opportunity to participate in the rebirth of this ancient ayurvedic healing science as it evolves into a primary form of healing for the 21st century.

Our graduates are pioneering this effort and are at the forefront, playing a vital role in the development of this new profession.

Studying ayurveda is more than a career; it is a personal transformation toward wholeness and wellness. Having applied the knowledge and wisdom of Ayurveda toward their selves, our graduates go back into their communities and become beacons of light, bringing healing and harmony to others. Together, our graduates are engaged in nothing less than a revolution of consciousness, supporting the transformation of humanity toward living in harmony with nature. Our philosophy is simple: Where there is harmony, there is health. Where there is disharmony, there is disease.

The California College of Ayurveda is dedicated to giving students the finest education in the field of Ayurveda. This is our mission and we have been the standard bearers within the profession supporting the development of quality education amongst all schools. We have done this through the founding of the National Ayurvedic Medical Association and the California Association of Ayurvedic Medicine. Our graduates have been the leaders of these organizations and we continue to support the highest standards.

Our programs are designed to accommodate students who can dedicate themselves to full-time or weekend study and those who live at a distance. Regardless of the program our students are in, the standards are the same and the quality of the learning experience is exceptional. Every facet of CCA's program is coordinated to make sure that when you graduate you are competent and confident. While our program will challenge you, it is taught with great compassion and love. This is the Vedic way.

The learning process never ends as we endeavor to embody the wisdom of Ayurveda in all areas of our lives. If Ayurveda has inspired you and reached into your heart, we hope you will join us and our students as we travel together on a journey of personal growth, professional development, and planetary healing.

Namasté,

Dr. Marc Halpern, D.C., C.A.S., P.K.S.

President

A handwritten signature in black ink that reads "Dr. Marc Halpern". The signature is written in a cursive, flowing style.

GRADUATION



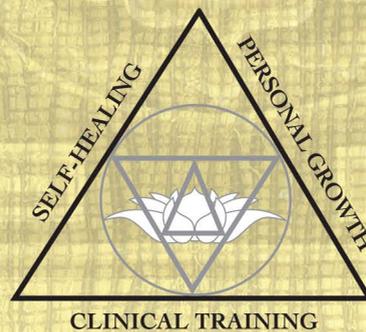
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Every effort has been made to secure the accuracy of information in this catalog. All student obligations described in this catalog are considered part of signed enrollment agreements, referenced in the language of those agreements. Changes in schedules or administrative features of the program occasionally may be made and will be publicized by appropriate means.

"When you are inspired by some great purpose,
some extraordinary project, all your thoughts break their bounds.

Your mind transcends limitations, your consciousness
expands in every direction, and you find yourself in a new,
great and wonderful world."

Patanjali

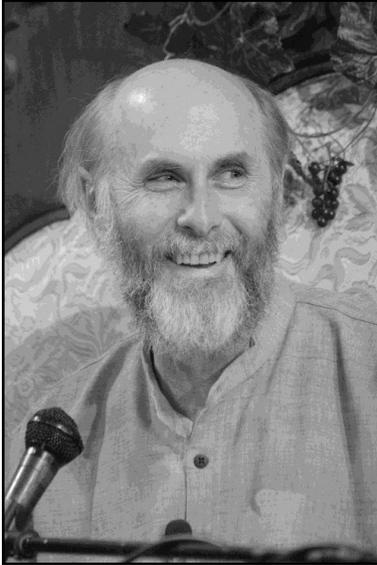


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A Letter to Students



I remember one of the first classes in Ayurveda in the West in 1983 in which there were only a half dozen students without much of an idea as to what they were studying or why. One wondered if the serious pursuit of Ayurveda was but a fantasy. I have watched Ayurveda grow worldwide since then, and today it is clear that the fantasy has turned into reality. The outstanding education provided by the California College of Ayurveda is the clearest example.

I first met Dr. Marc Halpern as a student in 1991, and he soon joined me for additional training programs that we offered. I introduced him to additional teachers from India and supported him to begin the California College of Ayurveda. Today the school has become the most recognized institution outside of India and is respected worldwide.

I see Ayurvedic education today as having five necessities. The first is that it should provide a strong foundation in the traditional principles of Ayurveda. The second is a good herbal program. Herbs, after all, are the main healing substance prescribed in Ayurveda. The third is that it should teach good counseling skills for Ayurvedic practitioners, and students should be well versed in Ayurvedic psychology. Most health problems today have mental and emotional complications that cannot be ignored. The fourth is integration with Yoga therapy, which also continues to grow in popularity. Ayurveda is the ancient medicine of the Yoga tradition, founded by the same rishis and resting upon the same philosophy as classical Yoga. The fifth is a deep clinical foundation. Beyond lifestyle counseling and preventative medicine, Ayurveda is a complete medical system capable of helping humanity to heal from a wide array of chronic diseases that confound Western physicians.

The California College of Ayurveda provides outstanding training in the principles of Ayurveda, extensive herbal training, a deep foundation in psychology, opportunities to study Ayurvedic Yoga therapy and has pioneered clinical ayurvedic education in this country. Students who choose to study at CCA will receive a solid foundation in the traditional knowledge and learn how to apply it in modern times. When you graduate, you will be very well prepared to go into practice and stand among the finest trained practitioners in this country.

Ayurveda is respected worldwide as one of the most important traditional systems of healing. The work of the California College of Ayurveda has made a serious contribution to the wellbeing of humanity.

Dr. David Frawley
(Pandit Vamadeva Shastri)

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The contents of this catalog are valid from the dates of:

August 1, 2021 through December 31, 2021

Information contained herein, including curriculum and tuition, pertains only to enrollment into each program during this calendar year.

MISSION OF THE CALIFORNIA COLLEGE OF AYURVEDA

The California College of Ayurveda (CCA) is dedicated to transforming human consciousness by providing the highest quality education, health care, and research in the field of Ayurveda. We strive to express the principles of harmony in every action we take as we train students to become the Ayurvedic doctors of the future, practitioners dedicated to understanding the whole person physically, emotionally, and spiritually.

AYURVEDA FOR THE 21st CENTURY

Ayurveda, which literally means "The Science of Life," is the healing science from India. It has been practiced for over 5,000 years by millions of individuals to assist the body in journeying back to optimal health. More and more people are discovering that these ancient principles are easily applicable to modern life and that they have the power to create health and contentment. Health is the end result of living in harmony with nature. Ayurveda allows us to become aware of our individual nature and to find the best ways to live a life of balance. It provides holistic understanding and healing to people on all levels: physically, emotionally, and spiritually. Ayurveda uses a multitude of healing modalities, including herbs, diet, colors, aromas, sound, lifestyle recommendations, pancha karma, meditation, and yoga.

Facility in Nevada City: CCA is comprised of three buildings totaling 15,000 square feet. The main building consists of classrooms, administrative offices, and a community health center. The College is wired to the internet and uses computer equipment and projectors during the educational program. The College has an on-site student resource room, which contains a small library and is available to students during regular business hours. The Academic Director can assist in checking out books. Additional academic resources are located on our website and are available to all students.

Notice to Prospective Students: 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. Any questions a student 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:

1747 N. Market Blvd Ste 225 Sacramento, CA 95834 PO Box 980818, West Sacramento, CA. 95798-0818
www.bppe.ca.gov, (888) 370-7589, or by fax (916) 263-1897.

Disclosure Statement: This institution does not have a pending petition in bankruptcy, is not operating as a debtor in possession, has not filed a petition in bankruptcy 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 (11 U.S.C. Sec. 1101, et seq.).

CCA PROVIDES PROFESSIONAL TRAINING IN THE FIELD OF AYURVEDA

CCA's Ayurvedic Yoga Practitioners, Ayurvedic Health Counselors, Clinical Ayurvedic Specialists, and Ayurvedic Doctors are the most thoroughly trained practitioners in the field of Ayurveda in the United States:

- **Ayurvedic Yoga Practitioners** learn how Ayurveda applies to the eight limbs of yoga with an emphasis on asana and pranayama.
- **Ayurvedic Health Counselors** are specialists in preventative medicine.
- **Clinical Ayurvedic Specialists** specialize in clinical ayurvedic medicine.
- **Ayurvedic Doctors** have the deepest training in Ayurveda and integrate a deeper knowledge of Western medicine into their practice.

With over 1500 graduates, CCA provides both academic and clinical training that prepares students to go into practice. It is the dharma (purpose) of each practitioner to share their knowledge of Ayurveda to uplift the health and well-being of their community.

PROFESSIONAL DEVELOPMENT

Through education and experience, our students are guided through the journey from student to health care professional. Our programs are designed with the goal of training graduates to become counselors, practitioners, and doctors of Ayurveda (Job Code 29-9099 in the Labor Department's SOC). To support this transformation, our program provides the opportunity for a supervised internship in a clinical setting. In addition, our students receive training in the skills needed to become successful after graduation.



“Every day in my Ayurvedic practice I am so grateful and inspired by this wonderfully inclusive science and for the depth of training I received from the California College of Ayurveda. My training has given me the opportunity to see the world in a new way and to help people recreate balance and harmony in their lives.”

— Michelle Schaefer

“CCA is a unique and ideal academic school for learning Ayurveda in a professional way in the USA. A unique feature of this school is that it helps students learn the deeper meaning of yoga, in action and dharma. CCA teaches how life can be more meaningful and successful in the material world and, at the same time, harmonious with nature through the medium of Ayurveda.”

— Usha Koshla, M.D.

FREQUENTLY ASKED QUESTIONS

Why should I choose the California College of Ayurveda for my ayurvedic education?

Standards: CCA has the highest academic and clinical standards in the West. Our students are well known to be the finest trained in North America.

Success: Because of the clarity, focus and excellence of CCA's educational process, CCA has graduated the most successful practitioners in the country. When you graduate from the California College of Ayurveda (CCA), you join an elite group of practitioners. CCA's reputation for high standards gives you a head start toward your success.

Herbal Medicine: CCA offers the most extensive ayurvedic herbal training in the country. Our program is one of the few in the United States where you learn to formulate and have the opportunity to make the medicines you prescribe for your patients. Our program also includes the opportunity to participate in a special herbal apprenticeship program where you will learn to take herbs from seed to medicine.

Internship: CCA students can participate in up to 24 months of internship. Most internships at other schools include observing a teacher seeing patients or performing consultation on other students with limited supervision. CCA's internship program includes both observation and working directly with patients. Interns receive very close supervision and guidance. CCA is also the only school in the country in which C.A.S. and Ay.D. interns are paid while they are in school for the work they do. This builds self-esteem and confidence as students go into practice.

Cohesive Program: The program at CCA has been refined over a 25-year period. Every facet of CCA's training program is designed to coordinate a student's learning experience. CCA's teaching staff is an integrated unit working together to assure a cohesive learning experience.

Excellence in Teaching Staff: Teachers at CCA are hand-picked by CCA President Dr. Marc Halpern for their knowledge, their ability to communicate clearly, and their ability to teach in an organized manner. All teachers also go through special "teacher training" to assure competency in the classroom. Each teacher has also developed important insights into the knowledge and brings these insights into the learning experience of the student. Perhaps most importantly, our faculty is living the principles of Ayurveda every day.

National Standards: Dr. Marc Halpern is a leader in the field of Ayurveda and has been instrumental in developing the currently accepted national guidelines for Ayurvedic education in the United States. He is leading the effort to raise those standards nationwide.

Classroom Hours: CCA offers more classroom hours of training in pure ayurvedic knowledge than any other major school in the United States.

Post-Graduate Study in India: Students who graduate from the California College of Ayurveda have opportunities to participate in training programs and internships in India. CCA has a relationship with Ayurvedic doctors and hospitals in India where interns can participate in apprenticeships.

Traditional, "Authentic" Ayurvedic Education: CCA is committed to helping students understand the complete science of Ayurveda as it was articulated thousands of years ago by the ancient teachers. This knowledge is contained in three major and three minor texts of Ayurveda written between 1500 BCE and 1500 CE. The curriculum at CCA helps to bring this ancient wisdom to you in a modern and easily understandable format.

What is the most advanced training I can receive at CCA?

Our training programs at CCA can take you all the way to becoming a Doctor of Ayurvedic Medicine.

ACADEMIC PROGRAMS

Overview: The California College of Ayurveda offers the highest level of training and most comprehensive curriculum in the field of Ayurvedic Medicine in the United States. Our programs lead to four practitioner certificates:

1. **Ayurvedic Yoga Practitioner (AYP):** An Ayurvedic Yoga Practitioner is a Yoga Teacher with a solid background in Ayurveda who knows how to conduct dosha specific classes and individual sessions.
2. **Ayurvedic Health Counselor (AHC):** An Ayurvedic Health Counselor is a practitioner whose focus is on preventative medicine and is trained to provide individual counseling and guidance sessions.
3. **Clinical Ayurvedic Specialist (CAS):** A Clinical Ayurvedic Specialist is a practitioner whose focus is on Clinical Medicine assisting those who are sick with mild, moderate, or serious disease.
4. **Ayurvedic Doctor (AyD):** An Ayurvedic Doctor has the highest level of training and practices preventative medicine, clinical medicine, and is best able to integrate their knowledge and practice with an understanding of Western Medicine allowing them to easily communicate with other medical professionals.

REQUIRED COURSES FOR EACH PRACTITIONER CERTIFICATE PROGRAM

1. **Ayurvedic Yoga Practitioner:** Principles of Ayurvedic Medicine, Ayurvedic Yoga Therapy Intensive
2. **Ayurvedic Health Counselor:** Principles of Ayurvedic Medicine, Ayurvedic Health Counselor Internship
3. **Clinical Ayurvedic Specialist:** Principles of Ayurvedic Medicine, Clinical Ayurvedic Medicine, Ayurvedic Health Counselor Internship, Clinical Ayurvedic Specialist Internship
4. **Ayurvedic Doctor:** Principles of Ayurvedic Medicine, Clinical Ayurvedic Medicine, Ayurvedic Health Counselor Internship, Clinical Ayurvedic Specialist Internship, Ayurvedic Doctor Internship

COURSE DESCRIPTIONS AND DETAILS

Principles of Ayurvedic Medicine Course (627 hours)

Overview: This is a high-level program providing students with a deep academic foundation in the most important principles of Ayurvedic medicine. Note: Completion of this course will be noted on your transcript. No certificate is given.

Pre-requisites: High School Diploma or equivalent

Classes and Curriculum: This course is both theoretical and practical. Students will learn the principles of Ayurveda and apply them to their own lives. Living Ayurveda is the best way to learn Ayurveda. Students will work on extensive case studies to reinforce the learning process.

- Introductory Module: Introduction to Ayurveda and Ayurvedic Lifestyle
- Module 1: Philosophy
- Module 2: Ayurvedic Anatomy and Physiology 1
- Module 3: Ayurvedic Anatomy and Physiology 2
- Module 4: Pathology
- Module 5: Consultation & Evaluation
- Module 6: Ayurvedic Psychology 1
- Module 7: Ayurvedic Psychology 2
- Module 8: Nutrition
- Module 9: Herbalism
- Module 10: Sensory Therapies

Additional Requirements: Students will write a research paper in which they analyze themselves from an Ayurvedic perspective and make recommendations for how they can improve their health and well-being. This will be due prior to the final exam. Students have up to two years to continue with their education. After two years, students will need to take a placement examination to test their recall of the Ayurvedic principles learned in this course.

Ayurvedic Yoga Therapy Intensive Course (263 hours)

Overview: Students will learn how Ayurveda applies to the eight limbs of yoga with an emphasis on asana and pranayama. Ayurvedic Yoga Therapy can be adapted to any tradition or style of yoga practice. Also, students will learn the philosophy, mythology, science, and practice of Yoga Nidra and be prepared to lead classes for others. All students will leave with an evidence-based packet to bring into conventional settings.

Pre-requisites:

- Students must have already completed a 200-hour Yoga Alliance approved Yoga Teacher Training course or received recognition by the International Association of Yoga Therapists or Yoga Unify
- Principles of Ayurvedic Medicine Course

Classes and Curriculum: The course is taught in an online and in-person intensive format. The first part consists of three days of online lecture and discussion. The second part is taught in-person, on-campus in a 12-day format with a focus on practice and teaching. This 263-hour course consists of 109 classroom/instructional hours and 154 hours dedicated to completing extensive specialized projects / assignments outside of class.

Part I: Online Curriculum

- Yamas and Niyamas in Healing
- Asana and Healing
- Energetics of Asana
- The five Vayus in Asana
- The gurvadi gunas in Asana
- The five elements in Asana
- The energetics of various poses
- Elemental energies in pranayama
- An exploration of styles of Yoga Asana and how they influence the energies of the body
- Samyama and Healing

Part II: In-Person Curriculum

- Diagnosing body structure and function
- Asana practice
- Practice class exploring the vayus
- Practice class exploring the gurvadi gunas
- Practice class exploring the elements
- Dosha pacifying classes
- Teaching vata, pitta and kapha pacifying classes
- Mythology, history, and physiology of Yoga Nidra
- Science and evidence-basis for Yoga Nidra
- Using Yoga Nidra for self-healing
- How to teach Yoga Nidra in group and private settings

Additional Requirements: Students are required to complete related projects and assignments outside of class.

Clinical Ayurvedic Medicine Course (853 hours)

Overview: Students will study clinical theory and the management of disease.

Prerequisites:

- Principles of Ayurvedic Medicine
- 3-credit hours/units in Anatomy & Physiology from an accredited program

Classes and Curriculum:

Students will study the classical ayurvedic perspective on the management of disease in each system of the body as well as an overview of the western medical understanding of the condition. Students perform projects and work with case studies as part of the learning experience. This program integrates extensive study of herbal medicine and the design of herbal formulations.

- Module 1: Advanced Pathology
- Module 2: Advanced Herbalism
- Module 3: Pancha Karma Theory
- Module 4: Digestive System 1
- Module 5: Digestive System 2
- Module 6: Diseases and Ayurvedic Management of the Respiratory System
- Module 7: Diseases and Ayurvedic Management of the Urinary System
- Module 8: Diseases and Ayurvedic Management of the Cardiovascular System
- Module 9: Women's Health and Ayurveda 1: Pregnancy, Delivery, and Introduction to Pediatrics
- Module 10: Women's Health and Ayurveda 2: Diseases of the Female Reproductive System
- Module 11: Diseases and Ayurvedic Management of the Nervous System
- Module 12: Ayurvedic Dermatology: The management of conditions of the skin.
- Module 13: Ayurvedic EENT: The management of the conditions of the ears, eyes, nose, and throat **
- Module 14: Chronic Diseases and the Ayurvedic Management of the Endocrine, Immune, and Musculoskeletal Systems

Additional Requirements: Research paper: Students will be required to write a research paper on an approved ayurvedic topic. This will be due prior to the final exam. Learning exercises are assigned along with each module.

** Module 13 is a 3-week course for Full time students and 6-week course for Distance Learning.

INTERNSHIP PROGRAMS

Overview: Internship is the transition from student to practitioner. This is the most important time in a student's learning experience. Internships may take place either at our Nevada City Campus Clinic or in the student's community as a field internship. Students who are performing a field internship will be required to find a professional setting in which to perform their internships. Both onsite and field interns are supervised by our post-graduate clinical staff. Interns are assigned a clinical supervisor who oversees their cases through regular case review meetings. Both onsite and field interns provide healthcare consultations to the community.

Seeing Patients While Taking Classes: During each internship program, in addition to seeing patients, students are also attending special classes and case studies. These are described below:

Internship: CCA students can participate in up to 24 months of internship. Internships at most other schools include observing a teacher seeing patients or performing consultation on other students with limited supervision. CCA's internship program includes both observation and *working directly with patients*. Interns receive close supervision and guidance. CCA is believed to be the only school in the country in which CAS and AyD interns are paid while still enrolled in their program of study. CCA believes that its unique compensation system builds self-esteem and self-confidence prior to students graduating and transitioning into Ayurvedic practice.

Internship Patient Fees: The College establishes minimum fees for patient consultations. These fees are fixed for seeing interns in CCA's healthcare center. *Off-site interns are required to submit a fee to CCA for each patient visit.* Therefore, *interns are highly encouraged to charge a higher fee* in order to cover the required fee paid to CCA for each patient visit.

Internship Stipends:

Onsite CAS and AyD interns will receive a stipend for patient visits based on the established prices at the CCA Healthcare Center.

- AHC Interns do not receive stipends from the College during their internship.
- The CAS internship is considered advanced practitioner training. As such, onsite interns receive a stipend of \$50.00 for each required one-on-one visit during their internship. Interns who complete their entire internship successfully will have earned a total of at least \$3,000.00. Off-site interns can receive the equivalent or greater in patient fees after remitting the required minimum fee to the school for each one-on-one visit (paid for by the patient). Fees are determined at the start of internship and are included with course registration documents.
- The AyD internship is considered the highest form of advanced practitioner training offered at CCA. AyD Interns receive a stipend of \$60.00 per visit during their internship. Onsite Interns who complete their entire internship successfully will have earned a total of \$7,500.00. Off-site interns receive the equivalent or greater in-patient fees after remitting the required minimum fee to the school for each one-on-one visit (paid by the patient). Fees are determined at the start of internship and are included with course registration documents.

Ayurvedic Health Counselor Internship Course (802 hours)

Scope of Training: The student is trained for a scope of practice that focuses on preventative medicine, lifestyle transformation, and the promotion of health and wellness. During this six-month internship, students will learn how to provide dietary and lifestyle support including the use of aromatherapy, color therapy, sound therapy, meditation, self-massage therapy and how to support patients to create a healthy daily routine. Interns in this program will learn when to recommend predesigned herbal formulas to their patients.

Prerequisites: Principles of Ayurvedic Medicine Course

Classes and Curriculum: This course begins with an intensive that is part online and part in-person. Following the intensive there are additional clinical management classes as described below. *(Please note that due to Covid-19, modifications may be made allowing for 100% online education. Please contact our Continuing Education Advisor for the latest updates).*

Online Intensive: This is a 7-day intensive that includes the following curriculum.

- **Introduction to Internship:** This one-day class introduces the basic rules and etiquette of internship.
- **Community-Based Education Class:** During this 3.5-day class students learn how to provide a six-week community-based course based on Dr. Halpern's book: *Healing Your Life, Lessons on the Path of Ayurveda*.
- **Internship Preparation Class:** During this 2.5-day class, students will learn how to do the proper documentation when performing consultations and evaluations. Students will also explore how to set up a counseling practice.

In-Person Intensive: This two-and-a-half-day intensive includes the following curriculum.

- **Diagnostics:** Students will solidify their ability to identify the prakruti and vikruti of the patient using body structure, body function and pulse diagnosis. This pulse diagnosis instruction is foundational only. Advanced pulse reading occurs in the Clinical Ayurvedic Specialist program and the Ayurvedic Doctor program.

Classes During Internship: During your internship you will attend five weekend classes (60 hours total) allowing for check-in, questions, case presentations and advanced curriculum. Specialized curriculum topics are noted below.

- **Clinical Module 1:** Teaching Diet, Healthy Eating Guidelines, and Food Combining to Patients
- **Clinical Module 2:** Ayurvedic Counseling Skills; observation of an intake appointment
- **Clinical Module 3:** Practice Management: Writing a business and marketing plan
- **Clinical Module 4:** Teaching Lifestyle and Sensory Therapies to Patients
- **Clinical Module 5:** Case Presentations

Requirements: Interns must complete a minimum of 60 one on one supervised patient visits. In addition to providing consultations, interns will learn how to market themselves and build an ayurvedic practice, as well as how to work in a professional clinic setting. Interns are responsible for using the knowledge learned to attract the patients needed to complete their internship. Students are required to lead one six-week community-based educational course using the Healing Your Life course in their own community. Interns are also required to put together a business plan and complete three introductory talks on Ayurveda in their community.

Field Internships: Students can choose to conduct their internship on campus at CCA or in their own communities as field interns. Each field intern is supervised by a field intern supervisor who oversees individual cases, monitors progress, and assures completion of all required hours and reporting. Case discussions and reviews are scheduled in person or online. Field interns may incur additional minor expenses for postage, phone calls, faxes, herb orders etc.

Time Commitment: Interns are expected to make the time necessary to complete the internship in a timely manner. This is an internship and therefore requires time and focus. This requires work to be completed during the workweek.

Extensions: Students who cannot complete their internship within the required six-month period may apply for up to two three-month extensions for a fee of \$400 each. For more information about the expectations of internship, please see the internship disclosure and declaration form available from the College and included in A.H.C.-Part 2 program enrollment materials.

Stipends: AHC Interns do not receive stipends from the College during their internship. A fee of \$40 per initial visit and \$40 per follow up visit with each patient will be remitted to CCA.

Clinical Ayurvedic Specialist Internship Course (774 hours)

Scope of Training: The intern is trained for a scope of practice that focuses on Clinical Ayurvedic Medicine and disease management. Interns will utilize the tools of Ayurveda to support the healing process including panchakarma and herbal formulas. Interns in this program are taught to design panchakarma programs and herbal formulas specific to the needs of their patients.

Prerequisites:

- Principles of Ayurvedic Medicine
- Clinical Ayurvedic Medicine
- Ayurvedic Health Counselor Internship

Classes and Curriculum: This course begins with an intensive that is part online and part in-person. Following the intensive there are additional clinical management classes as described below.

Online Intensive Classes: This is a 5-day intensive covering the following curriculum.

- **Introduction:** This one-day class introduces the basic rules and etiquette of internship.
- **Documentation & Consultation:** This one-and-a-half-day class trains students in performing a clinical evaluation and professional documentation.
- **Online Diagnostics:** This two-day class begins training students in taking blood pressure, performing an abdominal exam, and taking the elemental pulse.
- **Herbal Formulation Review:** This half-day class provides students with a deep review of all concepts related to creating herbal formulations.

In-Person Intensive: This is a 7.5-day intensive that covers the following curriculum.

- **Diagnostics:** Students will practice how to perform abdominal exams and take blood pressures.
- **Pulse Diagnosis:** Students will advance their pulse diagnosis skills learning to perceive the elemental pulses and begin their exploration of the intuitive pulse.
- **Making Herbal Medicines Workshop:** Student will work in a laboratory setting and learn to prepare a widevariety of herbal preparations including churna, salves, and medicated oils.

Classes During Internship: During your internship you will attend a 10-hour seminar allowing for check-in, questions, and case presentations. In addition, there are special classes in the following subject matter:

- Panchakarma Case Management (6 hours)
- Cancer Management (12 hours)
- Attention Deficit and Hyperactivity Disorder (6 hours)
- Yoga of Success (6 hours)

The total hours involved in classes during your internship is 60 hours.

Key Course Features

Case Presentations: During each clinical module, interns present real cases to their classmates. A discussion of the case is facilitated by our faculty. Interns and faculty provide input into case management to enhance the learning experience of the intern.

Advanced Study: Interns will study the Management of Cancer and the Management of Attention Deficit and Hyperactivity Disorder. Interns will also explore the principles of becoming successful in practice after graduation.

Advanced Herbal Medicine Training

This exceptional course was developed by the California College of Ayurveda to help assure that the graduate is capable and competent to go into practice. All interns design complex herbal formulations. Interns working onsite prepare all herbal formulations under the direction of the Director of the Herb Department. The formulas designed by off-site interns are prepared by our staff in our herbal dispensary. All Interns will perform additional herbal projects to meet the requirements of the course.

Requirements: Interns must complete a minimum of 60 one on one patient visits. Interns are also required to complete 5 public talks or promotional programs in their communities during the internship. Interns are responsible for attracting the patients and/or audience needed to complete these requirements.

Final Exam: Students in the Clinical Ayurvedic Specialist internship must pass an examination upon completion of the course to graduate. The exam is comprehensive of the curriculum taught during the internship. A passing grade is 75%.

Field Internships:

Students can choose to conduct their internship on campus at CCA or in the field in their own communities.

Each field intern is supervised by a field intern supervisor who oversees individual cases, monitors progress, and assures completion of all required hours and reporting. Case discussions and reviews are scheduled in person or by video/ telephone. Field interns will perform several projects working with herbs to complete the internship's herbal preparation training which onsite interns perform by working in the herb department on campus. Field interns may incur additional expenses for postage, phone calls, faxes, herb shipping, etc.

Time Commitment: Interns are expected to make the time necessary to complete their course in a timely manner. This is an internship and therefore requires time and focus. This requires work to be completed during the workweek.

Extensions: Students who cannot complete their course within the required six-month period may apply for up to two three-month extensions for a fee of \$400 each. (Additional extensions may be considered after a meeting with Academics) For more information about the expectations of internship, please see the internship disclosure form available from the College and included in C.A.S.-Part 2 course enrollment materials.

Stipends: The CAS internship is considered advanced practitioner training. As such, onsite interns receive a stipend of \$50.00 for each required one-on-one visit during their internship. Interns who complete their entire internship successfully will have earned a total of at least \$3,000.00. Off-site interns can receive the equivalent or greater inpatient fees after remitting the required minimum fee to the school for each one-on-one visit. A fee of \$45 per initial visit and \$35 per follow up visit with each patient will be returned to CCA.

Ayurvedic Doctor Internship Course (1013 hours)

Overview: This is a one-year course culminating in the Ayurvedic Doctor Certificate.

Scope of Training: The student is trained for a scope of practice that includes the ability to integrate deeper knowledge of Western medicine into the practice of Ayurvedic medicine. Students will have the deepest knowledge of Ayurveda and will be competent to act as a bridge between the two sciences and will be able to gain the highest level of understanding of the patient's condition from an Ayurvedic perspective.

Recognition: This course meets the requirements of the National Council on Ayurvedic Education and has been approved by the California Bureau for Private Postsecondary Education. The title "Doctor" may only be used in accordance with specific State regulations.

Prerequisites:

- Principles of Ayurvedic Medicine
- Clinical Ayurvedic Medicine
- Ayurvedic Health Counselor Internship
- Clinical Ayurvedic Specialist Internship
- 6-credit hours/units in Anatomy & Physiology from an accredited school (3 credit hours/units in addition to what was required in the CAS program)

Classes and Curriculum:

The Ayurvedic Doctor Internship Course begins with a curriculum taught over 9-days which can be attended live online or in the classroom. This is followed by a 3-day class on-campus. Classes continue throughout the internship as described below. Case Studies and special topic seminars are integrated into the weekly classes.

Live Online or On-Campus Course Subjects. The following subjects are taught:

- **Laboratory Diagnosis & Special Testing:** Students will learn the value of a wide variety of laboratory diagnostic tests and how to interpret them from an Ayurvedic perspective. This includes blood tests, urine tests, and other special tests.
- **Pediatrics:** Students will study the physical and emotional development of the child as well as the common diseases that affect children prior to puberty.
- **Geriatrics:** Students will study the physical and emotional evolution of the aged patient beginning at the age of 60 as well as the common diseases that affect the geriatric population.
- **Introduction to Surgery:** Students will gain a historical perspective on the use of surgery in Ayurvedic Medicine.
- **Toxicology:** This class will survey common environmental toxins and explore the traditional ayurvedic remedies.
- **Research Methodology:** This is the study of research design and how to read and interpret research with a critical eye.
- **Paperwork Requirements:** Students will review paperwork requirements needed to document consultations during the course.

On-Campus Intensive: 3-days must be attended on campus in Nevada City, CA.

Advanced Pulse Diagnosis: Guruvadi Gunas, Intuitive Pulse and Community Quick Pulse Assessment:

This course takes the student's ability to perform pulse diagnosis to a deeper level and includes a community-based pulse camp where students will get to take the pulses of community members in rapid succession.

"The experience was so gratifying and there is nothing else I would rather have been doing."
— Jamie Lefcovich

Requirements: Interns must complete a minimum of 125 one on one patient visits. Interns are responsible for attracting the patients needed to complete their course.

Final Exam: Students in the Ayurvedic Doctor Internship course must pass a comprehensive clinical examination upon completion of the course in order to graduate. A passing grade is 75%.

Field Internships:

Students can choose to be conduct their internship on campus at CCA or in the field in their own communities.

Each field intern is supervised by a field intern supervisor who oversees individual cases, monitors progress, and assures completion of all required hours and reporting.

Extensions: Students who cannot complete their course within the required time period may apply for up to two three-month extensions for a fee of \$400 each. (Additional extensions may be considered after a meeting with Academics.) For more information about the expectations of internship, please see the internship disclosure form available from the College and included in Ay.D course enrollment materials

Stipends: The AyD internship is considered the highest form of advanced practitioner training offered at CCA. AyD Interns receive a stipend of \$60.00 per visit during their internship. Onsite Interns who complete their entire internship successfully will have earned a total of \$7,500.00. Off-site interns receive the equivalent or greater in-patient fees after remitting the required minimum fee to the school for each one-on-one visit. A fee of \$75 per initial visit and \$35 per follow up visit with each patient will be returned to CCA.

“The depth of this course, the ease of learning, and the generosity of its delivery made a first time, one of a kind, lasting personal and professional experience. Thanks, Dr. Marc!” — Gina Caccavalla

“Studying Ayurveda has been one of the best things I have done in my life. Though I use my education from CCA professionally, it would have been well worth it for my own health, longevity, and growth.”
— S.D., October 1995 Class

“The Distance Learning program is a blessing in my life. I am eternally grateful to Dr. Halpern and the staff at CCA. I recommend the Distance Learning program without hesitation.” — Monique Jackson



EDUCATIONAL FORMATS AND TIMES FOR COMPLETION

Full-Time Format:

- The Ayurvedic Yoga Practitioner Program takes approximately 9 months to complete.
- The Ayurvedic Health Counselor Program takes approximately 1 year to complete.
- The Clinical Ayurvedic Specialist Program takes approximately 2.5 years to complete.
- The Ayurvedic Doctor Program takes approximately 4 years to complete.

Note that class completion times may vary depending upon the class schedule and whether or not a student chooses to take breaks between classes.

Weekend and Distance Learning Format:

- The Ayurvedic Yoga Practitioner Program takes approximately 12 months to complete.
- The Ayurvedic Health Counselor Program takes approximately 1.5 year to complete.
- The Clinical Ayurvedic Specialist Program takes approximately 3.5 years to complete.
- The Ayurvedic Doctor Program takes approximately 5 years to complete.

Note that class completion times may vary depending upon the class schedule as well as whether or not a student chooses to take breaks between courses.

Live Internet (Vedaweb™) Classes:

Students may attend weekend and full-time classes live over the internet from the comfort of their own home. Vedaweb™ students are held accountable to the same attendance and performance standards as other students. Our Vedaweb™ internet technology allows students with high-speed internet access to view the teacher, the class presentation, and allows for two-way (audio and video) communication as if the student is in the classroom. Students must have high-speed internet access, a headset, and a webcam. Additional technology requirements can be found in the technology disclosure within the enrollment documents. Students must be able to create a quiet space for study and not be distracted by external events and have their webcam on during class. We require that all students take our free training in how to use this technology. Please note that Vedaweb™ Internship students need to attend an intensive on-site in Nevada City at the start of each internship. Please note that all regular classes are recorded and this may include the thumbnail images of the participants.

Distance Learning Format:

CCA's Distance Learning format is a revolutionary and innovative format that integrates independent study, and a one-on-one relationship with a mentor who acts as a Master Teacher (traditionally called Gurukula-style education) who guides the student's education. Distance Learning is available for the Principles of Ayurvedic Medicine and Clinical Ayurvedic Medicine courses. For the internship courses, Distance Learning students must come to the intensives in person. After that, they can join classes via the above described Vedaweb™ system. The pace of the Distance Learning format is similar to the Weekend format.

PROGRAM LOCATION

The campus of the California College of Ayurveda is located at 700 Zion Street in Nevada City, California 95959. Both full-time and weekend formats are offered at this location.

ADMISSIONS AND TUITION

The California College of Ayurveda accepts a limited number of students into each of its classes. Applications are accepted throughout the year. Individuals who submit their applications by the priority application deadline receive special consideration for admission into the class of their choice. When a class has been filled, students will be added to a waiting list for the next class. While the College accepts students from other countries, no special English-language services are offered, nor are the College's programs eligible for U.S. student visas. Students must be able to speak, read, and write English fluently, as all courses are taught in English. Acceptable documentation of English proficiency includes graduation from a high school that teaches all non-foreign language courses in English. Students may also provide to the school documentation of intermediate level English proficiency as confirmed through an internationally recognized proficiency exam such as TOEFL and the Berlitz.

Admissions Prerequisites to the College and Specific Programs

Admission to the College

- Students are required to have a high school diploma or the equivalent to be granted admissions to any CCA program.
- Students must be able to speak, read, and write English fluently, as all courses are taught in English. Acceptable documentation of English proficiency includes graduation from a high school that teaches all non-foreign language courses in English. Students may also provide to the school documentation of intermediate level English proficiency as confirmed through an internationally recognized proficiency exam such as TOEFL and the Berlitz.

Admission to Specific Programs

AYURVEDIC YOGA PRACTITIONER PROGRAM

- In order to enroll in the Ayurvedic Yoga Therapy Intensive course, students must have already completed a 200-hour Yoga Alliance approved Yoga Teacher Training course or received recognition by the International Association of Yoga Therapists or Yoga Unify.

CLINICAL AYURVEDIC SPECIALIST PROGRAM

- In order to enroll in the Clinical Ayurvedic Medicine course, students must have completed or be currently enrolled in a 3-credit hour/unit Anatomy & Physiology course from an accredited program. CCA accepts college, community, and accredited on-line classes. It is highly recommended that the student check with the CCA Enrollment Department prior to enrolling in an Anatomy & Physiology course to make sure that the course satisfies CCA's prerequisite requirement. Please note that this requirement is waived for students with prior health care degrees upon documentation of the degree.

AYURVEDIC DOCTOR PROGRAM

- In order to enroll in the Ayurvedic Doctor Internship course, students must have completed 6 credit hours/units in Anatomy & Physiology from an accredited school. It is highly recommended that the student check with the CCA Enrollment Department prior to enrolling in an Anatomy & Physiology course to make sure that it satisfies CCA's prerequisite requirement. Please note that this requirement is waived for students with prior health care degrees upon documentation of the degree.

Non-Discrimination Policy:

All applicants are considered equally. CCA does not discriminate based on gender, race, religion, age, nationality, sexual orientation, or disability in its admissions process.

Credits for Previous Ayurvedic Study:

Students of other state approved programs in the United States may take a placement exam to determine their competency in ayurvedic principles and practices. Two exams are available. One covers the Principles of Ayurvedic Medicine course and the other covers the Clinical Ayurvedic Medicine course. The fee for each placement examination is \$250.00. To take a placement exam, students must first apply and be accepted as a student and submit evidence of prior ayurvedic training. Please contact the College for further information.

Dr. Halpern is a true gem! Being in a room with him is very inspirational. He is a brilliant instructor and makes everyone feel comfortable. — Bernadette Mansori



How to Apply:

Step 1. Complete the Application for Admission form. It is essential that you supply all requested information.

Step 2. The application and fee can be submitted directly from CCA’s website or send the completed Application for Admission form with the application fee of \$175, payable to the California College of Ayurveda, to 700 Zion Street, Nevada City, CA 95959. The application processing fee is non-refundable.

Step 3. Schedule an interview with a member of the Admissions team.

Fees:

Application Processing Fee (non-refundable).....	\$ 175.00
Registration Fee/Course (non-refundable).....	\$ 100.00
Late Payment Fee.....	\$ 35.00
Leave of Absence Fee.....	\$ 200.00
Program Transfer Fee.....	\$ 125.00
Extension Fee.....	\$ 400.00
STRF Fee (non-refundable, amount varies by program, California residents only)	
Textbooks/E-textbooks, Teaching and Reference material required (without tax or shipping)	
Healing Your Life book.....	\$ 12.95
Principles of Ayurvedic Medicine Textbook and Course Materials.....	\$ 150.00
Clinical Ayurvedic Medicine Textbooks V1 & V2 and Course Materials.....	\$ 210.00
Ayurvedic Yoga Therapy Intensive Textbook and Course Materials.....	\$ 55.00
A.H.C Internship Handbook and Course Materials.....	\$ 75.00
C.A.S. Internships Handbook and Course Materials.....	\$ 75.00
Ayurvedic Doctor Textbook and Course Materials.....	\$ 150.00

Tuition for Certificate Programs:

Ayurvedic Yoga Practitioner.....	\$ 8495.00
(Complete Program – 890 hours - includes two courses)	
Ayurvedic Health Counselor.....	\$ 13,000.00
(Complete Program – 1,429 hours - includes two courses)	
Clinical Ayurvedic Specialist.....	\$ 26,495.00
(Complete Program – 3,056 hours - includes four courses)	
Ayurvedic Doctor.....	\$ 33,795.00
(Complete Program – 4,069 hours - includes five courses)	

**Payment plans are available - see tuition payment options on page 19.

Tuition for Individual Courses:

NOTE: *These courses are not available to be taken individually* but may be added on to a student's program if they seek a higher level of certification after completing their main program. Prices are for this catalog period registration only. A special enrollment agreement will be required to achieve a higher-level certificate.

Principles of Ayurvedic Medicine	6,500.00
Ayurvedic Yoga Therapy	1,995.00
Clinical Ayurvedic Medicine	6,995.00
Ayurvedic Health Counselor Internship	6,500.00
Clinical Ayurvedic Specialist Internship	6,500.00
Ayurvedic Doctor Internship	7,300.00

*Fees directly from patients are required in the Internship courses for offsite interns. Please see program explanation of these fees. The internship disclosure forms during enrollment also details these patient fees.

The tuition and curriculum of our programs reflect enrollment within the calendar year of this catalog. Enrollment into any program during subsequent years is subject to tuition rates and program conditions in place at that time and as reflected in the latest catalog. Additional administrative fees may be charged under special circumstances, such as for a change in financial agreement.

Payment and Financial Aid Information:

The California College of Ayurveda offers in-house financing to allow students to make monthly payments as described herein. Students who qualify for vocational training or rehabilitation funds may apply to their local or regional programs for financing. The college is not eligible for federal or state financial aid/loan programs at this time. If a student obtains a loan to pay for an educational program, the student will have to repay the full amount of the loan plus interest, less the amount of any refund, and if the student receives federal student financial aid funds, the student is entitled to a refund of the monies not paid from federal financial aid funds.

Scholarships:

For students in financial hardship, the College offers a wide variety of partial scholarships to support those who are dedicated to learning the knowledge of Ayurveda. Please check with your enrollment counselor for a list of currently available scholarships and the requirement for each.

Course Tuition Payment Options

Full-Time Program: In Class and Vedaweb™

Principles of Ayurvedic Medicine (627-hour course)

Option A. Payment of the entire tuition of \$6500.00 prior to the start of classes.

Option B. Payment of \$3250.00 prior to the start of classes and payment of \$3250.00 by the first day of the fourth month after the start of classes.

Option C. Payment Plan: Includes the tuition of \$6500.00 and a payment plan fee of \$341.25.

Student agrees to pay the payment plan fee before the start of classes and pay the tuition of \$6500.00 in seven (7) monthly payments of \$928.57 per month starting with the first day of the month following the start of classes.

Clinical Ayurvedic Medicine (853-hour course)

Option A. Payment of the entire tuition of \$6995.00 prior to the start of classes.

Option B. Payment of \$3497.50 prior to the start of classes and payment of \$3497.50 by the first day of the fourth month after the start of classes.

Option C. Payment Plan: Includes the tuition of \$6995.00 and a payment plan fee of \$420.00.

Student agrees to pay the payment plan fee before the start of classes and pay the tuition of \$6995.00 in eight (8) monthly payments of \$874.37 per month starting with the first day of the month following the start of classes.

Ayurvedic Yoga Therapy Intensive (263-hour course)

Option A. Payment of the entire tuition of \$1,995.00 prior to the start of classes.

Option B. Payment of \$997.50 prior to the start of classes and payment of \$997.50 by the first day of the second month after the start of classes.

Option C. Payment Plan: Includes the tuition of \$1,955.00 and a payment plan fee of \$36.00.

Student agrees to pay the payment plan fee before the start of classes and pay the tuition of \$1,995.00 in four (4) monthly payments of \$498.75 per month starting with the first day of the month following the start of classes.

Weekend Program: In Class, Vedaweb™, and Distance Learning

Principles of Ayurvedic Medicine (627-hour course)

Option A. Payment of the entire tuition of \$6500.00 prior to the start of classes.

Option B. Payment of \$2,166.66 prior to the start of classes, payment of \$2,166.67 by the first day of the fifth month after the start of classes, and payment of \$2166.67 by the first day of the ninth month after the start of classes.

Option C. Payment Plan: Includes the tuition of \$6500.00 and a payment plan fee of \$487.50.

Student agrees to pay the payment plan fee before the start of classes and pay the tuition of \$6500.00 in ten (10) monthly payments of \$650.00 per month starting with the first day of the month following the start of classes.

Clinical Ayurvedic Medicine (853-hour course)

Option A. Payment of the entire tuition of \$6995.00 prior to the start of classes.

Option B. Payment of \$2331.66 prior to the start of classes, payment of \$2331.67 by the first day of the fifth month after the start of classes, and payment of \$2331.67 by the first day of the ninth month after the start of classes.

Option C. Payment Plan: Includes the tuition of \$6,995.00 and a payment plan fee of \$525.00.

Student agrees to pay the payment plan fee before the start of classes and pay the tuition of \$6995.00 in ten (10) monthly payments of \$699.50 per month starting with the first day of the month following the start of classes.

Internship Programs

Ayurvedic Health Counselor Internship (802-hour course)

Option A. Payment of the entire tuition of \$6,500.00 prior to the start of classes.

Option B. Payment of \$3,250 prior to the start of classes, and payment of \$3,250.00 by the first day of the fourth month after the start of classes.

Option C. Payment Plan: Includes the tuition of \$6,500.00 and a payment plan fee of \$243.75. Student agrees to the payment plan fee before the start of classes and pay the tuition of \$6500.00 in five (5) monthly payments of \$1,300.00 per month starting with the first day of the month following the start of classes.

Clinical Ayurvedic Specialist Internship (774-hour course)

Option A. Payment of the entire tuition of \$6,500.00 prior to the start of classes.

Option B. Payment of \$3,250.00 prior to the start of classes, and payment of \$3,250.00 by the first day of the fourth month after the start of classes.

Option C. Payment Plan: Includes the tuition of \$6,500.00 and a payment plan fee of \$243.75. Student agrees to the payment plan fee before the start of classes and pay the tuition of \$6500.00 in five (5) monthly payments of \$1,300.00 per month starting with the first day of the month following the start of classes.

Ayurvedic Doctor Internship (1013-hour course)

Option A. Payment of the entire tuition of \$7300.00 prior to the start of classes.

Option B. Payment of \$3650.00 prior to the start of classes, and payment of \$3650.00 by the first day of the 6th month after the start of classes.

Option C. Payment Plan: Includes the tuition of \$7300.00 and a payment plan fee of \$547.50. Student agrees to the payment plan fee before the start of classes and pay the tuition of \$7300.00 in ten (10) monthly payments of \$730.00 per month starting with the first day of the month following the start of classes.

Workshops, Electives, and Short Courses

The college offers a wide variety of elective courses. Some are available on-line, others are in-person only. Please see our website for more detailed information as course dates and prices may change.

Ayurvedic Massage and Panchakarma Courses: These workshops include practices commonly delivered in Spa's worldwide such as Ayurvedic Massage, Shirodhara, Dough Basti, Marma Therapy, Nasya, Shanti Komala Basti™, Ayurvedic Facials and more. Please see our website for more information about each course and the next time it is offered.

Yoga Related Courses: These courses are taught on campus and at centers and ashrams around the world and include CCA Yoga Nidra Teacher Training. Please see our website for more information and the next time it is offered.

Herb Related Courses: These programs are taught on-campus and on-line and include our Herbal Apprenticeship Training Program. See below.

Self-Study Courses: CCA offers a 30 day home-study course called "Ayurvedic Foundations" for those who wish to Explore Ayurveda for personal knowledge and also as pre-requisite for non-students of Ayurveda who wish to attend the Ayurvedic Massage and Body Therapy workshops.

Ayurvedic Herbal Apprenticeship

CCA is proud to be the first Ayurvedic College in the West to provide its own teaching herb garden, home to approximately 80 different species of plant medicines from around the world. While working in the garden under the guidance of the Director of the Herb department, students study plant identification and cultivation techniques gaining a deep understanding of the plants they are using in practice. During monthly classes, and while working in the College herbal dispensary, students receive the highest level of training in the United States in advanced Ayurvedic herbal medicine making and administration. The apprenticeship runs once every year April through December to cover an entire growing cycle. Due to the hands-on nature and frequent time on campus, this course can only be taken in person. In addition to our faculty, this program includes special guest herbalist instructors who are experts in their field.

Curriculum:

- Making Ayurvedic Medicines
- Making Body Care Products
- Plant Identification
- Cultivation techniques
- Herbal First Aid Techniques
- Flower Essences

Tuition:

Non-Refundable Deposit	\$ 667.00
STRF Fee.....	\$ 2.00
Program Tuition.....	\$ 2,000.00
Total Charges	\$ 2,002.00

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Ayurvedic Massage and Bliss Therapy

Ayurvedic massage and bliss therapies are the cornerstones of all Ayurveda spa therapies and panchakarma. These exquisite therapies are deeply relaxing and nourishing to the body and mind. During this course, students will learn how to perform one and two-person Ayurvedic massage (abhyanga) and learn how to administer Shirodhara and Svedana (herbal steam). The AMBT program provides 35 hours of hands-on training in Abhyanga, Shirodhara, and Svedana. Participants will work in groups of three giving and receiving therapies. An additional 10 hours are required outside of class time to complete certification.

Curriculum:

- Abhyanga (One and Two-person Ayurvedic massage)
- Shirodhara (Warm oil treatment over the forehead)
- Svedana (Ayurvedic herbal steam therapy)

Tuition:

Non-Refundable Deposit	\$ 500.00
STRF Fee.....	\$ 1.00
Program Tuition.....	\$ 1,495.00
Total Charges	\$ 1,496.00

Ayurvedic Marma Therapy

Marma points are 107 energetic body points that allow access to the body, mind, and consciousness. During this eight-day, 56-hour, hands-on program, students will learn the history, classifications, theory and locations, and the effect of each point on the doshas and organs of the body. Following this, you will learn how to interact with each marma point using massage, essential oil application, and pranic healing (Ayurvedic energy work) to restore balance to the body and mind. Specific protocols will be taught for bringing healing to different organ systems. Students will work in groups of two throughout the program.

Curriculum:

- History, classification, and theory
- Marma point location on the body
- Functions of each marma point
- Essential Oil Application
- Pranic Healing (Ayurvedic Energy Work)
- Specific protocols for healing organs and system imbalances

Tuition:

Non-Refundable Deposit	\$ 500.00
STRF Fee.....	\$ 1.00
Program Tuition.....	\$ 1,495.00
Total Charges	\$ 1,496.00

GENERAL INFORMATION

Attendance, Grading, Testing and Graduation Policies

Attendance/Tardiness/Probation:

Students who miss or are late to 12 sessions in the full-time classes, or 2 weekends in the weekend classes will be placed on probation and may be withdrawn or transferred to the Distance Learning approach. Distance students have 4 weeks to complete a module with a one-week grace period each module. Students who take longer than 5 weeks total to complete may be withdrawn for lack of progress. Students on probation may not attend further classes without a discussion with Academics. Please see the Student Handbook for further details and policies regarding attendance.

Distance Learning:

Distance learning includes reading assignments, projects, and proctored examinations. Students are responsible for finding and paying for proctoring services. For each module of study there are monthly phone meetings with an assigned Master Teacher. Assignments for lessons are returned to the students within seven days of receipt by the Master Teacher, and graded exams are discussed with the student by the Master Teacher within two weeks.

Homework & Quizzes:

Homework and quizzes account for a combined total of 15% of a student's overall grade. Papers are graded on a pass/fail basis. And while they are not a part of the overall percentage, students must pass in order to fulfill the requirement for graduation.

Attendance:

Attendance accounts for a combined total of 10% of a student's overall grade. Students who miss or are late to 12 sessions in the full-time classes or 2 weekends in the weekend classes will receive a 0% homework grade.

Satisfactory Academic Progress:

Students who do not receive a passing grade for a course will be required to retake all or a portion of the curriculum for that course as determined by the Academic Department.

Midterms, Final Exams and Passing Grades

Principles of Ayurvedic Medicine: There is one mid-term and a final exam. The midterm grade accounts for 25% of the overall grade. The final exam counts for 50%. An overall passing grade is 75% or higher.

Clinical Ayurvedic Medicine: There are 3 exams. There is no cumulative final exam. Each exam counts for 25% of the overall grade. Homework and projects count for the other 25% of the grade. An overall passing grade is 75% or higher.

Ayurvedic Yoga Therapy Intensive: There are no exams. All projects are graded on a pass/fail basis.

Ayurvedic Health Counselor Internship: There are no exams. All projects are graded on a pass/fail basis.

Clinical Ayurvedic Specialist Internship: In addition to the internship requirements, there is a final exam encompassing the additional academic studies within this course. All projects are graded on a pass/fail basis. All internship requirements (patient visits and projects) must be completed with a pass in order to graduate. A passing grade on the final exam is 75% or higher.

Ayurvedic Doctor Internship: In addition to the internship requirements, there is a final exam encompassing the additional academic studies within this course. All projects are graded on a pass/fail basis. All internship requirements (patient visits and projects) must be completed with a pass in order to graduate. A passing grade on the final exam is 75% or higher.

Graduation

All certifications will be awarded to students who successfully complete the corresponding program (academic and internship courses) in good academic standing. Students must have all tuition and fees paid in full in order to graduate.

POST-GRADUATION

Placement Assistance:

Like other complementary and alternative health care professionals, Ayurvedic Yoga Practitioners, Ayurvedic Health Counselors, Clinical Ayurvedic Specialists and Ayurvedic Doctors, find the most success going into their own practices. CCA does not offer formal placement services and makes no guarantee of employment.

Record Retention:

All records regarding and concerning the California College of Ayurveda and all students who have enrolled are kept at CCA's administrative office, 700 Zion Street, Nevada City, CA 95959, for a period of at least five years after the student's graduation, withdrawal, or termination. Transcripts are to be kept indefinitely. Dr. Halpern is designated as the custodian of the records and maintains current and accurate records.

Notice Concerning Transferability of Credits and Credentials Earned at our Institution:

The transferability of credits you earn at California College of Ayurveda is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the credits you earn in the educational program is also at the complete discretion of the institution to which you may seek to transfer. If the credits that you earn at this institution are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of 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 may seek to transfer after attending the California College of Ayurveda to determine if your credits will transfer.

Transfer or Articulation Agreements:

The Institution has no transfer or articulation agreements with any other college or university that provides for the transfer of credits earned in the program of instruction.

Leave-of-Absence, Withdrawal, Cancellation, and Refunds

Leave-of-Absence:

A leave-of-absence (LOA) is a temporary cessation of classes for a defined period. If circumstances prevent a student from continuing the program as originally planned, the student may apply for a leave-of-absence for a period from 1 month to 12 months.

To be eligible for a LOA, a student must be in the Principles of Ayurvedic Medicine or Clinical Ayurvedic Medicine courses. There are no opportunities to take a LOA during any internship or intensive course. Tuition payments go on hold during a LOA. If a student must take a LOA due to financial reasons, arrangements must be made with the finance department before the LOA will be approved.

When on a LOA, students will not have access to online course materials. Access will resume with the remaining modules upon return.

There is a \$200 Initial Fee paid when the student takes a Leave of Absence (LOA).

Students are also charged a \$150 reinstatement fee when they return from their Leave of Absence:

- 100% of this fee is refunded or applied to the student's tuition if they return to resume their studies within six (6) months from the effective date of their leave*.
- 50% of this fee is refunded or applied to the student's tuition if they return after six (6) months but before twelve (12) months from the effective date of their leave*.
- The student will not receive any refund of this fee if they return after twelve (12) months from the effective date of their leave.

*Effective date of leave is the last day of attendance and not the Leave of Absence date of request or approval.

To return to the program, the student will sign a reinstatement form and return it to the Academic Department. The student will then sign new enrollment documents for the most current version of the program and pay the registration fee. If the

student is withdrawn, they will have to re-apply and restart the program from the beginning. Any student who is not reinstated to a program on or before the LOA end date will be automatically withdrawn.

Leave-of-Absence Contd.:

Upon reinstatement, the student will resume classes exactly where they left off. If a program has changed between the time of a student's LOA and the date of return, the student will be placed into the program that is most like the one in which the student was originally enrolled. Students are responsible to pay any additional tuition fees and/or fees for materials (books or equipment) for the program if the rates and/or materials have changed.

Reinstated students must complete any new or additional requirements in the program they join.

A student must notify Academics of their intention to end a LOA at least one month prior to the predicted start date. Students must be in good financial standing to resume classes. Students may retake or audit modules per the policies. No leaves are granted during the AHC internship, CAS internship, or AyD.

Cancellation of Enrollment Prior to the Start of Classes:

Students have the right to cancel the Enrollment Agreement for this course of instruction up through their attendance at the first class session or the seventh day after completing enrollment, whichever is later. Canceling students may obtain a refund of tuition minus non-refundable application and registration fees not to exceed \$250.00 dollars. All cancellations must be received in writing. A student can do this by mail, hand delivery, fax, or email. Any books (complete sets only), materials, and related supplies in excellent, resellable condition may be returned to the school for credit within thirty days following a notice of cancellation. If a student fails to do so, the school may deduct the documented cost of these books and equipment from any refund due to the student.

Class Cancellation Policy:

All campus-based classes require a minimum number of enrolled students in order to be held. Should a class cancellation occur, the College is not responsible for any loss incurred by the student beyond the actual fees paid to the College. All fees paid to the College will be fully refunded. There will be no processing or administrative fees.

Refund Policy for Withdrawal:

A student may withdraw from a course after instruction has started by sending a written request to the school. Students may also be withdrawn by CCA for financial or academic reasons. A student who has withdrawn or been withdrawn by the College will receive a pro-rated refund for the unused portion of the tuition and other refundable charges only if 60% or less of the instruction in a particular program has been completed. Refunds will be paid within 45 days of cancellation or withdrawal. The application and enrollment fees are non-refundable. 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. Special courses and workshops have their own refund policies.

Other General Information

Student Tuition Recovery Fund (STRF):

“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) 431-6959 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:

1. 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.
2. You were enrolled at an institution or a location of the institution within the 120-day period before the closure of the institution or were enrolled in an educational program within the 120-day period before the program was discontinued.
3. 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.
4. The institution has been ordered to pay a refund by the Bureau but has failed to do so.
5. 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 in excess of tuition and other costs.
6. 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.
7. 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 noncollection 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.”

Student Housing:

The California College of Ayurveda does not have dormitory facilities. Nearby housing can be identified online. The College can provide you with resource links. Available lodging may include rooms in private homes, apartments, and rental houses. The college estimates that a room in a shared house will cost between \$600.00 and \$900.00 per month for one person. Students may wish to share rooms in order to further reduce costs.

Student Complaint Procedure:

From time to time, differences in school policies may arise among students, faculty, and/or the administration. If such differences arise, usually a miscommunication or misunderstanding is a contributing factor. The College urges students to communicate any differences that arise to the individuals involved. If the problem cannot be resolved in this manner, the President of the College or Vice President of Administration should be contacted. A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education (BPPE) by calling toll-free 888-370 7589 or by completing a complaint form, which can be obtained on the Bureau’s internet website, www.bppe.ca.gov.

Publicity/Advertising Rights:

The College reserves the right to photograph students and reproduce those photographs in school literature, publicity, and/or other advertising venues. The College also reserves the right to retain or request names of its graduates and/or to request and reproduce testimonials in school literature, publicity, and advertising. Any student or graduate who does not wish to grant permission to the College to use a photograph or testimonial should notify the College in writing.

Student Ayurvedic Health Care Benefits:

Students may receive ayurvedic health advice and support in creating an ayurvedic lifestyle from a Health Counselor-Intern in accordance with their availability. This will be free of charge for active students of CCA. This benefit only applies to students able to see an intern in person for their initial consultation. While this typically only applies to students seeing onsite interns, there may be times it is available with field interns. The academic department will have information on the availability of off-site interns.

State, National and International Recognition and Licensure

The California College of Ayurveda (CCA) is considered to be a premier school of Ayurveda in the United States and has been training practitioners for more than 25 years. Our programs are approved by approved by the Bureau of Private Post-Secondary Education in the State of California. Each state has a similar organization and State-Approval is required to operate in most states. Students who complete our program and wish to become a part of an outside membership organization may request a transcript to show hours of completion and other details related to their studies.

BUREAU FOR PRIVATE POSTSECONDARY EDUCATION

The California College of Ayurveda, Inc. (CCA) is a private college and is approved by the Bureau for Private Postsecondary Education (BPPE) to offer programs in the study of ayurvedic medicine, as prescribed by the California standards set forth in the Education Code. The California College of Ayurveda was the first State-approved college of Ayurveda in the United States and has been approved since 1995.

International and other Recognition:

The California College of Ayurveda was selected by the prestigious Gujarat Ayurveda University as a partner in developing international ayurvedic standards of education. Gujarat Ayurveda University is the most prestigious ayurvedic university in India.

Our Founder and President, Dr. Marc Halpern, has been the motivating force behind creating national standards for ayurvedic education. He is a founding member of the National Association of Ayurvedic Schools and Colleges, the National Council of Ayurvedic Education, the National Ayurvedic Medical Association, and the California Association of Ayurvedic Medicine.

CCA is an Associate Member of the Academic Consortium for Complementary and Alternative Healthcare.

Continuing Education:

CCA has is an approved provider of Continuing Education credits through the **California Board of Registered Nursing**. Up to 500 contact hours of Continuing Education for registered nurses in California (Provider CEP13907). Many of our workshops and seminars are approved by Yoga Alliance and the International Association of Yoga Therapists for continuing education credit.

Licensure:

In the field of Ayurveda, there is currently no licensure process in the United States. As such, graduates of CCA's programs are not eligible to sit for any applicable licensure exam in California or any other states.

Student Services

Student Support – studentsupport@ayurvedacollege.com

Student support is available for any questions, concerns, or needs that a student has from the moment they enroll until the time they graduate.

Tech Support – techsupport@ayurvedacollege.com

Tech support is available for all students who are having computer issues using Zoom, Populi, or any other tech related program.

Continuing Education – conted@ayurvedacollege.com

Our continuing education advisor is available to help students with moving from one course to another and to answer any questions they might have about the courses and programs.



FACULTY

Founder and President

Dr. Marc Halpern, (Ayurvedacharya), is the Founder and President of the California College of Ayurveda. He is one of the pioneers of Ayurveda in the West and is a pre-eminent practitioner and teacher of Ayurveda in the United States. He is one of the few Westerners ever recognized in both the United States and in India as an authority on the subject of Ayurveda and was awarded the All India Award for Best Ayurvedic Physician. A pillar in the development of the profession in the United States, he is the co-founder of the National Ayurvedic Medical Association for which he served as Chairman of the National Committee on Ayurvedic Education. He is also a co-founder of the National Council on Ayurvedic Education, the National Association of Ayurvedic Schools and Colleges, and the California Association of Ayurvedic Medicine. A Doctor of Ayurveda and Chiropractic with post-graduate certification in Holistic Medicine, Dr. Halpern has been studying and practicing Ayurveda since 1991. He has studied with many noted teachers from India and the United States including Dr. Subhash Ranade and Dr. David Frawley.



Dr. Halpern is the author of the popular book, *Healing Your Life, Lessons on the Path of Ayurveda* and the recording: *Yoga Nidra and Self Healing*. He has authored four important textbooks on Ayurvedic Medicine: *Principles of Ayurvedic Medicine and Clinical Ayurvedic Medicine (Vol 1,2,3)*. He has published articles in almost every major journal and magazine on yoga or Ayurveda and in 2005 was interviewed by Mike Wallace on CBS's 60 Minutes. Dr. Halpern's own remarkable story of personal healing was featured in the national magazine, *Spirituality and Health*. He has been quoted in many major newspapers, including *The New York Times* and *The Los Angeles Times*. In addition to his work with the California College of Ayurveda, Dr. Halpern is a certified yoga instructor and a teacher at International Sivananda Yoga Vedanta Centers worldwide. He received his spiritual name, Dr. Shiva, from Swami Swaroopananda.

Faculty Members

Marisa Jackson-Kinman (Sri Devi), AyD., P.K.S., A.Y.T.: Marisa is a graduate of the California College of Ayurveda where she is a senior member of the teaching faculty, maintains an active clinical practice. Marisa's certifications include Ayurvedic Doctor, Ayurvedic Yoga Therapist, Pancha Karma Specialist, Sivananda Yoga Teacher, Certified Massage Therapist, Aromatherapist, Yoga Nidra practitioner and Marma practitioner. She received certification from the American Institute of Vedic Studies and completed post-graduate study with Dr. Geetha S.R., BAMS, ND of the Sree Sankara Ayurveda Hospital in Kerala, India. In addition to teaching at the College, Marisa teaches a variety of workshops worldwide, including Ayurvedic Yoga Therapy. Marisa considers herself a life-long student of Ayurveda, Yoga and Vedanta.



Brenda Iglar, AyD., P.K.S. (Director of Herbalism): Brenda is a graduate of the California College of Ayurveda with certifications as an Ayurvedic Doctor and a Pancha Karma Specialist. Brenda has continued her education with studies in India, focusing on herbalism and complementary treatments of cancer. As part of the teaching faculty at the College, she is involved in teaching all levels of the curriculum. As the Director of Herbalism, Brenda runs the Advanced Ayurvedic Herbal Apprenticeship course. Brenda conducts her clinical practice at the College's health care center utilizing her compassion and inspiration to guide her patients in a creative way through their healing journey.



Lance Roehrig, AyD., P.K.S., E-R.Y.T.: Lance is a graduate of the California College of Ayurveda where he is an onsite Instructor, Intern Supervisor and maintains an active clinical practice. His certifications are Ayurvedic Doctor, Pancha Karma Specialist and Registered Hatha Yoga Therapist. He has completed post graduate programs at Greens Ayurveda Hospital in Kerala, India and with, Dr. David Frawley and Yogini Shambhavi. He has studied herbalism with Brigitte Mars, attended Ayurvedic Cooking courses and studied Sanskrit Mantra therapy with Yogi Baba Prem. He has written programs for Yoga studio teacher trainings, cleanses, and workshops.





Ram Rao, PhD, C.A.S., R.Y.T.: Ram comes from a family of Ayurvedic practitioners and Vedic teachers in India tracing back to the illustrious Vedic-acharya Rishi Kaundinya. A graduate of the California College of Ayurveda with certification as Clinical Ayurvedic Specialist, Ram is also a dedicated yoga practitioner and certified teacher. He has published several articles in major Yoga and Ayurveda journals and has been a featured speaker in several meetings and symposia. Ram holds a doctorate degree in Neurosciences and works as a Research Associate Professor at the Buck Institute for Research on Aging, Novato, CA, on various aspects of age associated neurodegenerative diseases.



Mary-Alice Quinn, C.A.S.: Mary-Alice graduated from the California College of Ayurveda with certification as a Clinical Ayurvedic Specialist. She is a practitioner member of the National Ayurvedic Medical Association and the California Association of Ayurvedic Medicine. She has completed a variety of advanced post-graduate Ayurvedic studies in the US and India and has been a practitioner of Yoga for more than fifteen years. Mary-Alice writes articles for popular yoga and Ayurveda publications, conducts public workshops and has an active private practice in Sacramento where she focuses on both preventative medicine and disease management.



Sandra Gutierrez AyD., Faculty Professor and Intern Supervisor: Sandra also maintains a private practice and is a Certified Yoga Teacher. She completed her Ayurvedic studies at the California College of Ayurveda and received a Bachelor's of Science in Psychology at the University of California at Davis. As an Ayurvedic Doctor, she weaves ancient traditional healing methods and education into an embodied practice to address the root cause of imbalances in the physical, emotional, and spiritual bodies. Sandra's approach is gentle and offers wisdom, compassion, and enthusiasm. Her intention is to empower her patients and students to draw out and promote innate health and knowing by aligning with the rhythms of nature.



Ryan Phillip Strong, C.A.S.: Ryan is a graduate of the California College of Ayurveda with certification as a Clinical Ayurvedic Specialist. He is also a practitioner and teacher of Kriya Yoga. Ryan was ordained by his guru, Roy Eugene Davis (a direct disciple of Paramahansa Yogananda), to teach Kriya Yoga, and is a minister for the Center for Spiritual Awareness. Ryan has spent 15 years studying yogic philosophy, including Ayurveda and Vedic Astrology (Jyotish). Ryan Strong is a professional member of the National Ayurvedic Medical Association. He runs an Ayurvedic Natural Healing Center in Sacramento where he lives with his wife and two children.



Kelsey Page, AyD Intern Kelsey Page is an Ayurvedic Doctor Intern and Marma Therapist. She is a certified Master Gardener through UNR's extension program. She spent 9 months in Morocco and studied Berber culture of the Sahara where she focused on herbalism and got involved in conservation and philanthropy. She has been practicing yoga for 15 years and has completed a 200-hour yoga teacher training rooted in Tibetan Buddhism and Traditional Chinese Medicine in Morocco, 2019. Kelsey is enthusiastic about the Ayurvedic lifestyle. She loves aiding individuals into balance and treating people based on their own unique nature. She believes in the future of integrative medicine and a holistic approach to healing and thriving. She strongly believes in the increasing importance of individualized Ayurvedic medicine for the wellbeing of people and the planet.



Bobby Takhar is an Ayurvedic Doctor on site. She is a graduate of the college with an advanced pancha karma certification. She is part of the teaching faculty and specializes in teaching the respiratory, urinary, and cardiovascular modules of the curriculum. She is also an intern supervisor and master teacher to DL (distance learning) students. Her deep knowledge and wisdom come from generations of living an authentic ayurvedic lifestyle. She weaves this knowledge into every part of her being to bring healing to all that come into her presence. She enjoys teaching Kundalini yoga as a service to her community.

