CATALOG

KERALA ayurveda®

wellness, naturally

Fall 2018 Program

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REGISTERED OFFICES:

State of CA
Kerala Ayurveda Academy
691 S Milpitas, CA Ste 206
Milpitas, CA 95035
Toll Free: +1 (888) 275-9103
Fax: +1 (510) 257-4378

State of WA
3876 Bridge Way N, #300, Seattle, WA 98103
Toll Free: +1 (888) 275-9103

Registration: admissions@keralaayurveda.us
All Other Course Support: support@keralaayurveda.us
Website: www.keralaayurveda.us/courses

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Welcome to Kerala Ayurveda Academy

Our mission: To integrate traditional Ayurvedic wisdom and healing with scientific research.

Our purpose: To serve as an authentic source of Ayurvedic education, research and community health care.

Our commitment: To bring the highest caliber of academic excellence to the US and abroad.

Kerala Ayurveda Academy (KAA) invites you to embark on a journey into the world of Ayurveda, where you will discover a profound potential for health and well-being offered by a time-proven, harmonious and holistic healthcare system.

Healthcare in the United States is changing. Health science has evolved to encompass our beliefs, emotions, behavior, thoughts, family and cultural systems, as well as the environmental context in which we live. All of these elements are relevant to our health. Ayurveda is a 5,000-year-old Indian system of healing that encompasses these aspects while offering solutions to achieve harmony at the level of Body, Mind and Spirit. Join us and get involved in this pioneering work that is transforming and reshaping our healthcare industry to a newer model of holistic health care for the 21st century.

Kerala Ayurveda Academy is committed to offering the highest quality of education and services to our students so that they become the finest Ayurvedic health practitioners and educators for the future. Our aim is to maintain the authenticity of Ayurveda in the United States.

Our curriculum is based on an Ayurvedic educational curriculum from Indian universities and is academically challenging and rewarding. Students will find studying at Kerala Ayurveda Academy intellectually stimulating and competitive. The programs encompass all fields of Ayurveda including Ayurvedic philosophy, herbology, psychology, Ayurvedic Dosha imbalance management, research, clinical practice, and clinical application.

We have assembled the most qualified and experienced faculty to teach Ayurvedic principles. Most faculty members have Ayurvedic degrees from prestigious universities in India and 15 to 30 years of clinical experience. With the Kerala Ayurveda Academy, feel assured that you will receive an authentic Ayurvedic education. The program coordinators at each location are supportive and eager to assist students in any way possible.

We congratulate you on your decision to become part of an inner circle of Ayurvedic practitioners who promote healing and wellness.

Namaste ~ The Kerala Ayurveda Academy Team

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Ayurveda: The Science of Life

Kerala Ayurveda Academy invites you on a great life adventure…

Kerala Ayurveda Academy is the first institute in the U.S. to provide authentic Ayurvedic programs throughout the country. We currently offer classroom programs in the states of **California** and **Washington,** plus **online programs** for the distant learner.

Ayurveda and Yoga are sister sciences and belong to the world's oldest and most well-documented health care system. Ayurveda, the science (*Veda*) of life (*Ayur*), balances the body and mind using natural therapies and herbal medicines. Yoga, the science of mind brings balance and purity to the body. The two complement each other and together achieve harmony of the Body, Mind and Spirit, which is the essence of true health.

Knowledge of Ayurveda in today's world is essential as it aims for the preservation of health and prevention of disease by establishing balance and harmony through nutrition, herbs, meditation, and daily routines. Ayurvedic science provides knowledge to unfold the reality beyond the physical body and achieve harmony of Body, Mind and Spirit. **The World Health Organization recognizes Ayurveda as a complete natural health care system**.

Now is the perfect time for Ayurvedic graduates to embark on a professional journey. They have a unique opportunity in this day and age to lead successful lives by assisting family, friends and clients in creating healthier bodies and lifestyles, thus eventually lowering healthcare costs.

Upon completion, graduates are able to:

- → Determine and analyze a client's unique Body Constitution
- → Able to conduct Ayurvedic lifestyle consultations
- → Give Ayurvedic guidance on Daily Routines, Pranayama and Meditation
- → Offer guidance on special Ayurvedic therapies and home remedies

My experience… has been nothing short of wonderful… Educational, enjoyable, practical and indispensable…I watched my relationship with family, friends and myself blossom to levels I never could have imagined. KAA has taught me that Ayurveda is truly a way of life, a balanced life and a better life.

-Kari

Professional Possibilities with Ayurveda

- → **Licensed Healthcare Practitioners** & **Healers** from all backgrounds can apply their Ayurvedic knowledge to enhance their current practice.
- → Massage Therapists and Bodyworkers can open Panchakarma centers.
- → **Estheticians** in skin and beauty may enhance their treatments, services and products.
- → **Freelance Writers** may launch Ayurvedic publications.
- → **Research-savvy Students** may get involved in Ayurvedic research projects. The Office of Alternative Medicine funds many research projects in holistic healthcare.
- → **Entrepreneurs** may develop Ayurvedic herbal products, food packages, Ayurvedic cosmetics, or open wellness centers, spas or resorts.
- → **Students in Academics** may teach or deepen their education with more continued studies. Kerala Ayurveda Academy offers **advanced programs in continued education** in the U.S. as well as programs in **Kerala Ayurveda Academic Facilities** in **Cochin** and **Bangalore, India**.

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Why Choose Kerala Ayurveda Academy?

Authenticity	We offer the highest level of Ayurvedic training outside of India
Comprehensiveness	Curriculum includes course manuals, lectures, practical workshops & clinical internship
Leading Experts	Faculty & advisers include several of the world's leading academicians & physicians
Convenience	Eleven 2-day weekend In-Class & Live Streamed Intensives
Flexible	Progressive E-Learning System & Live Streaming for online learning

Take Pride in Knowing…

→ You are part of a globally recognized and highly respected Ayurvedic lineage which is experiencing tremendous growth in the West. With 1,000+ alumni, you are a part of one of the largest student bodies of Ayurveda in the country.

→ You embark on your journey knowing that you can complete all three levels of professional certification in Ayurveda set by the National Ayurvedic Medical Association (NAMA) with us, including the option to travel to and study at our sister sites in India.

→ You receive the most authentic education in Ayurveda, based on the Vedic texts. KAA programs have been developed under the guidance of experts from the Faculty of Ayurveda, Banaras Hindu University as per the benchmarks for training in Ayurveda published by the World Health Organization (WHO) in 2010. BHU is an internationally reputed University founded in 1916 – it is a premier institution hosting schools in medicine, science, technology, social science and performing arts with over 20,000 students and 2,500 scholars.

→ Kerala Ayurveda Academy is a 100% subsidiary of Kerala Ayurveda Limited (KAL), India - a full spectrum Ayurveda company operating 30 Ayurveda Clinics, 2 Hospitals, 400 Herbal Formulations, Medicinal Herbal Gardens and AyurvedaGram Heritage Wellness Centre. KAL is part of Katra Life Sciences, which aims at providing "Wellness, Naturally" to all.

→ Each year, KAL and Kerala Ayurveda USA provide wellness services to more than 70,000 people, and KAA welcomes over 100 new students to the Kerala Family.

→ KAL is based in Kerala, India, referred to as "God's Own Country": the land that cherishes the traditional practice of Ayurveda and where the science has been preserved in its purest and most authentic form.

→ KAL and KAA have embarked on a journey to make Ayurveda a global choice for better health. KAL's mission is to "Evolve Ayurveda" with substantial investments in research so that Ayurveda is promoted globally in an authentic manner for the benefit and wellness of humankind.

→ KAL is powered by a cutting-edge research team including biologists, chemists, scholars and practitioners, and has applied science to adapt this ancient wisdom for the new millennium – for products that are pure, safe and which cure.

→ Kerala Ayurveda is one of the most well-regarded names in Ayurveda and has received the honors:

- Best Ayurvedic Treatment Center of the Year – AyurvedaGram, 2017, ASSOCHAM
- Indian Agribusiness Excellence Awards – Katra Phytochem, 2017
- Herbal Company of the Year, 2016, ASSOCHAM
- Spa & Wellness Centre of the Year – AyurvedaGram, 2016 from ASSOCHAM
- Best Integrated Wellness Provider in India - AyurvedaGram, 2010 & 2011, Frost & Sullivan Award
- Make In India Emerging Entrepreneurs, 2017, India Today
- Certification of Excellence – AyurvedaGram, TripAdvisor
- Ranked 5 out of 724 for Specialty Hospitality in Bengaluru (Bangalore), TripAdvisor

→ Kerala Ayurveda supports the Asha Foundation in India, an organization dedicated to the service of child welfare and rehabilitative assistance, especially in the areas of autism and cerebral palsy.

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Program Overview

Ayurvedic Wellness Counselor (AWC) - 625 Hour Certification Program

The Ayurvedic Wellness Counselor (AWC) certification program is based on the first goal of Ayurveda—*Swasthasya Swasthya Rakshanam* - to preserve the health of a healthy person. Students will gain the tools necessary to restore and preserve health and prevent disease. These tools include a comprehensive nutritional education (*Ahara*), daily routines and practices to maximize health (*Vihar*), as well as a clear understanding of the mind and thought processes (*Vichara*) and their relationship to well-being. **Upon successful completion of the AWC course you will be awarded an Ayurvedic Wellness Counselor Certificate.**

General Format

The AWC program consists of:

→ 1 Year – 625 Total Hours
→ 11 Weekend Intensives – In-Class or Live Streamed*
→ 25 Tuesday Virtual Classes – Live Streamed*
→ Online Recorded Lectures, Projects & Independent Review**
→ For Distance Learners: 4-Day Practical Immersion – In-Class

**Weekend Intensives & Tuesday Virtual Classes are all live streamed and recorded for later viewing. Internet connection required.*
***Internet connection required.*

Format Options

Students may choose the format which best fits their lifestyle:

→ **Option 1:** Attend In-Class Weekend Intensives*
→ **Option 2:** Attend Live Streamed Weekend Intensives & recommended In-Class 4-Day Practical Immersion *(included in tuition)*
→ **Option 3 – Seattle, WA Format:** Attend 6 In-Class Weekend Intensives* and 5 Live Streamed Weekend Intensives.

**Option 1 is subject to minimum student enrollment for In-Class Weekend Intensives.*

KAA accepts a limited number of students for in-class attendance: in Milpitas, CA: up to 24; in Seattle, WA: up to 18.

Distance Learning

Initially, I was wondering if the distance-learning program is a good enough format to transmit such a complex knowledge as Ayurveda, but thanks to Dr. J and his crew, his promise became more than true. Doing the AWC (online) has been the best decision ever.
-Nadja, AWC Graduate

Prerequisites

→ Students must possess a high school diploma or equivalent.
→ It is important for Ayurvedic students of professional programs to have adequate knowledge of Anatomy and Physiology (A&P). The equivalent of 6 college level Anatomy & Physiology credits are required. It's not required to complete the A&P course prior to enrollment in this course; it can be taken simultaneously as a corequisite, as long as it is completed for certification. If you need to satisfy the A&P corequisite, we offer a partner course you can take entirely online. Students are required to provide proof of A&P course completion to receive this certification. To learn more about our partner course or submit your corequisite documentation, please visit our website: www.keralaayurveda.us/courses/programs/anatomy-and-physiology/

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Scope of Practice

With this certificate, students will be able to counsel the clients for wellness.

Ayurvedic Counselors can:

→ Analyze mind-body constitution
→ Do history taking
→ Suggest dietary changes (explain Ayurvedic view about qualities and 6 tastes)
→ Suggest daily routine changes (explain daily predominance of Doshas at different times)
→ Suggest seasonal routine (explain seasonal predominance of Doshas)
→ Suggest life cycle routine (explain life cycles and predominance of Doshas)
→ Explain about Ayurvedic concepts (related to Prakriti, Vikriti, qualities, etc.)
→ Explain the connection between Body and Mind and how diet and life style, meditation, Pranayama can help prevent many emotional problems
→ Offer talks/write articles on various concepts on Ayurveda
→ Offer simple oil therapies.
→ Offer cooking classes giving simple cooking tips (if you feel confident)

Ayurvedic Counselors cannot:

→ Diagnose diseases
→ Treat diseases
→ Prescribe treatments or medicines (including herbal medicines)
→ Prescribe or perform Panchakarma (unless allowed in your scope of practice under other licensing)
→ Perform pulse diagnosis

Course Description & Objectives

This AWC course is a perfect blend of Online Learning, In-Class Practical Training experience and Clinical Encounters to ensure proper theoretical and practical/hands-on training.

Curriculum

KAA 101 | The Essence of Ayurveda *(Tarka Sankhya and Sharir)*

Begin your Ayurvedic Wellness Counselor education with an introduction to the 5,000-year-old history and philosophy of Ayurveda. Topics include:

→ The three universal energies and five elements (*Doshas and Mahabhutas*) and their importance in health and wellness.
→ The key to health and the 20 foundational qualities of life (*Gunas*).
→ The concepts of physiological disposition (*Prakruti*), imbalance (*Vikruti*) and Dynamic Balance.
→ The fundamental tenets of an effective Ayurvedic health program.
→ The universe and humanity's place within it: An Ayurvedic view.
→ The cosmology of the soul.
→ Comprehensive introduction to basic Ayurvedic concepts: *Doshas, Dhatus, Malas, Marmas, Asthis, Sandhis, Srotas.*

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KAA 102 | Ayurvedic Physiology *(Dosha Dhatu Mala Vigyan)*

Ayurvedic Physiology is designed to describe the subtle energies and foundational structures of the human body. Topics include:

→ The 15 subtle energies of the body (*Subdoshas*), their locations, qualities and importance in health.
→ The seven physical structures (*Dhatus*) and their relation to the digestive process.
→ Natural wastes and their functions.
→ The essence of life that is responsible for vigor and youthfulness (*Ojas*), as well as how it is regenerated and preserved.

KAA 103 | Ayurvedic Psychology *(Manasa Shastra)*

Ayurvedic Psychology offers a fascinating look into the psychology of the human being from a cosmological and energetic perspective. Topics include:

→ The layers of illusion that mask our full human experience.
→ The psychological energies (subtle *Doshas*), their function, location and origin.
→ Kundalini energy and the mechanics of vital living.
→ The chakras, their importance and how to keep them healthy.
→ The nature and aspects of the mind and how it functions and operates.
→ The physical energy centers (*Marmas*) and their role in health and disease.
→ How the three Gunas govern the mind and emotions.
→ Meditation, Pranayama (breathing techniques).

KAA 104 | Ayurvedic Nutrition & Cooking *(Ahara Vigyan)*

Ayurvedic Nutrition & Cooking places an emphasis on foods that ground the soul, nourish the body and delight the senses. Topics include:

→ Cooking for the five senses and six tastes.
→ Tools and techniques for maximum nutrient absorption.
→ The mechanics of satiation and its relationship to the tastes and senses.
→ When, where, what and how to eat.
→ Preparing simple, nutritious and sensually-gratifying meals.
→ The definition of health.
→ The importance of digestion and how to maintain a balanced digestive system.
→ Chaturvidha Ahara, Shatrasas, Ahara Vidhi Vishesha, the Guna Karma of spices & Ayurvedic cooking.

KAA 105 | Ayurvedic Prevention Science *(Swastha Vritta)*

Ayurvedic Preventive Science provides a comprehensive blueprint for daily and seasonal living to maintain optimal health, year-round. Topics include:

→ Daily Routines to maintain balance and maximize effectiveness.
→ Seasonal Routines to maintain health and prevent allergies and seasonal infections.
→ How to stay healthy year-round: the surprisingly simple key to a strong immune system.
→ How a modification or change in your daily routine according to season will impact your health.

KAA 106 | Ayurvedic Herbology *(Dravya Guna Shastra)*

Ayurvedic Herbology marks the halfway point in your Ayurvedic Wellness Counselor education and your midterm examination. This detailed class will introduce the concepts of herbal energetics and how to identify the healing properties of household herbs. Special emphasis will be placed on over twenty different Ayurvedic herbs such as Amla, Brahmi, Neem and Shatavari. Topics include:

→ Herbs to boost the immune system, delay aging and improve the quality of life.
→ Comprehensive analysis of taste, potency, post-digestive effect and what they mean for your health.
→ How to maximize the absorption of particular herbs and medicines.
→ Preparing and administering specialized herbs and herbal concoctions.

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→ Popular formulations and recipes.
→ Over twenty detailed descriptions of Ayurvedic herbs, energetics and uses.

KAA 107 | Ayurvedic Yoga *(Yoga Vigyan)*

Ayurvedic Yoga will focus on understanding the principles of Yoga in connection with the Ayurvedic concepts. Topics include:

→ A detailed understanding of the eight limbs of Yoga.
→ Understanding koshas in connection with Yoga and Ayurveda.
→ How Yoga and Ayurveda combined can create the foundation for a transformed experience of living.
→ Principles of customizing Yoga practice based on the individual's constitution.
→ Yoga and Ayurveda to deepen your spiritual practice.
→ Pranayama and meditation techniques.

KAA 108 | Introduction to Ayurvedic Bodywork *(Panchakarma)*

Introduction to Ayurvedic Bodywork will focus on hands-on techniques to promote cellular healing and regeneration. Topics include:

→ Daily therapies to promote healing and wellness.
→ Simple therapies that have an anti-aging effect, improve digestive absorption, calm the mind and improve sleep.
→ Concoctions and treatments to improve skin tone and luster and soothe the nervous system.
→ A hands-on introduction to Snehana, Swedana, Shirodhara, Padabhayanga, Shiroabhyanga, Kati Basti, Lepas, Udvartana and Soundarya Shringar.

KAA 109 | Disease Pathology *(Roga Nidan)*

Disease Pathology will describe how diseases form and progress. Topics include:

→ The Ayurvedic energies and structures (*Dosha, Dhatu, Mala*) and their role in the disease process.
→ Simple ways to identify warning signs long before they become full-blown symptoms.
→ How to analyze the various systems and structures of the body and identify potential warning signs: tongue, pulse and mala diagnosis.
→ In-depth examination of case studies.

KAA 110 | Disease Management *(Kaya Chikitsa)*

Disease Management will describe how to address various disease manifestations and how to prevent their progression. Topics include:

→ The Ayurvedic energies and structures (*Dosha, Dhatu, Mala*) and their role in various etiopathogeneses. The evolution of diseases through various Dosha stages reaching the final degenerative phase.
→ Simple ways to identify warning signs long before they become full-blown symptoms and methods of arresting the disease progression.
→ Mapping of various stages of etio-pathogenesis to arrive at a treatment protocol.
→ Tools and techniques including simple herbal treatments and dietary & lifestyle changes to restore and maintain equilibrium.
→ Various methodologies involved in Palliative (*Shamana*) and Purification (*Shodhana*) treatments.

KAA 111 | Review, Clinical Management

Review and Clinical Management will take a final look at the prior ten months in a summarized review, and investigate Ayurveda's application in modern times. Students will be guided on how to build and sustain a clinical practice and how the science of Ayurveda applies to the business model. Topics include:

→ The structure of state and national practice regulations and the state of Ayurvedic affairs in the United States.

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→ The future of Ayurveda in the United States.
→ Tools, tips and spreadsheets to help you run your business.
→ How to build and sustain your Ayurvedic practice.
→ How other graduates did it and what they learned from the experience.

Program Format & Hours

Weekend Intensives - 220 hours

The Weekend Intensives are offered once per month for eleven months. All are live streamed from the West Coast (U.S. Pacific Time Zone) for our Distance Learners.

Module	Course Description	Days	Hours
KAA 101	→ The three universal energies and five elements (*Doshas and Mahabhutas*) and their importance in health and wellness. → The twenty foundational qualities of life (*Gunas*). → The concepts of physiological disposition (*Prakruti*), imbalance (*Vikruti*) and Dynamic Balance. → The fundamental tenets of an effective Ayurvedic health program. → The universe and humanity's place within it: An Ayurvedic view. → The cosmology of the soul. → A comprehensive introduction to basic Ayurvedic concepts: *Doshas, Dhatus, Malas, Marmas, Asthis, Sandhis and Srotas.*	2	20
KAA 102	→ The fifteen subtle energies of the body (*Subdoshas*) → The seven physical structures (*Dhatus*) and natural wastes (*Malas*) → Natural wastes and their functions → The essence of life that is responsible for vigor & youthfulness (*Ojas*)	2	20
KAA 103	→ The psychological energies (subtle *Doshas*) and their functions → The chakras, their importance and how to keep them healthy. → The physical energy centers (*Marmas*) → Meditation, Pranayama (breathing techniques).	2	20
KAA 104	→ Cooking for the five senses and six tastes. → Tools and techniques for maximum nutrient absorption. → Preparing simple, nutritious and sensually-gratifying meals. → *Chaturvidha Ahara, Shad Rasas, Ahara Vidhi Vishesha* and the *Guna* Karma of spices and Ayurvedic cooking.	2	20
KAA 105	→ Daily Routines to maintain balance and maximize effectiveness. → Seasonal Routines to maintain health and prevent allergies → How to stay healthy year-round → How to modify your daily routine according to season	2	20
KAA 106	→ Herbs to boost the immune system, delay aging and improve the quality of life. → How to maximize the absorption of particular herbs and medicines. → Preparing and administering specialized herbs and herbal concoctions. → Popular formulations and recipes. → Over twenty detailed descriptions of herbs, energetics and uses.	2	20

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KAA 107	→ A detailed understanding of the eight limbs of yoga. → Understanding koshas in connection with Yoga and Ayurveda. → How Yoga and Ayurveda combined can create the foundation for a transformed experience of living. → Principles of customizing Yoga practice based on the individual's constitution. → Yoga and Ayurveda to deepen your spiritual practice. → Pranayama and meditation techniques.	2	20
KAA 108	→ Daily therapies to promote healing and wellness. → Simple therapies that have an anti-aging effect, improve digestive absorption, calm the mind and improve sleep. → Concoctions and treatments to improve skin tone and luster and soothe the nervous system. → A hands-on introduction to *Snehana, Swedana, Shirodhara, Padabhayanga, Shiroabhyanga, Kateevasti, Lepas* and *Udvartana.*	2	20
KAA 109	→ The Ayurvedic energies and structures (Dosha, Dhatu, Mala) and their role in the disease process. → Simple ways to identify warning signs long before they become full-blown symptoms. → How to analyze the various systems and structures of the body and identify potential warning signs: Tongue, pulse and mala diagnosis. → In-depth examination of case studies	2	20
KAA 110	→ Identification of warning signs of diseases long before they become full-blown symptoms and arresting the disease progression. → Mapping of various stages of etiopathogeneses to arrive at a treatment protocol → Tools and techniques including simple herbal treatments and dietary & lifestyle changes to restore and maintain equilibrium. → Various methodologies involved in Palliative (*Shamana*) and Purification (*Shodhana*) treatments	2	20 *(incl 10 Hours Supervised Clinical Encounters)*
KAA 111	→ The structure of state and national practice regulations and the state of Ayurvedic affairs in the United States. → Tools, tips and spreadsheets to help you run your business. → How to build and sustain your Ayurvedic practice.	2	20 *(incl 10 Hours Supervised Clinical Encounters)*

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E-Learning Recorded Lectures - 50 hours

Learn anytime, anywhere, at your own convenience on your own computer. Our AWC program content is made available to students online via our E-Learning System. This structure allows students to study at their own pace while absorbing the material at the level with which they feel most comfortable. The E-Learning System provides course materials including Recorded Lectures, PDF Course Manuals, Study Guides and Exams.

Module	Subject	Hours
KAA 101	Essence of Ayurveda (*Tarka Sankhya and Sharir)*	5 class video
KAA 102	Ayurvedic Physiology *(Dosha Dhatu Mala Vigyan)*	2 class video
KAA 103	Ayurvedic Psychology (*Manasa Shastra)*	4 class video
KAA 104	Ayurvedic Nutrition & Cooking *(Ahara Vigyan)*	5 class video
KAA 105	Ayurvedic Preventive Science *(Swastha Vritta)*	7 class video
KAA 106	Ayurvedic Herbology *(Dravya Guna Shastra)*	6 class video
KAA 107	Ayurvedic Yoga *(Yoga Vigyan)*	4 class video
KAA 108	Introduction to Ayurvedic Bodywork *(Panchakarma)*	5 class video
KAA 109	Assessment of Dosha Imbalances (Roga *Nidan)*	4 class video
KAA 110	Management of Dosha Imbalances (Kayachikitsa*)*	3 class video
KAA 111	Clinical Management and Review	5 class video

Tuesday Virtual Classroom Sessions - 50 hours

Virtual Classrooms are conducted through video conferencing every week. The faculty will take the students through various topics in the curriculum and provides students the opportunity to ask questions and to clarify the concepts and topics from the course material and class videos. Each virtual classroom takes place on Tuesdays from 5:30 to 7:30pm U.S. Pacific Time with a member of the Kerala Ayurveda Academy Faculty. The access link to the virtual classroom will be available on the e-learning calendar or by contacting the Academy Administrator at support@keralaayurveda.us. Each virtual classroom is recorded and accessible for viewing after the class is over. *Please note: these dates and times are subject to change – see Schedule.*

Clinical Encounters and Assignments - 151 Hours

In order to fully integrate the role of the Ayurvedic Wellness Counselor, assignments are included in the AWC program which build upon each module of learning and one another. They include:

1. Personal Transformation (25 Hours)

Healing begins right at home for the healer. When we learn to work with Ayurveda to bring healing to our own lives, we are able to ground our knowledge in first-hand experience and better support others in doing the same. This assignment involves a self-assessment and experiential process of implementing the Ayurvedic principles and practices learned in class.

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2. Body Constitution Consultations (30 Hours)

Each student will conduct in person (or via video conference) one-on-one body constitution consultations with fifteen (15) people utilizing intake forms provided by KAA to practice skills in client interactions, assessment and documentation.

3. Case Studies: One-on-One Encounters (71 Hours)

Each student will follow two (2) Rogis (clients) from KAA Module 102 through KAA Module 111 with consultations and progress on both assessment and counseling based on the topics covered in each month. This assignment provides an opportunity to apply the Ayurvedic principles as they are learned and practice counseling skills.

4. One-on-One Consultations & Creating Chikitsa Protocols (25 Hours)

Based on learning up to KAA110, each student will conduct five (5) complete consultations resulting in a comprehensive Ayurvedic chikitsa protocol to demonstrate the cumulative counseling skills learned during the program, including: completion of case evaluations, assessment and protocol in a professional case paper format.

Research Project: Community Health Presentation - 42 Hours

The Research Project receives a pass/fail grade. If an assignment is incomplete the student will have the opportunity to resubmit the assignment to receive a passing grade.

Description: Students will prepare a presentation for a group in the community. This will include research on the topic of student's choice, organization of material, creation of presentation (digital slides preferred), and the implementation and summary with evaluation. Student may host and organize the event for personal contacts, or offer in conjunction with a greater organization (e.g. a Yoga studio), or arrange to deliver this presentation at an office, school or other place of business. A topic must be approved before starting this project by submitting a short description of the topic to the student's assigned mentor. The final assignment submission will include the presentation plus any notes, feedback, photos and video available.

Presentation Format:

→ 25-45 slides
→ Should include cover page and clear description of thesis or claim
→ May include charts and graphs (no more than 5 slides can contain only a graphic)
→ The presentation should run 1-1.5 hours in length

Student Orientation - 2 hours

Students will be required to attend a live streamed **2-hour orientation** prior to the class start date. It is recorded for later viewing.

Independent Review - 110 hours

The AWC Program uses several tools to provide high quality education to our students. Students are expected to review or complete each of these components for every course module:

→ Manuals
→ Study Guides
→ Slide Presentations
→ Online Exams

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Practical Immersion for Distance Learners

The Practical Immersion is a 4-day hands-on learning experience designed to supplement Level I (Ayurvedic Wellness Counselor) curriculum for distance learning students. It includes the AWC Weekend Intensive Module KAA111 and the Closing Ceremony, with two additional days covering material from previous modules in the program. This immersion is included AWC tuition, though it is not required for graduation.

Topics Include

→ Applied aspects of Ayurvedic Assessment & Counseling
→ Herbs & Formulations
→ Yoga, Breathing & Meditation
→ Ayurvedic Bodywork Techniques
→ Assessment
→ Counseling
→ Clinical Guidance/Referral
→ Live Cases

Registration Policy

The program runs twice per year and is open to AWC students enrolled in our Distance Learning program. Each Practical Immersion is scheduled in association with a specific AWC session and is designed to provide optimal hands-on learning to complement the studies of the online learner. Priority registration is initially limited to students from that Practical Immersion's respective AWC session. After the priority registration deadline ends, AWC students & alumni from previous AWC sessions may register at an additional cost.

Current AWC students intending to attend the Practical Immersion during their year-long program must confirm their participation at least 90 days prior to the Practical Immersion start date. If a participant has confirmed their attendance and needs to cancel, cancellation must be made at least 15 days prior to the Practical Immersion start date. If cancellation is made less than 15 days prior to the start date and the student wishes to attended a later Practical Immersion date, a registration fee will be due.

To Confirm Participation

Contact support@keralaayurveda.us or 1-888-275-9103 x20

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Program Breakdown by Hours

Total Hours: 625 hours

Course Component	Hours
Weekend Intensives	220 Hours
Tuesday Virtual Classroom Sessions	50 Hours
E-Learning Recorded Lectures	50 Hours
Clinical Encounters and Assignments	151 Hours
Research Projects	42 Hours
Independent Review	110 Hours
Orientation	2 hours

The AWC program includes 140 hours mandatory Clinical Encounter hours (this includes 20 hours of supervised Clinical Encounters).

Examinations & Grading

→ Each month there will be an exam on the material taught.
→ Exams are multiple choice. Minimum passing grade is 70%.
→ Students must complete 11 out of 11 exams before they are eligible for graduation.
→ All testing is conducted online through our E-Learning System and grades are immediately available in the student online account. Project and assignment grades are posted within 10 days of submission.
→ A student who does not achieve the minimum passing grade of 70% for graduation may retake the exam up to five times. The highest score will be recorded.

Graduation Requirements

→ The student paid the full tuition for the program.
→ The student submitted documentation of completing equivalent of 6 credits of college level Anatomy & Physiology course.
→ The student passed all exams with a minimum grade of 70%.
→ The student completed and passed all assignments (graded as pass/fail).
→ This program meets the NAMA (National Ayurvedic Medical Association) requirement to register at the Ayurvedic Health Counselor category of professional membership, and our minimum contact hours required is 100 hours of live class attendance to graduate. Contact hours is the time spent in classroom instruction (including live streaming class time). The total available contact hours in this program are 295. We recommend attending at least 250 contact hours to support your competency and material comprehension, and encourage students who miss live classes to attend the following class the next time it is offered (in approximately six months), to provide the opportunity for faculty interaction.

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

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Faculty

Kerala Ayurveda Academy's mission is to offer authentic Ayurvedic courses by experienced Ayurvedic Doctors. Many of our faculty members are established Ayurvedic physicians who have received degrees from renowned Universities in India – the "Holy Land" of Ayurveda – and have more than 15 years of experience in Ayurvedic practice and teaching. Faculty are eager to share and hand over this ancient wisdom to our enthusiastic students.

Dr. Suhas [Kshirsagar] could not be any more kind, knowledgeable or funny.
-Anonymous

[Dr. Jayarajan's] method of teaching was very organized and thorough. I thank him for being so passionate about Ayurveda; he is truly an inspiration!
-Bobby

I really enjoyed and appreciated the high level of interaction Rucha Kelkar provided... her teaching was fantastic... and inspiring!
-Anonymous

Mamta [Landerman] is an excellent and gifted teacher.
-Renée

Senior Faculty

Vaidya Jayarajan Kodikannath

Bachelor of Ayurvedic Medicine & Surgery

Vaidya Jayarajan is the Academy Director, Kerala Ayurveda USA responsible for all academic programs conducted internationally by Kerala Ayurveda. He is a Kerala, India native from a *Vaidya* family, a veteran Ayurveda scholar and clinician. He is also a Lead Trainer for Domain Experts in Ayurveda with over two decades of experience in health and education in India and the U.S.

Faculty

Vaidya Rucha Kelkar

Bachelor of Ayurvedic Medicine, Master of Physical Therapy

Vaidya Rucha Kelkar earned her graduate degree from University of Pune, India and secured a top rank in all three academic years of her Ayurvedic education. She is an accomplished Ayurvedic practitioner, educator and

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writer, also a licensed physical therapist with a master's degree in physical therapy.

Vaidya Suhas Kshirsagar

Bachelor of Ayurveda Medicine & Surgery, Doctor of Medicine (Ayurveda)

Vaidya Suhas Kshirsagar is a skilled Ayurvedic Doctor, Panchakarma Specialist, Vedic Astrologer and prolific author and public speaker. India, he worked in research in Ayurvedic pharmaceuticals at Ayurveda Rasashala. In the U.S., he served the Medicine at Maharshi College of Vedic Medicine as Chairman of Dept. of Medicine before assuming the role of Medical Director and an Assistant Professor at the Maharshi University of Management until 2002.

Mamta Landerman

Clinical Ayurveda Specialist, Panchakarma Specialist

Mamta Landerman is a Clinical Ayurveda and Panchakarma specialist. She was the Founding President and a Board Director of CAAM (The California Association of Ayurvedic Medicine) and produced the Ayurveda International Symposium at U.C. Berkeley, bringing together the various lineages of Ayurveda in the U.S. to sow seeds for the future vision of the Ayurvedic profession in this country. She has been practicing and teaching Ayurveda and transformational work for the last 23 years.

Alka Mulakalari

Certified Ayurvedic Practitioner, Licensed Massage Therapist

Alka is a gifted Ayurvedic Practitioner and Panchakarma Specialist, combining her knowledge of Western massage techniques with Traditional Ayurvedic preventive measures, Ayurvedic psychology and detoxification techniques for deep healing. Her deep belief, love and passion for healing is transmitted in her teaching of the Ayurvedic root principles of heart-centered care.

Vaidya Namyata Pathak-Gandhi

Bachelor of Ayurveda Medicine & Surgery, Doctor of Medicine (Ayurveda), Vaidya-Scientist Fellowship

Vaidya Namyata Pathak-Gandhi trained in Ayurveda and modern medicine in an 8.5-year program in Mumbai, India under the Maharashtra University of Health Sciences. In 2011, she was selected as the youngest and exceptional Vaidya Scientist Fellow (VSF) in a nationwide screen by the Department of AYUSH, Government of India. She specializes in integrative health education, practice and research. Her teaching reflects a smooth blend of classical Ayurveda and certain biomedical fundamentals for safe, pragmatic application.

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Vaidya Kamya Pillai

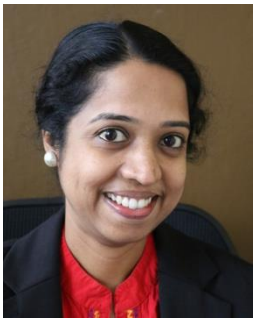
Bachelor of Ayurveda Medicine & Surgery

Vaidya Kamya Pillai trained in Ayurvedic Medicine at Mahatma Gandhi University, Kerala and later served as a faculty in the same university under the Ophthalmology and ENT departments. She gained valuable experience managing a broad spectrum of disorders while operating as an independent practitioner in India during 2009-2013. Her white papers on various health topics were received in seminars across India. In 2015, she completed her Ayurvedic Wellness Practitioner (AWP) certification from Kerala Ayurveda Academy at the AWP and serves the program as a mentor for students.

Vaidya Pratibha Shah

Bachelor of Ayurveda Medicine & Surgery, Doctor of Medicine (Ayurveda), Master of Public Health

Pratibha Shah is one of the leading Ayurveda experts in New England with over 25 years of experience. Her pioneering initiatives in the field of Ayurveda in the U.S. have brought her to attention at the White House, the Department of Health and Human Services, as well as the Consulate General of India, NYC. She is a prolific speaker and educator in the community and has authored several papers. She is an editor with the Ayurveda Journal on Health and Associate Editor with the Ancient Science journal. She is a senior faculty with the Kerala Ayurveda Academy.



Vaidya Sheena Sooraj

Bachelor of Ayurveda Medicine & Surgery

Vaidya Sheena Sooraj is an experienced Ayurvedic practitioner and native of Kerala, India. She developed her passion for Ayurveda at a young age, as her grandfather was a well-known Ayurvedic physician and astrologer. She has experience running her own practice in India and the U.S. and has successfully managed a wide range of diseases. An active advocate of Ayurveda, she a public speaker on its Ayurveda's importance in daily life, having led talks at schools, corporate offices and banks.

Vaidya Ram Tamang

Bachelor of Ayurveda Medicine & Surgery

Vaidya Ram Tamang trained in the J. Krishnamurti foundation in Bangalore where he earned his degree in Ayurvedic Medicine and Surgery, and also studied intensely with several Yoga masters in India. He has practiced and taught internationally, including his role heading a Panchakarma Center at an Ayurveda Retreat in South India, Ayurveda workshops in Amsterdam, Netherlands and work with Allopathic Doctors in an emergency ward in India.

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Board of Advisors

Dr. K. Anil Kumar

BAMS, Director and Founder

Dr. K. Anil Kumar, Executive Director of Kerala Ayurveda Ltd is now the elected member of the Central Council of Indian Medicine (CCIM) – the Apex Body of the Government of India for the Indian System of Medicine. He was the President of the Ayurvedic Medical Association of India and is a former Joint Secretary of the Ayurvedic Drug Manufacturers' Association of India. He is currently Executive Member of the Ayurvedic Medicine Manufacturers Organization of India.

David Frawley (Pandit Vamadeva Shastri)

David Frawley (Pandit Vamadeva Shastri) is a one of the most well-known teachers of Ayurveda, Yoga and the Vedic sciences today. His work has long been honored in India and in the West for his ability to explain the authentic deeper teachings and place them in an easy to understand modern language. Vamadeva is the author of more than forty books published in twenty languages over the last thirty years. He has written numerous articles and several sets of training courses. His books on Ayurvedic Medicine have been pioneers in their field. These include Ayurvedic Healing (1989), which was the first book published in the West to explain the Ayurvedic treatment of common diseases, and Yoga and Ayurveda (1999), which remains the most popular book explaining the interface of these two profound Vedic healing systems. He is the director of the American Institute of Vedic Studies that represents his work, teachings and programs.

Vaidya Suhas Kshirsagar, BAMS, MD (Ayurveda, India)

In addition to serving KAA as a teaching Faculty member (see above), Vaidya Suhas Kshirsagar is also one of the Academy's Advisers.

Recommended Reading

KAA does not have a traditional library. Students will receive detailed course material and handouts in each class. The following list of recommended books is for additional reading. *These books are beneficial but not mandatory.*

Author	Titles
Frawley, David	*Yoga and Ayurveda; Ayurveda and the Mind; The Yoga of Herbs*
Joshi, Dr. Sunil	*Ayurveda and Panchakarma*
Lad, Dr. Vasant	*Textbook of Ayurveda (Two volumes)*
Lele, Dr. Avinash	*Secrets of Marma; Panchakarma and Ayurvedic Massage*
Ranade, Dr. Subhash	*Health and Disease in Ayurveda and Yoga; Natural healing through Ayurveda*
Svoboda, Dr. Robert	*Prakriti: Your Ayurvedic Constitution*
Apte, Dr. Jay	*Delicious and Healthy - Cuisine of Ayurveda*
Yarema, Dr. Thomas	*Eat-Taste-Heal: An Ayurvedic Cookbook for Modern Living*
Prof. K.R. Srikantha Murthy	*Vagbhata's Astanga Hrdayam*
Khirsagar, Dr. Manisha	*Ayurveda: A Quick Reference Handbook*

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Schedule: Fall 2018-2019

Start and Completion Dates

Start Date: Orientation – October 15, 2018*
End Date: October 15, 2019*

Practical Immersion for Distance Learners

August 22-25, 2019 – Milpitas, CA*
Included in tuition, not required for graduation.

**Please note these dates are subject to change. Kerala Ayurveda Academy reserves the right to cancel classes if student enrollment minimum is not met.*

Exam & Graduation Schedule

Monthly Exams	Testing is made available on the E-Learning System after each Weekend Intensive
Closing Ceremony	Sunday evening of final Weekend Intensive 111
Graduation	After all requirements are fulfilled (see Graduation Requirements)

Locations

Milpitas, CA

Kerala Ayurveda Academy & Wellness Center *691 S Milpitas Blvd Ste 206*
Located in San Francisco East Bay and 8 miles from the San Jose Airport, our flagship location consists of a spacious classroom for lectures and Yoga, dynamic conference and auditorium rooms, consultation and Panchakarma rooms, a library and an herbal Apothecary. Amenities include free wifi, ample parking space, and located within walking distance of restaurants and health clubs.

Seattle, WA

Satellite Class Location: Natural Rhythms Integrative Medicine
3876 Bridge Way N, #300, Seattle, WA 98103
Located 30 minutes from the Seattle-Tacoma International Airport in the Fremont district of Seattle, within walking distance from hotels and restaurants.

Special Accommodations

Kerala Ayurveda Academy is required to provide necessary accommodations to provide students with disabilities an equal opportunity for participation in the program. Accommodations are provided on an individual bases and the Academy may be contacted to make such arrangements at 1-888-275-9103 x20 or support@keralaayurveda.us.

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Tuition & Fees

Tuition	
Registration Fee	$100
Books & Materials[1]	$250
Tuition[2]	$5,500

Please note: refunds are program-specific.
See Policies & Procedures for more information.

Payment Plans for Tuition

Payment Plan[3]	Cost	First Payment Due	Payments	Registration Fee	Total Cost
Tuition in Full[3]	$5,250	Upon Enrollment	1	$100	$5,350
Half yearly[4]	$2,750	Upon Enrollment	2	$100	$5,600
Quarterly[4]	$1,450	Upon Enrollment	4	$100	$5,900[5]
12 Month[4]	$500	Upon Enrollment	12	$100	$6,100[5]
15 Month[4]	$415	Upon Enrollment	15	$100	$6,325[5]

Please Note

1. Books and materials are included in tuition.
2. Kerala Ayurveda Academy does not offer state or federal financial aid, educational loans, tuition scholarships or discounts to students at this time.
3. Full tuition is discounted approximately 5%.
4. Students choosing the extended payment plan will be required to complete and approve a Payment Agreement Contract upon enrollment.
5. There will be a management fee for extended payment plans listed above.

The Asha Foundation™

The Asha Foundation is a medical service and research foundation in India that provides complimentary and rehabilitative healthcare to children suffering from various ailments, particularly autism and cerebral palsy.

Every year, Kerala Ayurveda Academy donates a portion of its proceeds to The Asha Foundation.

Enrollment

Enrollment is easy! Begin the process with our **online enrollment forms** via our website: www.keralaayurveda.us/courses/programs/awc-enroll. As a prospective student, you are encouraged to review this Catalog prior to signing the Enrollment Agreement. You are also encouraged to review the Student Performance Fact Sheet, which must be provided to you prior to signing the Enrollment Agreement.

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Policies & Procedures

Student Complaint Procedure

If a student complaint should arise, they may contact Student Services, at +1 (888) 275-9103 x20 or at support@keralaayurveda.us. If the student's complaint is not resolved after speaking to Student Services they may contact the Director of Kerala Ayurveda Academy, Dr. Jayarajan Kodikannath at +1 (888) 275-9103 x20, director@keralaayurveda.us or at 691 S Milpitas Blvd Ste 206, Milpitas, CA 95035.

State of California

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling +1 (888) 370-7589 or by completing a complaint form, which can be obtained on the Bureau's Internet Web site www.bppe.ca.gov.

State of Washington

If the student's complaint is not resolved after exhausting the institution's grievance procedure, the student may file a complaint with the Workforce Training and Education Coordinating Board, 128 Tenth Avenue S.W., P.O. Box 43105, Olympia, Washington 98504-3105, +1 (360) 709-4600. This school is licensed under Chapter 28C.10 RCW in the State of Washington.

Transferring of Credits & Credentials

"NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT KERALA AYURVEDA ACADEMY. The transferability of credits you earn at Kerala Ayurveda Academy is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in the Ayurvedic Wellness Counselor or the Ayurvedic Wellness Practitioner programs is also at the complete discretion of the institution to which you may seek to transfer. If the certificate that you earn at this institution is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all 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 seek to transfer after attending Kerala Ayurveda Academy to determine if your certificate will transfer."

KAA has not entered into an articulation or transfer agreement with any other college or university.

Experiential Credit

There is no credit granted for experiential learning.

Refund and Cancellation Policy

The Student's Right to Cancel

The student has a right to cancel the enrollment agreement and obtain a refund. **A written notice from the student, about the cancellation is required** and should be sent to the address below. For specifics related to your refund, refer to the refund tables according to your State.

Student Services
Kerala Ayurveda Academy
691 S Milpitas Blvd Ste 206 Milpitas, CA 95035

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Refund Policy

State of California

The registration and manual fee is nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class session, or the seventh day after enrollment, whichever is later. There will be no refund if the student decides to withdraw after 60% of the classes (attendance of the 7th class) or online modules (accessed 7th online module).

Each In-Class Intensives covers the content of one online modules. Refund Requests will be processed based on In-Class Intensives and online modules accessed (whichever is greater).

A written notice from the students, about the cancellation will be required. A telephone call about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, student will not receive the refund for that period. The refund will be processed within 30 days from the day KAA receives the official written notice of cancellation from the student. The refund check will be mailed to the official address of the student. If original payment is by credit card the refund will be processed on the credit card.

Eligible refunds will not include the applicable interest during the enrollment period.

In case the student decides to withdraw during the program, before the 60% of the classes are over, the following will be the refund calculation:

Refund Calculation

Step 1 Deduct $350 (registration/manual fee) from the total tuition paid
Step 2 Divide the total tuition paid by 11 (number of modules) = 'tuition per module'
Step 3 Multiply number of classes attended or modules accessed in elearning by 'tuition per module'
Step 4 Subtract the amount in step 3 from the amount in step 1. This is the refund amount.

Example: if the student decides to withdraw after completing 4 In-Class Intensives or live streaming and if he/she has paid the full tuition, the refund will be as follows:

Step 1	$5600 - $350	$5250.00
Step 2	$5250 / 11	$477.00
Step 3	4 classes / live streaming * $477	$1908.00
Step 4	$5250 - $1908	$3342.00
	Total refund will be:	**$3342.00**

Refunds will be issued within 30 days of the date of student notification, or date of school determination (withdrawn due to absences or other criteria as specified in the school catalog), or in the case of a student not returning from an authorized Leave of Absence (LOA), within 30 days of the date the student was scheduled to return from the LOA and did not return.

State of Washington

Five-Day Cancellation: An applicant who provides written notice of cancellation within five days (excluding Saturday, Sunday and federal and state holidays) of signing an enrollment agreement is entitled to a refund of all tuition paid. No later than 30 days after receiving the notice of cancellation, the school shall provide a 100% refund of tuition and fees paid.

Other Cancellations: An applicant requesting cancellation more than five days after signing an enrollment agreement and making an initial payment, but prior to entering the school, is entitled to a refund of all monies paid (*minus the registration fee of $100).*

Rejection: An applicant rejected by the school is entitled to a refund of all monies paid.

Refund Policy Defined - WA

1. The school must refund all money paid if the applicant is not accepted. This includes instances where a starting class is canceled by the school. The school must refund all money paid if the

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applicant cancels within five business days (excluding Sundays and holidays) after the day the contract is signed or an initial payment is made, as long as the applicant has not begun training.

2. The school may retain an established registration fee equal to ten percent of the total tuition cost, or $100, whichever is less, if the applicant cancels after the fifth business day after signing the contract or making an initial payment. A "registration fee" is any fee charged by a school to process student applications and establish a student record system.
3. If training is terminated after the student enters classes, the school may retain the registration fee plus a percentage of the total tuition as described as follows:

If the student completes this amount of training:	The school may keep this percentage of the tuition cost:
One week or up to 10%, whichever is less (attended 1st class or accessed 1st online module)	10%
More than one week or 10% whichever is less but less than 25% (attended 2nd class or accessed 2nd online module)	25%
25% through 50% (attended 3rd class or accessed the 3rd online module)	50%
More than 50% (no refund issued after attending 6th class or accessing 6th, 7th,8th, 9th, 10th or 11th online module)	100%

4. When calculating refunds, the official date of a student's termination is the last day of recorded attendance:
   a. When the school receives notice of the student's intention to discontinue the training program; or,
   b. When the student is terminated for a violation of a published school policy which provides for termination; or,
   c. When a student, without notice, fails to attend 2 consecutive In-Class Intensives or, fails to access online modules for ninety calendar days.
5. All refunds must be paid within thirty calendar days of receiving a completed and signed Kerala Ayurveda official refund request form and the student's official termination date.
6. Eligible refunds will not include the applicable interest during the enrollment period.

Example: if the student decides to withdraw after completing 2 classes or after accessing the 4th online module and if he/she has paid the full tuition, the refund will be as follows:

Step 1	$5600 – $350	$5250.00
Step 2	4 of 11 classes attended or modules accessed online 4/11	36%
Step 3	25% through 50% completion = KA retains 50%	$2625.00
Step 4	$5250-2625	$2625.00
		***Total refund will be:* $2625**

Distance Learning

Five-Day Cancellation: An applicant who provides written notice of cancellation within five days (excluding Saturday, Sunday and federal and state holidays) of signing an enrollment agreement is entitled to a refund of all tuition paid. No later than 30 days after receiving the notice of cancellation, the school shall provide a 100% refund of tuition and fees paid.

7. The school may retain an established registration fee equal to fifteen percent of the total tuition cost, or $150, whichever is less, if the applicant cancels after the fifth business day after signing the contract or making an initial payment. A "registration fee" is any fee charged by a school to process student applications and establish a student record system.
8. If training is terminated after the student enters classes, the school may retain the registration fee plus a percentage of the total tuition as described as follows:

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If the student completes this amount of training:	The school may keep this percentage of the tuition cost:
0-10%, or one week, whichever is less (attended 1st class or accessed 1st online module)	10%
More than one week or 10% whichever is less but less than 25% (attended 2nd class or accessed 2nd online module)	25%
26% through 50% (attended 3rd class or accessed the 3rd online module)	50%
More than 50% (no refund issued after attending 6th class or accessing 6th, 7th,8th, 9th, 10th or 11th online module)	100%

9. When calculating refunds, the official date of a student's termination is the last day of recorded attendance:
   a. When the school receives notice of the student's intention to discontinue the training program; or,
   b. When the student is terminated for a violation of a published school policy which provides for termination; or,
   c. When a student, without notice, fails to attend 2 consecutive In-Class Intensives or, fails to access online modules for ninety calendar days.
10. All refunds must be paid within thirty calendar days of receiving a completed and signed Kerala Ayurveda official refund request form and the student's official termination date.
11. Eligible refunds will not include the applicable interest during the enrollment period.

Example: if the student decides to withdraw after completing 2 classes or after accessing the 4th online module and if he/she has paid the full tuition, the refund will be as follows:

Step 1	$5600 – $350	$5250.00
Step 2	4 of 11 classes attended or modules accessed online 4/11	36%
Step 3	25% through 50% completion = KA retains 50%	$2625.00
Step 4	$5250-2625	$2625.00
		***Total refund will be:* $2625**

Attendance Policy

Attendance is monitored via student access through the E-learning system, live streaming sessions as well as being manually taken at in-class sessions. The student must meet the requirement of 100 contact hours to graduate, which aligns with the requirement for professional membership of NAMA (National Ayurvedic Medical Association- USA). Contact hour means the class attended in real time either in person or through live streaming.

Make-up and Retake Policy

If student is absent from an in-class or live broadcast session, he/she may make it up at any KAA training location or via live broadcast, free of charge. If a student wishes to retake an in-class session, he/she may do so for a fee of $100 per weekend session. To make arrangements for all make-up or retake sessions, please contact Student Services at support@keralaayurveda.us.

Conduct

At KAA, programs are directed toward professional training. The students shall show respect to others and observe correct standards of conduct. The Honor System embodies values of personal integrity, honesty, and trust.

Fundamental to the Honor System is the Honor Code of Responsibility, and it is upon its principles that the Academy has based the Standards of Conduct.

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Honor Code of Responsibility

→ Each member is responsible for maintaining a high level of civility, integrity, honesty, and trust within the community.
→ Each student is responsible for presenting work of her/his own creation, and refraining from representing as her/his own work that which is not hers/his.
→ Conduct in keeping with the attendance policies.

Nothing in the policy prevents the student from contacting the Washington Workforce Board at 360-709-4600 at any time with a concern or complaint.

Termination Policy

1. If the course is terminated after the student begins classes, the Academy may retain a percentage of the total tuition as described in the table below.
2. The official date of termination of a student shall be the last date of recorded attendance when withdrawal occurs in any of the following manners:
   a. When the student is terminated for a violation of a published Academy policy which provides for termination; or,
   b. When a student, without notice, either fails to attend classes or check out course videos for thirty (30) calendar days.
3. A student will be determined to be withdrawn from the institution if the student has not attended any class for three consecutive class weekends. He/she will be notified by telephone after two missed weekends and he/she will be drafted after the third weekend.
4. For a student who is on authorized Leave of Absence, the withdrawal date is the date the student was scheduled to return from Leave and failed to do so.

Suspension and Dismissal Policy

There are disciplinary guidelines to provide an environment to learn and grow independently, which give students rights and responsibilities.

→ Any behavior disruptive to other students or the smooth running of the class will not be allowed.
→ Students will have to pay the tuition on time.
→ Students have to maintain a passing grade of 70%.

At first incidence, warning will be given. At the second incidence, the student will be suspended for the entire weekend. Student will be readmitted after suspended weekend. If the behavior persists, the student will be dismissed from the program. When the conduct of the student threatens the other student's safety, KA reserves the right to dismiss a student immediately.

Leave of Absence

Students can take a leave of absence for up to one (1) year with written permission. School may be contacted at +1 (888) 275-9103 x20 or by mail at 691 S Milpitas Blvd Ste 206 Milpitas, CA 95035. The student may resume classes the following year at the level where he/she took leave. Unless prior arrangements are made with the school about the payment, student is obligated to pay the tuition as per plan.

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Financial Aid

Kerala Ayurveda Academy does not offer state or federal financial aid to students. If a student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund. If the student has received federal student financial aid funds, the student is entitled to a refund of the moneys not paid from federal student financial aid program funds.

If a student is eligible for a loan guaranteed by the federal or state government and the student defaults on the loan, both of the following may occur:

→ The federal or state government or a loan guarantee agency may take action against the student, including applying any income tax refund to which the person is entitled to reduce the balance owed on the loan.

→ The student may not be eligible for any other federal student financial aid at another institution or other government assistance until the loan is repaid.

"Notice - Any holder of this consumer credit contract is subject to all claims and defenses that the debtor could assert against the seller of the goods or services obtained pursuant hereto or with the proceeds hereof, recovery hereunder by the debtor shall not exceed amounts paid by the debtor hereunder."

"Kerala Ayurveda Academy does not have a pending petition in bankruptcy, is not operating as a debtor in possession, has not filed a petition within the preceding five years, and has not had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11U.S.C. Sec. 1101 et seq.)."

Student Tuition Recovery Fund (STRF) fee (non-refundable) – *State of California*

"Effective January 1, 2015, the Student Tuition Recovery Fund (STRF) assessment rate will be zero ($0) per $1,000. Therefore, all institutions required to collect STRF assessments must stop collecting STRF assessments from students."

"You must pay the state-imposed assessment for the Student Tuition Recovery Fund (STRF) if all of the following applies to you:

1. 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 either by cash, guaranteed student loans, or personal loans, and
2. Your total charges are not paid by any third-party payer such as an employer, government program or other payer unless you have a separate agreement to repay the third party.
3. You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if either of the following applies:
4. You are not a California resident, or are not enrolled in a residency program, or
5. Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party."

"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.

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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, 2535 Capitol Oaks Drive, Suite 400, Sacramento, CA 95833, (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 location 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.

However, no claim can be paid to any student without a social security number or a taxpayer identification number."

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Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education at 2535 Capital Oaks Drive, Suite 400, Sacramento, CA 95833 (mailing address: PO Box 980818, West Sacramento, CA 95798-0818), Toll Free: +1 (888) 370-7589, Fax: +1 (916) 263-1896.

Student Tuition Recovery Fund – State of Washington

Kerala Ayurveda Academy is in compliance with Washington state tuition recovery fund rules and regulations.

English as a Second Language & Foreign Students

Foreign students are accepted, however, KAA courses are instructed in English and KAA does not offer English as a second language. Foreign students are required to have proof of English proficiency with a passing score of minimum 80% on the TOEFL exam for enrollment. Visa services are not provided and Kerala Ayurveda Academy will not vouch for student status and any associated charges.

Record Retention

All records concerning the Kerala Ayurveda Academy are kept for fifty years after student's graduation, withdrawal or termination, with the exception of transcripts which are kept permanently. Student records are kept at 691 S Milpitas Blvd Ste 206 Milpitas, CA 95035. Students requesting copies of these documents must submit a signed letter to the above address to the attention of the Student Services.

Kerala Ayurveda Academy encourages diversity and accepts applications from all minorities. Kerala Ayurveda Academy does not discriminate on the basis of race, creed, color, national origin, sex, veteran or military status, sexual orientation, or the presence of any sensory, mental, or physical disability or the use of a trained guide dog or service animal by a person with a disability. Kerala Ayurveda Academy acknowledges that information pertaining an applicant's disability is voluntary and confidential, and will be made on an individual basis. If this information is presented, Kerala Ayurveda Academy will reasonably attempt to provide an accommodation to overcome the effects of the limitation of the qualified applicant. All inquiries about accommodations should be made to the admissions administrator upon registration of the program.

Our Team

Dr. Jayarajan Kodikannath **Academy Director** director@keralaayurveda.us Toll Free: +1 (888) 275-9103 Fax: +1 (510) 275-4378	**Suzanne Otterbein** **National Enrollment Advisor** admissions@keralaayurveda.us Toll Free: +1 (888) 275-9103 x10 Fax: +1 (510) 275-4378	**Sunitha Kodikannath** **Student Services** support@keralaayurveda.us Toll Free: +1 (888) 275-9103 x20 Fax: +1 (510) 275-4378

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FAQ

Frequently Asked Questions

1. **How much does the program cost?** The entire tuition for the AWC program is $5,500.00 (not including registration and management fee). See Tuition & Fees for details.
2. **Do I need a college degree or a prior license/certification to study Ayurveda?** No.

→ KAA welcomes students from all educational backgrounds, with degrees, licenses or certifications in any field.

→ Ayurvedic studies are especially complimentary to Certified/Licensed Practitioners in a health-related fields including Yoga, Yoga Therapy, Massage Therapy, Chiropractic, Nursing, Naturopathy and Allopathic Medicine, etc.

3. **I'm not a health care professional; can I still earn a certificate and practice Ayurvedic medicine?** The primary prerequisite for the AWC program is a passion for Ayurveda. A health or medical training background is not required. KAA welcomes students with a high school diploma to any of our courses, in addition to other program-specific prerequisites or corequisites.
4. **Is it legal to practice Ayurveda in all fifty states?** A bill has been passed in ten states (Arizona, California, Colorado, Idaho, Louisiana, Minnesota, Nevada, New Mexico, Oklahoma, Rhode Island) allowing the residents of those states to approach the non-licensed healing practitioners with informed consent.
5. **Does each state regulate the practice of Ayurvedic sciences?** No.

→ Ayurvedic practitioners are not licensed in the United States, and its practice is not regulated by state or federal agencies. Standards of competency are set by individual schools that have received state approval. Ayurvedic practitioners in the United States are advised on how to practice legally within a limited scope of practice so they are not viewed as practicing medicine without a license.

→ We might say that Ayurveda's current status in the U.S. is analogous to the Chinese medical profession during its early years in the 1970s. While each state does not regulate the practice of Ayurvedic medicine itself, some aspects of Ayurvedic practice may fall within the scope of professions that are regulated. Students and graduates of the academy should be careful not to allow their practice to overlap one of those regulated professions unless they are licensed in that particular profession. Please contact your local state representative for more information about regulations in your area.

6. **Can I practice Ayurveda outside of the state where I receive my certification?**

→ Yes, Ayurveda is currently practiced all over the United States.

→ While none of the U.S. states currently have Ayurvedic practitioners or physicians as primary care physicians, many of these well-trained professionals utilize their education and skills in combination with other health care related credentials.

→ Yoga Instructors, Massage Therapists, Registered Nurses, Nutritionists/Dietitians, Acupuncturists, Chiropractors, Medical Doctors and other health care professionals are recognizing and utilizing the benefits of educational training in Ayurveda.

→ NAMA is currently working on developing educational standards, scope of practice, and related materials to support future licensing initiatives throughout the US.

→ Many Academy graduates use their Ayurvedic education to enhance pre-existing professional careers.

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7. **Is there an Ayurvedic association which links other practitioners and students together?** Yes, there is the National Ayurvedic Medical Association (NAMA). Many states have their own state associations such as the California Association of Ayurvedic Medicine (CAAM).

8. **Is there an alumni association? Can I contact previous students?** Yes, we can provide you with the contact information of several students for you to talk to. KAA is soon to announce a supportive network of alumni services and information.

9. **How many of your graduates practice Ayurvedic medicine?**

→ All of our graduates are able to practice Ayurveda in their everyday lives for personal health. An understanding of Ayurvedic principles enriches the quality of life in all aspects, not just physical well-being. The study of Ayurveda is truly a healing transformation during which students find a new level of emotional, mental and spiritual wellness. Additionally, graduates often change career paths or discover novel ways to apply their new Ayurvedic knowledge to their existing profession.

→ There are many ways our students utilize their Ayurvedic education. Some of our students launch a practice as Ayurvedic Counselors or Practitioners.

→ Many of our graduates incorporate Ayurvedic knowledge in their current practice as healers, such physicians, nurses, yoga teachers and massage therapists. Ayurveda complements all other healing modalities.

→ Some of our graduates launch Ayurvedic product lines or combine Ayurveda with their existing business.

10. **Are there monthly tests? I feel very anxious about taking tests.** Please try not feel anxious about the exams. The testing is done online and the student is given five (5) attempts at taking the exam. This highest score is recorded. The tests are for you (and us) to know what you have learned and what you didn't so we can keep you up to speed. We want to make sure our students understand all the Ayurvedic concepts clearly. Ayurveda is about human health, so a clear understanding is vital.

11. **I will be traveling from out of town to attend classes, is there housing assistance available?** KAA does not have dormitories. There are a few hotels near the campuses where students can book a room for the weekend. The range of cost is approx. $75-$125. In the past, some students have made good friends with classmates and stayed with them on those weekends. KAA has no responsibility to assist a student in finding housing.

12. **When can I visit the school? Do you have open houses or visitor's events?** We allow our prospective students to sit in with the current class, so that they get a feel of the classroom setting and the topic. With a prior appointment, students are welcome to visit the academy and talk to the Academy Administrator. We are here to assist our students in any way we can.

13. **What student services are provided?** Student mentoring is supported throughout the entire term of the program. On occasion, KAA posts job openings as they become available on group emails to students and alumni. KAA will do its best to help graduates to get into practice or a related career but there are no specific student services for career planning or job placement.

14. **Do you offer further Ayurvedic Studies?** We offer a level II Ayurvedic Wellness Practitioner (AWP) program and a level III Ayurvedic Doctor (AD) program.

15. **Where is your administrative office?** Kerala Ayurveda Academy & Wellness Center, 691 S Milpitas Blvd Ste 206 Milpitas, CA 95035. Contact Student Services at +1 (888) 275-9103 x20 or support@keralaayurveda.us.

16. **What materials do I need to bring to class and what should I expect in the classroom?** A notebook and writing implement. KAA will provide classroom facilities and course manuals. The classes are taught in traditional, clean, well-lit classroom settings with tables and chairs for your comfort.

17. **If I have additional questions or concerns, who do I contact?**

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In case a student has any complaint, he/she may contact Student Services at +1 (888) 275-9103 x20 or at support@keralaayurveda.us. "Any questions a student, from the State of CA, may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at 2535 Capital Oaks Drive, Suite 400, Sacramento, CA 95833, www.bppe.ca.gov, Phone: +1 (888) 370-7589 or +1 (916) 431-6959, Fax: +1 (916) 263-1897." Inquiries or complaints regarding this private vocational school may be made to the: Workforce Board, 128 10th Ave. SW, Box 43105, Olympia, Washington 98504. Web: wtb.wa.gov, phone: +1 (360) 709-4600, e-mail address: wtecb@wtb.wa.gov.

18. **What else does the CA Licensing Board want me to know?** "As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement."

19. **Who owns Kerala Ayurveda Academy?** Kerala Ayurveda Academy is run by Ayurvedic Academy Inc., a wholly owned subsidiary of Kerala Ayurveda Limited, Athani, Aluva Post, Kerala, India 683585. Kerala Ayurveda Limited is a pioneer in Ayurveda and operates herbal plantations, Wellness Centers, manufacturing facilities, Ayurvedic academies, and the Ayurvedic resort AyurvedaGram. Kerala Ayurveda Academy's Board of Directors includes Ramesh Vangal and Dr. Jayarajan Kodikannath. Dr. Jayarajan Kodikannath is the Academy Director. Sunitha Kodikannath is the Student Services Manager.

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