

Your Journey Starts Here

Academic Catalog
2026-2027



THE **AYURVEDIC**
INSTITUTE





Letter from

Dr. Lad

Welcome Dear Friends!

Ayurveda is becoming popular all over the world as a natural art of healing the body, mind and consciousness. Through yoga, pranayama, meditation, mudra, herbal treatments, panchakarma and so many more traditional tools, new dimensions of healing are happening through the lens of ayurveda. In the true sense of the word, ayurveda will slowly become the future of medicine; integrative medicine.

At The Ayurvedic Institute, we teach practical and integrated ayurvedic wisdom to our students--in all of our programs Level 1, Level 2, and Level 3. By completing our full 3-year program, our students will be able to apply ayurvedic clinical knowledge and practical knowledge of reading the pulse, reading the tongue, reading the whole body, to learn about the whole individual.

Every individual is a living book, and how to read that book is what we will learn and explore through the ancient ayurvedic wisdom of clinical assessment. By this practice, we will know our own and our clients' prakruti, vikruti, as well as psychosomatic changes so that we can reestablish balance.

Prakruti is your blueprint. It is your constitution It is your genetic code. But that genetic code that you are born with goes through changes because of age, season, career, and changes in relationships. Because of that change your prakruti dosha moves into your present dosha of vikruti. The prakruti and vikruti paradigm involves all 3 aspects of a human; psychology, physiology, and pathology. How do we reestablish this balance? This is what we are learning at The Ayurvedic Institute, AyurPrana, and SoHum Mountain Healing Resort.

So dear friends, come one, come all! Join us in the land of heaven--Asheville. There is so much Mother Nature around us here at the school. The mountains, the river, the blue sky, the birds chirping in the tree. By being in the vicinity of Mother Nature you can learn so much.

By learning ayurveda, you can integrate this wisdom into whatever work you are already doing: ayurveda + yoga, ayurveda + acupuncture, ayurveda + naturopathy, ayurveda + allopathy, and ayurveda + chiropractic. There are an infinite number of ways to integrate ayurveda into your professional and personal life. So, in this way, the ancient wisdom with the modern integral approach will be available to all of us.

The Ayurvedic Institute is not just introducing ayurveda to the student. We are showing you and helping you embody the depth of knowledge hand in hand with the practical experience. We are creating the next generation of healers, teachers, and practitioners of this world. So, choose your path.

This is a standing, welcoming invitation to all of you. Come and join us. Let us walk together, share together, explore together, the path of healing through Ayurveda.

Vasant Lad,
BAM&S, MASc

Āyurvedic Physician, President
and Principal Instructor





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The Living Wisdom of Āyurveda

Āyurveda is one of the oldest healing systems in the world. Āyuh means life and veda means knowledge. Āyurveda states that the purpose of life is to know and realize our true nature, to express this in one's daily life, and to find joy and happiness in walking our path. As a medical science, its purpose is to heal and maintain the quality and longevity of life. It is an art of daily living that has evolved from practical, philosophical, and spiritual illumination, rooted in the understanding of Creation. According to Āyurveda, every individual life is a microcosm of the Cosmos.

“You are the world, and the world is You!”

as our dear Vasant Lad says.



Āyurveda offers a profound understanding of each person's unique body, mind, and consciousness, which is the foundation of health and happiness. To practice āyurveda is to bring about harmony and unity amongst these three pillars—the body, mind, and spirit.

The wisdom that we receive in this field is more than just practical knowledge, but rather divine wisdom. It has been passed down through generations into the modern day. As a student at The Ayurvedic Institute you become part of this direct lineage and participate in carrying this living wisdom into the future.





Educational Philosophy

At The Ayurvedic Institute, the history, tradition, and wisdom of Āyurveda informs who we are and what we do as a school and as a community. These teachings define our educational philosophy, curriculum, and program design. We practice living the teachings of Āyurveda as we walk, share and explore the truth of Āyurveda together. Our educational philosophy is rooted in our Institute's Mission of Healing All Beings Through Āyurveda. We are committed to Bringing the Art and Science of Āyurveda to Life for our students.

The education mission of our school is bringing the art and science of Ayurveda to life.

- Authentic Āyurveda relevant to the modern context. We don't overlook the classical texts and the language of Āyurveda. Saṃskṛta is deeply rooted in all of our classes and woven into our holistic curriculum. The authenticity of āyurveda is not lost at our school, but you will learn the practical application for today's day and age.
- An experiential and practical approach. Learn and practice hands-on assessment tools and therapeutic techniques while receiving direct, personal feedback from faculty. Pulse, tongue assessment, clinical observation, and so much more is a major focus at the school. Learn and apply directly in the classroom setting.
- Extensive clinical experience. Apply all that you learn in consultations with clients under the supervision of experienced practitioners. Clinic is an integral part of the students' career at The Ayurvedic Institute for all students across all programs.
- Confidence to enter into practice. Encounter diverse ways of practicing Āyurveda in the world, be supported in visioning your unique expression in practice, and gain mentorship to successfully bring this practice to the world.
- Āyurveda that maintains its profound spiritual insight. Study Āyurveda in a way that honors the integration of body, mind, and consciousness and draws upon the profound wisdom of Vedic tradition.
- Participate in a community of practice. Join a community of inspired, visionary individuals dedicated to living Āyurveda in all that we do with the intention of healing our communities and our world. This is your home away from home. Our community and greater AyurPrana village are here to support you each step of the way.

Āyurvedic Studies Programs



Āyurveda is the science of self-healing. At AI, we believe that in order to support others on their healing journey, we must first start with our own. As a student, you will be challenged to go deeper into who you are—engaging in the process of self-inquiry and experimentation; learning more and more about yourself through the Āyurvedic perspective. This program will transform who you are, support you in realizing your true nature, and help you express that nature in the world. Āyurveda states that the purpose of life is to realize our true nature and to express this in one's daily life. The Ayurvedic Studies Program integrates the practical, philosophical, and spiritual insight of Ayurveda into a professional training program that supports you in becoming an Ayurvedic professional capable of serving others in realizing their true nature and the expression of it in their daily life.

The Ayurvedic Studies Programs (ASP1, ASP2, and ASP3) are designed as comprehensive training programs to prepare you to graduate as an Ayurvedic professional within a particular scope of practice. ASP1 students graduate as certified Ayurvedic Health Counselors, ASP2 students graduate as certified Ayurvedic Practitioners, and ASP3 students graduate as certified Advanced Ayurvedic Practitioners.

Our curriculum meets the educational competencies established by the Ayurvedic Accreditation Commission (AAC) and graduates are eligible to sit for the respective certification exams of the NAMA Certification Board (NAMACB).

Each of our levels are rigorous and require an immense amount of dedication to your studies. Our school is not for those casually wanting to learn āyurveda, but rather for those who want to jump into the vast ocean of this beautiful science.

Programs Offered:

Ayurvedic Studies Program Level 1:

Ayurvedic Health Counselor

Program Option 1:
In-Person

Program Option 2:
Hybrid/Online

Ayurvedic Studies Program Level 2:

Ayurvedic Practitioner

Program Option 1:
In-Person

Program Option 2:
Hybrid/Online

Ayurvedic Studies Program Level 3:

Advanced Ayurvedic Practitioner

Program Option 1:
In-Person

Program Option 2:
Hybrid/Online



Routes of Study

We offer programs to support you in becoming an Āyurvedic professional, in continuing your education, and in your journey of self-inquiry and healing. However you are inspired to deepen your studies of Āyurveda and with whatever time you have available, we can support you in your journey!

By choosing to study here you will have the unique opportunity to learn with Vasant Lad, world-renowned teacher and practitioner of Āyurveda. Vasant Lad is the director and principal instructor for all program offerings. He founded The Ayurvedic Institute more than four decades ago and his vision continues to shape the educational philosophy, program offerings, and curriculum.

Our programs are offered from The Ayurvedic Institute in Asheville, North Carolina in the United States, and in collaboration with AyurPrana, SoHum Mountain Healing Resort, and the Vasanta Institute of Ayurveda (VIOA) in Pune, India.



Learning Modalities

Full-Time & Part-Time Options:

Our ASP Level 1 program is offered in both full-time and part-time formats. We understand that not everyone can take 1-2 years off from life and commit to a full-time program. Our part-time program is a great option for those who need to take it at a slower pace.

Synchronous Learning

All of our programs are conducted in a live-study and live-lecture format. What does this mean? Well, all of our classes are synchronous. This means that there are no pre-recorded classes or self-paced study options. Our programs are offered both in a fully in-person setting or a hybrid setting.

If you choose:

In-Person Program:

you're choosing to be present in the class with your teachers and classmates. This is a face-to-face learning modality. This is the most traditional method of learning and education. Be present with the material, community, and campus! Our classes are packed with hands-on engagement opportunities.

Hybrid Studies/Online Program:

you're choosing to still be present in the class with your teachers and classmates, but just virtually. You'll login from your computer at home and engage via a video platform. This route is great for those who are not able to transition to Asheville for an extended period of time. Please note that all individuals looking to study in a hybrid format must complete a required set of in-person classroom hours if you are seeking certification through NAMA. These hours are predetermined by the Education Team and are available via an Admissions Counselor.

Please note, that students must choose programs based on in-person or hybrid studies.

SIGN UP TODAY

To learn more and speak with an Admissions Counselor





Ayurvedic Studies Program Level 1



Ayurvedic Health Counselor

Ayurvedic Studies Program 1 (ASP1) trains you within the professional scope of an Ayurvedic Health Counselor. As a Counselor, you have the ability to assess and address general imbalance within the constitutional framework of the Āyurvedic paradigm. Our goal is to support you in becoming a competent, confident Āyurvedic clinician. You will learn the foundational theory of Āyurveda, practice assessment techniques, apply these in practical hands-on ways with extensive feedback from faculty, and acquire a diverse repertoire of simple and profound recommendations to support your clients.

The application of Āyurveda begins with an assessment of an individual's constitution and their current experience of health. You will learn to read the pulse, facial lines, tongue, nails, and eyes along with other forms of observation and hands-on assessment techniques. You will learn how to ask specific questions during a consultation to gain an understanding of an individual's constitution, current imbalance, digestion, elimination, sleep, stress, mental-emotional state, and other factors that impact a client's overall health and well-being.

Āyurveda is unparalleled in its ability to give specific, individualized recommendations appropriate for the individual. As an Ayurvedic Health Counselor you will give diet and lifestyle recommendations to support your client's path towards greater health and well-being. You'll learn how to work with food as medicine and recommend dietary modifications to adjust what, when, and how a client is eating. You'll learn the effect of lifestyle, the importance of daily and seasonal routines, and lifestyle recommendations to offer clients including self-care practices, meditation, contemplative exercises, and prāṇāyāma (breathing exercises). ASP1 provides an understanding of Āyurveda through classroom and supervised clinic time. As Āyurveda is the science of life, its study yields insights that are applicable to all aspects of our lives. Graduates from ASP1 go into practice as Ayurvedic Health Counselors, pursue additional clinical training, or integrate the wisdom of Āyurveda into their various personal and professional endeavors.

ASP1 Course Descriptions

Foundations of Āyurveda

This course is the cornerstone of ASP1. Through lectures with accompanying exercises and practicum, students are provided with a thorough examination of the philosophy, principles, and practices of Āyurveda.

The first trimester includes a series of videotaped lectures by Vasant Lad, BAM&S, MASc with questions, teaching activities, and assessments facilitated by our faculty. In the second and third trimesters, Vasant Lad, along with senior practitioners and faculty, teach from his extensive understanding of the ancient texts as well as lessons drawn from his many years of experience. Foundational concepts that are covered in this course include:

- Understand the foundational aspects of Āyurveda including understanding the major Vedic Philosophies and their relation to Āyurveda, specifically Sāṃkhya's Philosophy and its role in Āyurveda.
- Learn the concepts of Āyurveda by understanding the guṇas, pañca mahābhūta, doṣas, prakṛiti, vikṛti, dhātu, agni, and āma.
- Explore the technical skills of an Ayurvedic Health Counselor including nidāna pañcaka, stage of saṃprāpti, and how to interact with clients through our intentions, words, actions, and body language.
- Experiential understanding of recognizing imbalances in one's self and others founded on Āyurvedic principles and learn how to assess a client based on doṣas vijñāna, mala vijñāna, vikṛti/prakṛiti vijñāna, and many other factors.
- Define and be able to identify in life the concepts of ojas, tejas, & prāṇa, and sattva, rajas, & tamas.

Āhara Cikitsā: Food as Medicine

Āyurveda offers a logical approach for determining a diet and a healthy nutrition based upon an individual's constitution, imbalances, and agni. In this course, students incorporate their own appropriate food choices.

- Apply the principles of āhāra in your own life through practice and experimentation.
- Describe and explain the concepts of agni, āma, doṣas, and guṇas.
- Experiment with foundational recipes per doṣas.
- Understand Suśruta's definition of health and how āhār relates to this definition.
- Utilize experimentation to experience the rasa, vīrya, vīpāka, and guṇas of kitchen herbs.
- Be able to create a diet plan for one's self and a client based on foundational āhār principles of Āyurveda.



Vihāra Cikitsā: Lifestyle Perspectives in Āyurveda

Āyurveda offers a logical approach for determining a healthy lifestyle based upon an individual's constitution. In this course, students incorporate their own individualized daily routine, daily choices and learn how to determine what is appropriate for one's self and others.

- Apply the principles of vihara in your own life through practice and experimentation.
- Describe and explain the concepts of agni, āma, doṣas, and guṇas as it relates to vihara.
- Define dinacārya and its components with application to one's self.
- Provide clear explanations of dinacārya techniques.
- Create day and night routines based on doṣa assessments.
- Give vihara recommendations for clients based on Āyurvedic principles.

Ayuryoga® Cikitsā for Self-Healing

This course is designed to help support students' relationships, integration of knowledge, and overall well-being with a focus on what will assist them in this program. It considers many aspects of classical yoga, including a focus on lifestyle principles, practices and ethical disciplines. Students gain an understanding of the mind and its operations while expanding their personal practice of inquiry, meditation, and prāṇāyāma (breathing practices).

- Understanding the basics of Ayuryoga® as taught by Vasant Lad, BAM&S, MASc.
- Learning and implementing prāṇāyāma into your own life, and ultimately practicing with clients in a clinical setting based on appropriate indications and contraindications.
- Understanding the foundational Āyurvedic aspects of āsana and how they relate to vāta, pitta, and kapha.
- Read and discuss important yogic texts such as the Bhagavad Gita, Hatha Yoga Pradipika, and the Yoga Sutras of Patanjali.

- Students gain experience through class discussions based on yoga philosophy, Ayuryoga®, and the practice of āsanas in class.

Becoming a Clinician

There are many skill sets that are important for clinicians. This course explores the basis of the client/practitioner relationship and clinician-related skills. This class introduces students to how a clinical setting occurs. Students will learn practical skills such as taking pulse, looking at facial features and lines, and learn proper questioning and probing methods to effectively create a treatment protocol for their clients.

- Exhibit skills and competency in determining the state of the doṣa, subdoṣa, dhātu, upadhātu (by-products of nutrition) and śrotāṃsi (pathways), then be able to assess based on trīvidā parikṣanam (darśana, sparśana, and praśna).
- Demonstrate the ability to hold space for your clients without judgement and through the lens of compassion.
- Integrate Āyurvedic observation, Āyurvedic questioning, and Āyurvedic listening via interaction and role play.
- Identify guṇas in your environment and in clients. Observe doṣas in your environment and in clients. Interpret basic agni and āma clues.
- Learn to read the face and tongue of the client.
- Describe and identify the stages of saṃprāpti (disease process).
- Prepare for the clinic & client experience.

Clinical Consultations and Case Review

Bringing together the theory, communication, and assessment skills gained, students begin to see clients in a supervised setting on campus. Working within the scope of practice of an Ayurvedic Health Counselor, which includes preventive healthcare as well as through diet and lifestyle, students provide recommendations according to their assessment of the client's constitution and imbalances. Through follow-up consultations, students track the progress and efficacy of these recommendations and deepen their understanding of Āyurveda's approach to treating each client as an individual. This is a practical, hands-on clinical interaction with clients in a supervised setting.

Anatomy & Physiology

This course concentrates on the structures and functions of the human body through the lens of Western anatomy and physiology. Examining each body system from a Western perspective will allow students to bridge medical concepts of Āyurvedic and Western medicine, an especially useful tool when working with other practitioners. This course emphasizes manual skills, providing hands-on training in locating key musculoskeletal features of the body. Students will learn key surface landmarks of the body and gain practical, hands-on experience navigating these structures in support of their clinical work.

- Demonstrate the ability to properly use anatomical terminology in context.
- Describe the levels of organization in the Western medical model of human Anatomy and Physiology and provide examples for each level.
- List the main regions of a cell and summarize key functions and structures of the major organelles, plasma membrane and nucleus.
- Classify the four basic tissue types, identify basic characteristics of each, and list subtypes within each category.
- Describe the main structures and functions of each of the 11 body systems.



Saṃskṛta

Saṃskṛta is an indispensable tool in the study and practice of Āyurveda. For thousands of years the knowledge of Āyurveda has been passed down in the form of sutras, or small phrases. These sutras, from the classical texts of Āyurveda, help students learn and recall information in systematic ways and bring hidden knowledge to consciousness. This course involves chanting, reciting and being in touch with the healing aspects of pronouncing each word as a mantra. Students read and write in the Devanāgarī script and become familiar with its transliteration into Roman characters. Students become proficient in recognizing and utilizing critical Saṃskṛta terms of Āyurvedic anatomy, physiology, pathology, and cikitsā (treatment plan).

- Learn the Saṃskṛta alphabet.
- Transliterate basic Saṃskṛta words into the Roman alphabet and back into Devanāgarī.
- Learn a set of sutras from classical Āyurvedic texts that correlates with overall ASP1 curriculum.
- Begin a basic understanding of Saṃskṛta grammar in order to better understand classical sutras and their formation.

Introduction to Yogic Philosophy & Texts

To truly begin to understand the root of Yoga, the sister science of Ayurveda, it is important to study the classical texts that have shaped what we now know as Yoga. This class will be a supplementary class to your Ayuryoga® class. Students will read and dissect the material presented in classical Yogic texts such as The Yoga Sutras of Patañjali and The Bhagavad Gīta. Objectives for this course include:

- Understanding the relationship between Ayurveda and Yoga through the paradigm of the Yogic texts
- Understanding the yamas and niyamas as taught in the Yoga Sutras
- Read and discuss the classical yogic texts
- Understand and gain practical skills from the guiding principles of the classical yogic texts to then apply in their counselor setting



ASP1 Classroom Hours



944 TOTAL CLASSROOM & CLINIC HOURS

380 HRS FIRST TRIMESTER

18 HRS	Ayuryoga® Cikitsā for Self-Healing
25 HRS	Vihāra Cikitsā: Lifestyle Perspectives in Āyurveda
25 HRS	Introduction to Yogic Philosophy & Texts
50 HRS	Āhara Cikitsā: Food as Medicine
24 HRS	Anatomy & Physiology
95 HRS	Foundations of Āyurveda
127 HRS	Becoming a Clinician
16 HRS	Samṣkr̥ta

282 HRS SECOND TRIMESTER

20 HRS	Ayuryoga® Cikitsā for Self-Healing
15 HRS	Introduction to Yogic Philosophy & Texts
30 HRS	Anatomy & Physiology
120 HRS	Foundations of Āyurveda
72 HRS	Becoming a Clinician
25 HRS	Samṣkr̥ta

282 HRS THIRD TRIMESTER

16 HRS	Ayuryoga® Cikitsā for Self-Healing
24 HRS	Introduction to Yogic Philosophy & Texts
24 HRS	Anatomy & Physiology
96 HRS	Foundations of Āyurveda
18 HRS	Becoming a Clinician
20 HRS	Samṣkr̥ta
64 HRS	Clinical Consultations & Case Review
20 HRS	Business & Ethics





Ayurvedic Studies Program Level 2



Ayurvedic Practitioner

ASP2 trains you within the professional scope of an Ayurvedic Practitioner. Through ASP2 you build upon your understanding as an Ayurvedic Health Counselor to expand the depth and breadth of your knowledge, application, and clinical practice.

In ASP2 you gain a more thorough understanding of Āyurvedic theory with emphasis on how imbalances develop, root causes, contributing factors, disease process, and treatment. This understanding integrates the Āyurvedic and Western perspectives. During ASP2, you refine your ability to understand the nature of imbalance as it manifests within an individual through developing the use of traditional clinical assessment techniques and therapies.

ASP2 expands the treatment methods available to you in practice. You build upon the understanding of food as medicine to learn how to use Āyurvedic herbs in clinical practice and to build customized herbal formulas for clients. You'll learn valuable hands-on body therapy treatments and expand your use of yoga practices such as prāṇāyāma (breathing techniques), mantra (chanting), and mudra (specific arrangements of the hands).

ASP2 is oriented towards clinical experience. All your learning becomes grounded in clinical application during your weekly shifts in clinic, supporting Vasant Lad in clinical practice, and Grand Rounds to review cases with senior practitioners. ASP2 is a comprehensive training program with classroom and supervised clinic time.

ASP2 Course Descriptions

Gurukula: Client Consultations and Lectures

In this amazing, client-centered course, students observe and participate with Vasant Lad, BAM&S, MASc consulting with pañcakarma (PK) clients to learn the art and science behind his assessments, findings, and recommendations. Students increase their clinical experience and confidence by observing and assisting Vasant Lad, along with senior practitioners and faculty, with pulse reading, palpation, percussion and blood pressure and with the client instruction of a particular prāṇāyāma (breathing practices), meditation and other recommendations. This is an opportunity for students to receive one-on-one hands-on practice and mentorship that will deepen students' understanding of his distinct knowledge and approach to client assessment and Cikitsā (treatment protocol), the foundation of The Ayurvedic Institute's curriculum and standards. Objectives for this course include:

- Clinical assessment of clients through trīvidā parikṣanam.
- Assess clients blood pressure, pulse, tongue, and face.
- Demonstrate accurate physical assessment on a client, based on śrotāṃsi.
- Understand and identify pathogenesis of various diseases through allopathic understanding, as well as Āyurvedic saṃprāpti.

Vanaspati Dravyaguṇa Śāstra: The Science of Herbology

Āyurvedic pharmacology is an incredibly refined system for understanding the effect of herbs and other substances, their preparation, and their application as medicine. The foundation for this understanding, and this class, is the rasādi pañcakam, which includes the rasa (taste), virya (potency), vipāka (post-digestive effect), guṇa (quality), and prabhāva (special action). Students learn to create customized formulas, make herbal preparations, and gain respect for the wisdom and intelligence of each plant through the Āyurvedic perspective. Objectives for this course include:

- Gain an understanding of Āyurvedic herbs and other substances by applying the logic of rasādi pañcakam- knowledge of the rasa (taste), virya (potency), vipāka (post-digestive effect), guṇa

(quality), and prabhāva (special action) of each, along with their Latin binomials.

- Design custom herbal formulations in the tradition of Vasant Lad as the foundation of your work with, and relationship to, medicinal herbs and substances.
- Apply material from lecture through direct practice, creating formulas for clients in our on-campus student clinic, mixing custom formulas in our herbal department, and analyzing the formulations discussed in Gurukula class.
- Learn the Latin binomial for Āyurvedic Herbs so that you can interact with the Western herbal world.
- Be able to create the appropriate mātra (dosage) based on age, strength, doṣas, agni (digestive fire) and koṣṭha (pattern of elimination) of the client as well as the best times for administration of herbs.
- Ascertain the indications for using herbs and contraindications to assure safe use.
- Expand your knowledge of herbs by learning appropriate storage, types of processing of herbs, various levels of purity available, and government regulations regarding use and accessibility of herbs



Introduction to Medical Jyotiśa

This course gives an introduction to Medical Jyotiśa, a Vedic astrology system, with an emphasis on Āyurvedic interpretation and utility. Jyotiśa provides another data point that shows confluence, or lack thereof, in a clinical assessment or a treatment plan given by an Āyurvedic practitioner. Students gain general comprehension of the principles and fundamentals that signal desirable and undesirable outcomes in various areas of life, including health, family, and career. Objectives for this course include:

- Gain a foundation on Vedic astrology and understand the fundamental components.
- Know the significance of houses and planets based on doṣas and disease.
- Understand how to interact with this sister science and the importance of sādhanā (spiritual practice) and intuition combined with logically Vedic astrological principles.
- Glean major confluences in one's own chart and/or a client's chart.

The Art of Nāḍī Vijnānam

Pulse reading is one of the most valuable assessment tools in Āyurveda. In this course, students deepen their clinical understanding of the qualities and layers of the pulse through lecture, hands-on practicum, and consistent practice outside of the classroom. Students learn to assess all seven layers of the pulse (nāḍī) to arrive at a physiological understanding of the client's nature and current imbalance in confluence with other assessment techniques. Objectives for this course include:

- Be able to identify prakṛiti and vikṛti in an individual based on pulse assessment.
- Understand and identify the seven levels of the pulse as taught by Vasant Lad.
- Practically apply the use of pulse assessment when interacting with clients.

Śamana Cikitsā: Āyurvedic Bodywork

This is a class giving insight and proficiency in the realm of Āyurvedic treatments. Students learn why and how to treat doṣas and dhātu, the indications and contraindications for treatments, and how treatments fit within a clinical setting. Objectives for this course include:

- Employ Āyurvedic therapeutic treatments to treat doṣas and dhātus in a clinical setting.
- Summarize indications and contraindications for treatments and for the use of various oils and herbal pastes.
- Prepare and provide a supportive treatment environment, demonstrating appropriate draping and client positioning.
- Demonstrate proficiency in mixing herbs for therapeutic treatments and in placement of dough for external oil soaking.

Marma Foundations

Marmāṅgi are vital energy points on the body that serve as a bridge between body, mind, and consciousness. Marma therapy is a profound therapeutic treatment that works to balance the energy of the body, the movement of the doṣas, and utilizes the inner pharmacy to promote healing. In this course students use what they learned from ASP1 (doṣas, subdoṣas, basic A&P) as a foundation for understanding marma points. By creating and practicing marma cikitsā routines based on real client cases, students begin to develop a relationship with the marma treatments based on tangible experience and confidence in clinical practice. Objectives for this course include:

- Explain the role of 107 marma points as a treatment modality and diagnostic indicator, citing their Saṃskṛta names, identifying locations on the body and indicating 2-3 therapeutic actions for each.
- Apply Vasant Lad's sequence of ten polarity holds and discuss the significance of using polarity to begin a marma treatment.
- Recognize the relationship between the marma points, elements, doṣas, subdoṣas, and important underlying anatomical features of the body.
- Practice hands-on therapy by designing and exchanging marma treatments in class.
- Utilize basic oils, tuning forks, and other tools within the context of a marma treatment.



Ayuryoga® Cikitsā for Clients

This course looks at prāṇāyāma (breathing practices), āsana (postures), yoga philosophy, yogic texts and meditation as part of a treatment protocol. It includes examinations and explorations of traditional asanas. Students learn to identify and illustrate the ways an Āyurvedic professional can use yoga techniques for balancing specific disorders. Objectives for this course include:

- Deepen understanding of Ayuryoga®, diving deeper into āsanas and their relation to dhātus (tissue systems) and pathology.
- Continue application of prāṇāyāma and āsana from a clinical perspective to practice in Student Clinic.
- Students gain experience through class discussions based on yoga philosophy, Ayuryoga®, and the practice of āsanas in class.

Samṣkṛta

Āyurvedic sutras (small phrases) play an essential role in the transmission of Āyurveda and its knowledge within our curriculum. Students use sutras from the classical texts as interpretive frameworks in classroom discussion and in clinical settings to support systematic thinking. Students will learn to apply these sutras to real cases to access the vast wisdom of Āyurveda in practice.

- Continue work in furthering grammar skills in order to understand sutra formation.
- Begin reading and understanding classical texts in Āyurveda.
- Learn a set of sutras from classical Āyurvedic texts that correlates with overall ASP1 curriculum.
- Be able to transliterate to and from Devanāgri to Roman alphabet.
- Know basic, common Samṣkṛta terms with application to Āyurveda.

Case Review & Student Clinic

Students apply all that they are learning with clients in our on-site clinic, providing consultations to the public under the supervision of our Senior Practitioners and faculty to ensure correct utilization of Āyurvedic examination techniques and design of treatment protocols. Students practice engaging with compassion and professionalism. They develop the ability to manage multiple factors such as initial examination, report of findings, recommendations and follow-up. Clinic sessions include Grand Rounds, where clinical staff facilitate group discussion for a more in-depth understanding of cases. This includes Grand Rounds and clinical case presentation directly with Vasant Lad. Objectives for this course include:

- Apply in-class learning to clinical consultations provided to the public under supervision of our Senior Practitioners and faculty.
- Demonstrate proper utilization of Āyurvedic examination techniques and design of treatment protocols.
- Hone Āyurvedic treatment skills such as marma (acupressure therapy) and external warm-oil basti with in-clinic clients, also under supervision of our Senior Practitioners.
- Practice engaging with compassion and professionalism.
- Manage multiple factors such as initial examination, report of findings, recommendations and follow-up.
- Refine clinical presentation, in-depth understanding of cases, and treatment skills via clinic Grand Rounds under the direct tutelage of Vasant Lad.



Clinical Assessment of Śrotāṃsi

This course is designed to give a practical understanding of important clinical skills needed in the application of the Trīvidā Parikṣanam (Three Categories of Clinical Examination of Āyurveda). Students will be able to correlate anatomy and physiology and knowledge of the śrotas of the body with clinical examination. Students learn how to incorporate inspection, auscultation, palpation and percussion into their examination of the body's śrotāṃsi (channels). Students also learn how to use clinical instruments such as a sphygmomanometer, stethoscope, and reflex hammer and how to perform a physical exam with proper sequence and flow while also being able to verbally state the findings of the physical exam. This class will help students to understand normal versus abnormal findings during a clinical examination. Objectives for this course include:

- Learn trīvidā parikṣanam and apply it to all śrotāṃsi examinations.
- Define mūla, mārga, mukha, upadhātu, and mala of each śrotas.

- Know the factors associated with imbalances (vrdhhi and kṣāya) in each śrotas.
- Understand the relationship between doṣas, dhatu, and mala vijñāna.
- State normal versus abnormal findings for each śrotas.
- Demonstrate proper inspection, auscultation, palpation and percussion techniques.
- Gain understanding of the disease process from both a Western and Āyurvedic paradigm.
- Be able to communicate and understand saṃprāpti of the disease.
- Compare/contrast various diseases so that you are able to identify them and work with clients in a clinical setting.



ASP2 Classroom Hours

825 TOTAL CLASSROOM & CLINIC HOURS

340 HRS FIRST TRIMESTER

20 HRS	Ayuryoga® Cikitsā for Clients
25 HRS	The Art of Nāḍī Vijnanam
21 HRS	Introduction to Medical Jyotiśa
40 HRS	Clinical Assessment of Śrotāmsi
20 HRS	Samṣkr̥ta
40 HRS	Śamana Cikitsā: Āyurvedic Bodywork
25 HRS	Vanaspati Dravyaguna Śāstra: The Science of Herbology
97 HRS	Case Review & Student Clinic
20 HRS	Women's Health I
32 HRS	Marma Foundations

259 HRS SECOND TRIMESTER

20 HRS	Ayuryoga® Cikitsā for Clients
30 HRS	Samṣkr̥ta
25 HRS	Vanaspati Dravyaguna Śāstra: The Science of Herbology
64 HRS	Case Review & Student Clinic
120 HRS	Gurukula: Client Consultations & Lectures

226 HRS THIRD TRIMESTER

16 HRS	Ayuryoga® Cikitsā for Clients
30 HRS	Samṣkr̥ta
20 HRS	Vanaspati Dravyaguna Śāstra: The Science of Herbology
64 HRS	Case Review & Student Clinic
96 HRS	Gurukula: Client Consultations & Lectures
10 HRS	Business Practicum & Ethics





Ayurvedic Studies Program Level 3



Advanced Ayurvedic Practitioner

ASP3 trains you within the professional scope of an Advanced Ayurvedic Practitioner. Through ASP3, you will round out your education as a proficient Ayurvedic healer.

In ASP3, you will gain a deeper understanding of Ayurveda through more hands-on application via clinical internships and mentoring programs, strengthen your clinical experience through a holistic understanding of the panchakarma process, dive deep into the 8 branches of Ayurveda (internal medicine, ENT, pediatrics & gynecology, toxicology, geriatrics, psychology, rejuvenation therapy, and more) and explore the integration of Western and Āyurvedic sciences.

ASP3 is geared towards an experiential learning environment. Outside of your main curriculum of Western & Ayurvedic medicine, you will travel to India and apprentice under Vasant Lad at his ashram at VIOA, live at the Banyan Botanicals' farm in Oregon, round at hospitals in Asheville to deepen your understanding of Women's Health, and complete a full 500-Hr Yoga Therapy training.

ASP3 Course Descriptions:

Guru Kula with Emphasis in Pañcakarma

In this client-centered course, students will observe and participate with Dr. Vasant Lad, BAM&S, MASc consulting with pañcakarma (PK) clients to learn the art and science behind his assessments, findings, and recommendations. This apprenticeship takes place both in Asheville, NC as well as a rotation at the Vasanta Institute of Ayurveda (VIOA) in Pune, India. The student will follow clients through their journey of pañcakarma and cleansing programs to better understand how to support a client in all realms.

Students increase their clinical experience and confidence by observing and assisting Dr. Vasant Lad, along with senior practitioners and faculty, with pulse reading, palpation, percussion, therapeutics, blood pressure, and with the client instruction of a particular prāṇāyāma (breathing practices), meditation and other recommendations. ASP3 students will create home-going protocols for pañcakarma clients.

This course will offer an opportunity for students to receive one-on-one hands-on practice and mentorship that will deepen students' understanding of and approach to client assessment and cikitsā (treatment protocol).

Objectives for this course include:

- Guide clients through the PK process with integration of mind, body, and spirit.
- Understand & be able to explain why the herbal formulations and substances used during the process & the effect on the dosha
- Become proficient in physical examination based on srotamsi and specific pathologies
- Conduct consultations with clients and offer therapeutic chikitsa when appropriate
- Assess client pulse, blood pressure and be able to relate how current medications may be affecting a client
- Understand how dosha moves through the body in relation to pañcakarma.
- Educate clients on going home protocols and transitions, and rasāyana recommendations as part of paśchāt karma procedures.

Bhaiśajya Kalpana and Living Ayurveda Experience:

Our vision is to provide an immersive educational program which inspires personal transformation through meaningful relationships with the natural world. This course is a combination of both learning and understanding classical Āyurvedic preparations and formulations and an experiential understanding of the cycle of an herb's life on an Āyurvedic farm. The goal is to find a deeper connection between the practitioner and the Earth from which we are nourished. This course is a combination of learning classical Ayurvedic formulations and creating a lens of viewing herbs and their effects, as well as an in-person experience at the Banyan Botanicals farm in Oregon. Areas of exploration include Bioregional Ayurveda, Yoga, Herbalism, and Deep Nature Connection

The program is designed to develop each student's unique healing presence and foster a thorough integration of Ayurveda and place-based living and learning. Objectives of this course include:

- Be able to identify major therapeutic uses of each
- Learn essential farming techniques in Organic, Permaculture and Regenerative systems
- Be able to conduct a species survey and diversity assessment
- Learn how to propagate medicinal and vegetable plants
- Learn Ayurvedic formulation techniques and medicine making principles covering infusions, decoctions, oils, balms, salves, liquid extracts, vinegars, and medicinal wines
- Be able to conduct guided yoga classes in outdoor settings
- Be able to incorporate concepts of bio-regional Ayurveda in daily life
- Gain understanding of how an apothecary is used and work within to understand the herbal formulations

- Creating individualized kalpana for clients as needed
- Apply material from lecture through direct practice, creating formulas for clients in our on-campus student clinic, mixing custom formulas in our herbal department, and analyzing the formulations discussed in Gurukula class
- Design custom herbal formulations in the tradition of Dr. Vasant Lad as the foundation of your work with, and relationship to, medicinal herbs and substances
- Be able to create the appropriate mātra (dosage) based on age, strength, doṣas, agni (digestive fire) and koṣṭha (pattern of elimination) of the client as well as the best times for administration of herbs
- Ascertain the indications for using herbs and contraindications to assure safe use
- Expand your knowledge of herbs by learning appropriate storage, types of processing of herbs, various levels of purity available, and government regulations regarding use and accessibility of herb



Integrated Women's Health:

Women make up more than 70% of the Ayurvedic clientele. As an ASP3 student, it is crucial to understand the stages a woman experiences in her life from menarche to menopause. In this class, the student will have classroom based and observe labor and delivery, clinical care, and surgery in an allopathic setting to fully understand an integrative approach.

We value having a holistic and integrated approach to health and wellness. Through this paradigm, we have created a course which allows students to integrate modern medicine with classical Ayurvedic medicine. Students will study from various schools of thought and be able to understand women's health with a broader perspective. Objectives for this course include:

- Understand how to do a thorough intake for someone with reproductive challenges
- Compare and contrast a women's menstrual cycle in terms of modern medicine versus the doshic theory of vāta, pitta, and kapha.
- Understand and identify the gunas and chikitsa associated with aspects of the menstrual cycle
- Understand the process of menopause and chikitsa in terms of modern medicine and Ayurvedic medicine
- Learn the theory and practical steps of Ayurvedic therapies targeting the female reproductive system.
- Understand the 20 types of yoni vyapat and general principles of management
- Learn about the 8 Menstrual disorders (Astartavadusti)
- Understand the samprapti and Ayurvedic management of common female reproductive disorders
- Know how to work with a client's medical doctor to create an integrated approach
- Observe clients in a clinical setting specific to women's health.

Integrative Approach to Sattvavajaya Manovigñana

This course will provide students with foundational knowledge of human psychopathology from an Āyurvedic and contemporary psychological perspective. Students will receive training in: (a) etiology of common psychological disorders; (b) symptom identification and classification; (c) assessment and risk evaluation; and (d) treatment. An integrative model of care will be discussed. Objectives for this course include:

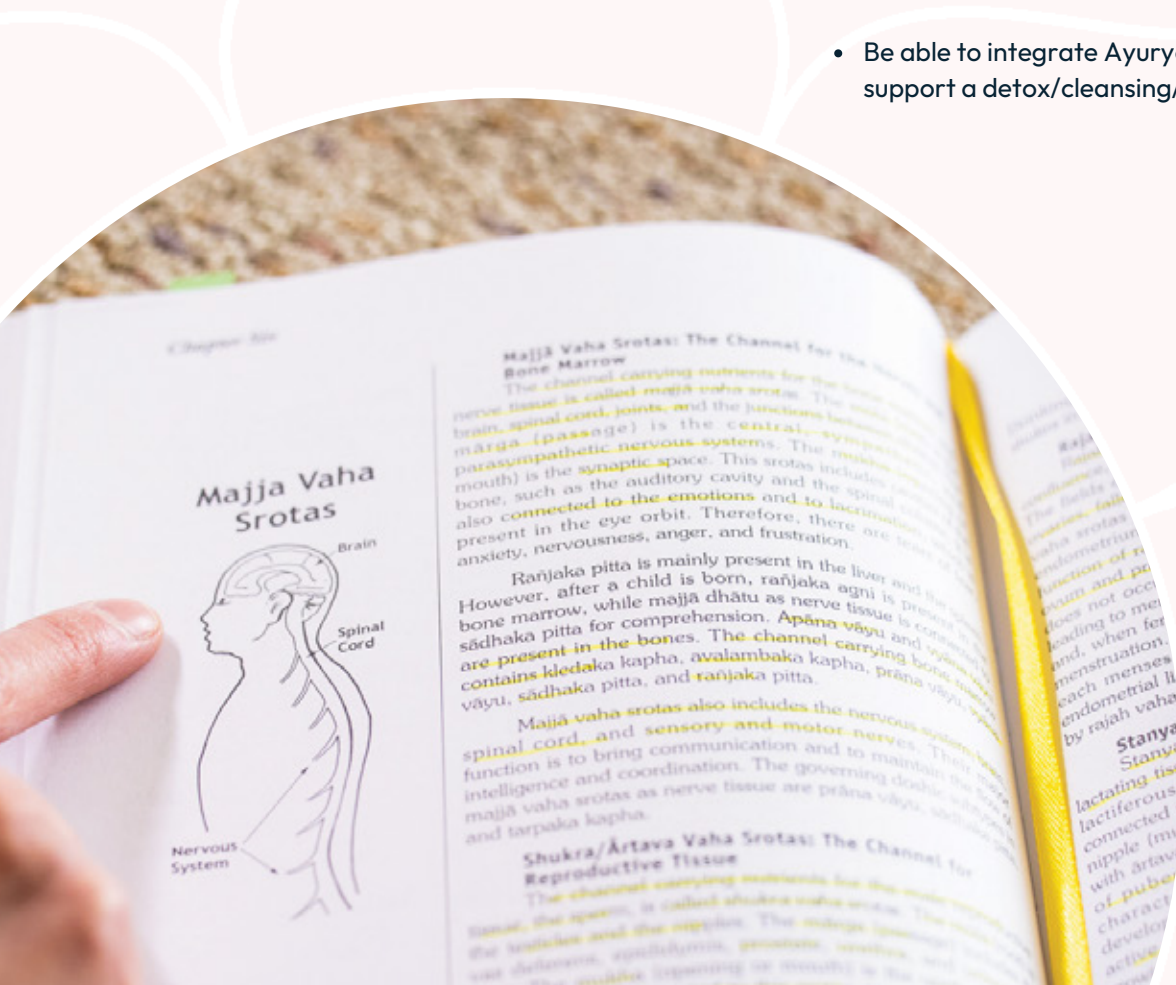
- Identify and assess for common psychological disorders in terms of symptoms and behavioral descriptions.
- Explain commonalities and differences in conceptualization of psychological disorders between Western and Ayurvedic systems.
- Ability to discuss the principle of differential diagnosis in distinguishing between psychological disorders.
- Describe appropriate risk management procedures and identify opportunities for integrative care.
- Formulate an Ayurvedic treatment plan for several common psychological disorders.

Ayuryoga®:

As a third year Ayurvedic student and a candidate for an Advanced Ayurvedic Practitioner certificate, it is important to understand the sister science of Yoga. When blending Āyurveda and Yoga together, we can truly create a therapeutic program for clients to integrate yoga into their daily routine.

This course is designed to build upon your 200-hr certificate. In addition to the foundations of Ayuryoga® you have learned, you will understand how to further apply basic VPK and guṇa principles to śrotāṃsi, dhātus, and disease processes. Upon completion of this course you will be well-equipped to teach group classes, design Ayuryoga® cikitsās to support your clients, and have earned a 300-Hr Yoga Alliance-approved Teacher Training certificate. Objectives for this course include:

- Be able to apply basic doshic and guṇa principles to various prāṇāyāma, āsanas, and meditation.
- Be able to identify which prāṇāyāma, āsanas, and meditations are best for each śrotāṃsi and the reasoning why.
- Be able to create Ayuryoga® cikitsās based on client concerns, needs, and saṃprāpti.
- Be able to create and teach Ayuryoga® group classes based on various themes and topics.
- Be able to integrate Ayuryoga® principles to support a detox/cleansing/pañcakarma program.



Basics of Clinical Pharmacology:

In any clinical setting, it is imperative to have an integrated approach to your practice. You will come across many clients that are taking prescription pharmaceutical agents, and an understanding of how these components work in the body is necessary for holistic treatment. Learning about the classification, action, and common side effects of prescribed pharmaceuticals will help broaden your understanding of your Āyurvedic cikitsās.

The course is designed to give you a basic understanding of how the pharmaceuticals work, so you can plan your Āyurvedic cikitsā accordingly. Objectives for this course include:

- Understanding of therapeutic classifications, classes & subclasses of pharmaceuticals and identify the mode of action and therapeutic uses.
- Identification of common and well-known side effects of pharmaceutical agents.
- Application of pharmaceutical agents in an Āyurvedic platform.
- Integration of pharmaceuticals within your Āyurvedic cikitsā.

Research in Complementary Therapies:

Research holds great importance in medicine of all forms. It brings a deeper understanding of how therapies work, brings clarity to what therapies have greater efficacy, and brings clarity to what imbalances or risk factors contribute to disease. Further, in the case of complementary and alternative medicine forms, research brings validity to sciences that we know to be effective and real. It gives these forms of healing a platform amongst all healing arts, including allopathic medicine, furthering the ability to truly practice integrative medicine and for integrative medicine to become the standard and not an alternative.

This course is oriented for the Āyurvedic clinician to give a thorough understanding of all forms of research- both clinical and nonclinical- and how to apply this understanding in a way that is relevant for complementary and alternative forms of medicine. Objectives for this course include:

- Define and understand all forms of research, from in vitro to clinical forms of research to qualitative forms of medicine.
- Clearly explain the differences between each type of study, the benefits and shortcomings, and levels of greater strength.
- Explain factors that create a strong study that best proves the null hypothesis as null and invalid.
- Understand how to explain what makes research in complementary therapies unique, and how to cater research to best test that form of medicine in the most accurate manner.
- Research, write, and present the student's own unique thesis presentation through a thorough literature review.

Medical Reports: Laboratory Sciences in Complementary Therapies

Biomarkers give a measurable, objective insight into the body and its imbalance. A laboratory test is a procedure where a provider takes a sample of blood, urine or other bodily fluid to get information about the health of the individual. Laboratory testing can serve a number of functions and can be extremely insightful.

This course is oriented for the Ayurvedic clinician to give a thorough understanding of all basic laboratory studies and how to apply this understanding in a way that is relevant for their practice in Ayurveda. This course is designed for the third year level student and those enrolled in the Advanced Ayurvedic Practitioner program. This understanding will provide the foundation so that the student can read basic laboratory studies without difficulty. Objectives for this course include:

- Read medical laboratory reports to understand values within normal limits or outside of normal limits
- Understand the implications of various laboratory reports
- Make inferences that are relevant to Ayurveda based on the studies

Medical Ethics & Business Practicum

The skills to be a successful practitioner starts at understanding fundamental principles of business practices and ethics. As an Ayurvedic Practitioner and Clinician, understanding the scope of our practice and maintaining those guidelines is of utmost importance in personal and professional endeavors, along with ensuring you are successful in maintaining a healthy practice. This course is a support to students to find confidence in starting an Ayurvedic business within a scope that is both ethical and successful. Objectives for this course include:

- Learning HIPAA Guidelines
- Understanding malpractice insurance
- Learning health freedom legislation as it relates to Ayurvedic practice
- Learning proper medical charting
- Understanding the rights of the client in regards to their care
- Learning and understanding medical ethics both from an Ayurvedic and Western paradigm
- Creating a business plan for your practice and what you want your practice to be
- Understanding basics of accounting and financial management
- Understanding basics of sales and marketing functions
- Understanding basics of the legal structure and scope for an Ayurvedic practitioner
- Learning the fundamentals of having a business

Case Review & Student Clinic:

Students apply all that they are learning with clients in our on-site clinic, providing consultations to the public under the supervision of our Senior Practitioners and faculty to ensure correct utilization of Āyurvedic examination techniques and design of treatment protocols. Students practice engaging with compassion and professionalism. They develop the ability to manage multiple factors such as initial examination, report of findings, recommendations and follow-up. Clinic sessions include Grand Rounds, where clinical staff facilitate group discussion for a more in-depth understanding of cases. This includes Grand Rounds and clinical case presentation directly with Dr. Vasant Lad. Objectives for this course include:

- Apply in-class learning to clinical consultations provided to the public under supervision of our Senior Practitioners and faculty.
- Demonstrate proper utilization of Āyurvedic examination techniques and design of treatment protocols.
- Hone Āyurvedic treatment skills such as marma (acupressure therapy) and external warm-oil basti with in-clinic clients, yoga consultations, also under supervision of our Senior Practitioners



ASP3 Year 1 Classroom Hours

987 TOTAL CLASSROOM & CLINIC HOURS

388 HRS FIRST TRIMESTER

50 HRS	Medical Reports: Laboratory Sciences in Complementary Therapies
40 HRS	Research Skills in Complementary Therapies
25 HRS	Ayuryoga®
146 HRS	Case Review & Student Clinic
25 HRS	Bhaiśajya Kalpana I
40 HRS	Integrated Approach to Sattvavajaya Manovigñana
25 HRS	Basics of Clinical Pharmacology
25 HRS	Medical Jyotiśa II
12 HRS	Samskrta

235 HRS SECOND TRIMESTER

25 HRS	Research Skills in Complementary Therapies
35 HRS	Ayuryoga®
40 HRS	Case Review & Student Clinic
25 HRS	Bhaiśajya Kalpana I
90 HRS	Gurukula with Emphasis in Pañcakarma
20 HRS	Integrated Women's Health II

364 HRS THIRD TRIMESTER

20 HRS	Research Skills in Complementary Therapies
16 HRS	Ayuryoga®
32 HRS	Case Review & Student Clinic
20 HRS	Bhaiśajya Kalpana I
16 HRS	Integrated Approach to Sattvavajaya Manovigñana
24 HRS	Basics of Clinical Pharmacology
72 HRS	Gurukula with Emphasis in Pañcakarma
16 HRS	Integrated Women's Health II
148 HRS	Summer Clinic



ASP3 Year 2 Classroom Hours

1358 TOTAL CLASSROOM & CLINIC HOURS

159 HRS	Case Review & Student Clinic
460 HRS	Gurukula with Emphasis in Pañcakarma: VIOA Immersion
48 HRS	Integrated Women's Health Part 2
156 HRS	Ayuryoga®
65 HRS	Research Skills in Complementary Therapies
450 HRS	Bhaiśajya Kalpana & Living Ayurveda Experience
20 HRS	Medical Ethics & Business Practicum





ASP Tuition, Fees & Important Dates

The tuition and fees for The Ayurvedic Institute are inclusive of all classroom supplies, clinical experience and rotations, supervision, and other items that support your education while being a student. We have several different payment plan options that you can choose from. For specifics on the payment options, please speak with a member of our Admissions Team.

All applicants pay a one-time registration fee of \$150. A deposit of \$495 is required after conditional acceptance into the program. Please contact admissions for more details.

We do not charge more or less for international students, students receiving VA benefits or returning students. There are multiple payment plans and options. Please contact the Admissions Department for more info.

Total Tuition:

ASP1 Full-Time Tuition:	\$15,995
ASP1 Part-Time Tuition:	\$16,995
ASP2 Full-Time Tuition:	\$16,995
ASP3 Full-Time Tuition:	\$26,000 (split over 2 years)

Financial Support:

The Ayurvedic Institute does not currently offer or administer government-sponsored financial aid such as FAFSA. Grants, scholarships, and work-study are options to support your tuition. Please reach out to a member of our Admissions Team for more information.

Tuition Refund Schedule & Policy:

If a student should withdraw from any of the Institute's programs or trimesters, the Institute retains a portion of the tuition, in addition to the full administration fee. The refund schedule is determined based on class days completed by student before withdrawal and termination. No non-refundable fees are charged by The Ayurvedic Institute.

The Ayurvedic Institute follows the below refund schedule per trimester. The Withdrawal Date will be determined based on the Last Day of Class the student attended. You can see the beginning & end dates of each trimester below in the Academic Calendar.

Withdrawal Date

Refund Owed

1st Day of Class (for each trimester)	100% of Tuition
After 1st Day of Class; Within 25%	75% of Tuition
After 25%	0% of Tuition

Academic Calendar:



Orientation:	September 1-3, 2026 (mandatory for all students and levels)
First Day of Classes Trimester 1:	September 7, 2026
Last Day of Classes Trimester 1:	November 20, 2026
Winter Break (no classes):	November 23, 2026- January 14, 2027
First Day of Classes Trimester 2:	January 18, 2027
Last Day of Classes Trimester 2:	March 26, 2027
Spring Break (no classes):	March 29-April 2, 2027
First Day of Classes Trimester 3:	April 5, 2027
Last Day of Classes Trimester 3:	May 28, 2027
Final Exams & Assessments:	June 1, 2027-June 9, 2027
Graduation:	June 10, 2027

Orientation:

We begin the year with a required orientation for all programs, ASP Levels 1, 2, and 3. Orientation prepares you for the year to come, acclimates you to the ASP culture and builds community with your cohorts. It is an incredible time to strengthen relationships with those we will spend the academic year with and a highlight of the year. Please note that orientation is mandatory for all students, regardless of level.

Attendance Policy:

Please note that all students must adhere to the attendance policy that the school has in place. Students may not be absent for more than 10% of classes. For more information, please speak to an Admissions Representative.

Non-Licensure:

This program is not licensed for employment.

Academic Deficiency:

This program does not offer basic skills or deficiency subjects such as English as a second language.

Transfer Credits:

All students regardless of enrollment status are able to opt out of Anatomy & Physiology based on approved credentials and/or prior education. Please speak with an Admissions Counselor for any additional information.



Faculty & Staff at The Ayurvedic Institute



Vasant Lad, BAM&S, MASc

Ayurvedic Physician & Executive Director

Vasant Lad brings a wealth of classroom and practical experience to the United States. A native of India, he served for three years as Medical Director of the Āyurveda Hospital in Pune, India. He was Professor of Clinical Medicine at the Pune University College of Ayurvedic Medicine for 15 years. He holds a Bachelor's of Ayurvedic Medicine and Surgery (BAM&S) degree from the University of Pune and a Master's of Ayurvedic Science (MASc) degree from Tilak Āyurveda Mahavidyalaya. Vasant Lad's academic and practical training include the study of Allopathy (Western medicine) and surgery as well as traditional Āyurveda.

Beginning in 1979, he has traveled throughout the United States sharing his knowledge of Āyurveda. In 1984 he came to Albuquerque as Director, principal instructor and founder of The Ayurvedic Institute.

The author of numerous books, Vasant Lad is respected throughout the world for his knowledge of Āyurveda. Vasant Lad has written 13 books on Āyurveda as well as hundreds of articles and other writings. With over 700,000 copies of his books in print in the US, his work has been translated into more than 20 languages.

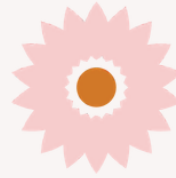




Mitesh Raichada, AP

Faculty Member,
Executive Servant-Leader

Mitesh is a Lead Practitioner at Sohum Mountain Healing and a graduate of The Ayurvedic Institute's Ayurvedic Studies Program Levels 1 and 2, where he trained as an Ayurvedic Lifestyle Consultant and Ayurvedic Practitioner. He studied at the Tatvagnan Vidyapeet in Bombay, India, which revealed to him the joy of learning and the importance of self-inquiry. Mitesh has also completed advanced Ayurvedic studies in India under the guidance of Vasant Lad, and has had the privilege of studying Jyotiśa under Hart deFouw. He holds a Reiki Level I Certification. As Lead Practitioner at Sohum Mountain Healing, Mitesh brings his great passion and love for Āyurveda, along with his compassion and insight, to the classroom, the clinic — where he serves as a senior practitioner and supervisor — and his private practice. Mitesh also has extensive business operations experience and infuses this work with principles from Āyurveda, dedicating himself to creating successful, thriving businesses by integrating wellness models into the core of their operations.



Sneha Raichada, MPT, ERYT500, CAP

Faculty Member, Director of
Operations, Dean of Education



Sneha is a Lead Practitioner at Sohum Mountain Healing and currently serves as the Dean of Education at the Ayurvedic Institute. She began her journey in the healing arts by completing her Master's Degree in Physical Therapy. A graduate of The Ayurvedic Institute's Ayurvedic Studies Program Levels 1 and 2 as an Ayurvedic Lifestyle Consultant and Ayurvedic Practitioner, she furthered her Ayurvedic studies with six months of study in India. She gained her Ayuryoga® Yoga Teacher Certification and began teaching yoga and providing Ayurvedic consultations within her private business in Texas. She also holds a Reiki III Certification. As Lead Practitioner at Sohum Mountain Healing, Sneha shares her enthusiasm and inspiration for Āyurveda in the classroom and the clinic as an instructor and clinic supervisor, as well as in the Pañcakarma Department with clients. She continues to practice through the integration of Physical Therapy, Yoga, and Āyurveda in the clinic as a Senior Practitioner and in her private practice.



Vishnu Dass, AD, LMT

Faculty Member

Vishnu Dass is an Ayurvedic Doctor (NAMA), clinical herbalist, massage therapist, Vedic astrologer, author, educator and mentor with over two decades of full-time clinical and teaching experience. He studied and trained under the guidance of Vasant Lad, BAM&S, MASc and graduated the ASP & Gurukula clinical program the Ayurvedic Institute in 2000. He established Blue Lotus Ayurveda in Asheville,

North Carolina in 2001, and has served the local community through his family practice and Panchakarma clinic for over two decades. For six years, he held the position lead instructor and Dean of Education for the Ayurveda Wellness Program at the Asheville school of Massage and Yoga. His years of hands-on clinical experience and knowledge of traditional and Western herbal medicine, combined with nutrition, massage, fitness, yoga and meditation are woven together in his practical and inspired teaching style. He is the author of Ayurvedic Herbology East & West. He has been a student of Sri Baba Hari Dass since 1992. Yoga and meditation continue to inform his life and practice deeply.



Vrinda Devani, MD, FACOG, AD

Faculty Member,
Medical Director

As a board-certified Obstetrician and Gynecologist, Vrinda Devani, MD has a passion for women's health and empowering women towards vibrant health and living. She is a believer in unfolding the human body's potential through a blend of complementary and allopathic medicine. She has been extremely fortunate to study Ayurveda under Vasant Lad, BAM&S, MASc, completing both the Ayurvedic Studies Program Levels 1 and 2, and furthering her studies in Ayurvedic women's health with travels in Nepal with Dr. Sarita Shrestha. In addition to being a physician and certified Ayurvedic practitioner, she also has a love for yoga and is a certified Ayuryoga® teacher. She truly enjoys mentoring and teaching budding practitioners while also practicing integrative medicine in her own private practice. Dr. Devani has also been recognized as an expert in Ayurvedic women's health, being invited to speak and write for various prestigious audiences.



Michael Johnson, ERYT500

Faculty Member

Michael Johnson has been a full-time yoga instructor for nearly two decades and a teacher trainer since 2003. He has traveled to India and studied many styles and traditions from Aṣṭāṅga Vinyāsa, Bhakti, Karma, Jñāna, Jīvamukti, Rāja, and Restorative to Yin. He is a lead instructor for Asheville Yoga Center's 200hr Teacher Training and 300hr Advanced Training Programs.

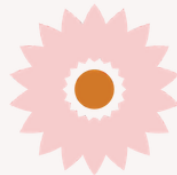
Michael's devotion to Bhakti Yoga allows him to transform the classical Yogic texts to meaningful and practical tools for his students to learn from. His love of philosophy and Sanskrit are obvious in the passion he brings to his students, both beginner and advanced.



Samir Lavani

Faculty Member

Samir is a graduate of The University of Texas. He studied at the Tatvagnan Vidyapeet in Bombay, India, which revealed to him the joy of learning and the importance of self-inquiry. Samir has a vast background in starting and operating businesses both in hospitality and wellness. His strength and expertise lies in understanding the nuances of daily operations to ensure success in all business aspects. Samir has been and serves as both CFO and CIO of multiple organizations. In addition to his roles, Samir currently supports the operations, administration, and financial departments of The Ayurvedic Institute.



Hamsa Ohashi, BAM&S, B.Pharm

Faculty Member

Hamsa has been an avid student of Vasant Lad, BAM&S, MASc for over 19 years. She is a graduate of The Ayurvedic Studies Program levels 1 & 2. After her studies in New Mexico, Hamsa went on to study in India to deeper her studies with Ayurveda in a formal BAM&S degree program. Hamsa has worked alongside Vasant Lad, BAM&S, MASc in both his city clinic in and The Vasanta Institute of Ayurveda in Pune, Maharashtra. She currently practices in both India and in her home country of Japan.

In her free time, Hamsa is a bhakti yogi. She dedicates much of her free time in kirtans and diving deeper into spirituality and other sister sciences of Ayurveda. Hamsa brings a wealth of knowledge to our ASP3 students from theory all the way to clinical experience.





Nishita Shah, CIAYT, ERYT500, AD

Faculty Member,
Director of Admissions

Nishita's journey in the study of Ayurveda began when she attended the Ayurvedic Studies Program Level 1. She continued on to complete the Level 2 program as an Ayurvedic Practitioner. Prior to her studies at The Ayurvedic Institute, she attended the University of Alabama at Birmingham where she received a Bachelor of Science in Psychology. She continues to be fascinated by the ways in which her Ayurvedic studies intersect with the field of psychology. While studying at the Ayurvedic Institute she had the great fortune to learn Ayuryoga® with Vasant Lad, BAM&S, MASc. She received a 500-hour Ayuryoga® certification and has assisted in numerous Yoga Teacher Trainings. In her private practice, prior to joining the faculty at the Ayurvedic Institute, her work has been fueled by a passion for nutrition and yoga. She is thrilled to bring her love and appreciation for these subjects into the classroom.



Amy Uma Thompson, CAP, LMBT, CAPPD

Faculty Member

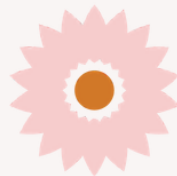
Uma Thompson is a Certified Ayurvedic Practitioner, Pancakarma Clinician and Ayurvedic Postpartum Doula. She is also a Licensed Massage Therapist and Certified Yoga Instructor and Herbalist. She has been practicing holistic health care for almost two decades with deep passion to support wellness on an individual and planetary level. Uma began her study in Ayurveda in 1998, when she completed a yearlong intensive at The Rocky Mountain Institute of Yoga and Ayurveda, in Boulder, CO. During the program Uma studied with many great teachers including Dr. John Douillard, Dr. Sarita Shrestha, Sarasvati Bhurman, Ysha Oakes, and Terra Rafael. During this study Uma specialized in women's health and became a certified Postpartum Ayurvedic Doula. Following these studies, Uma graduated from The Ayurvedic Institute in 2007 where she studied under Vasant Lad, BAM&S, MASc. Uma also completed a private internship with Dr. Alakananda Ma of Alandi School of Ayurveda, in Boulder, CO in 2008. It is Uma's deeper intention to help reweave the web of planetary interconnection and wholeness with all of life.



Marion Stone, RN, LMBT

Faculty Member

Marion Stone RN, LMBT has been teaching anatomy, physiology, and kinesiology for the Asheville Yoga Center's 200-hour teacher training programs since 2006. She draws from over 25 years of experience working with the body as a practitioner of Structural Integration, a Registered Nurse, and longtime yoga practitioner. She loves to help people gain more awareness, understanding, and appreciation of the body with her approachable and experiential teaching style.

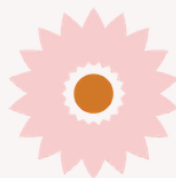




Stella Park, ND

Faculty Member

Stella Park is a skilled Doctor of Naturopathic Medicine, inspirational speaker, and holistic educator. As a graduate of the Canadian College of Naturopathic Medicine, Dr. Park is skilled at functional assessment and diagnosis. Her medicine bag includes homeopathy, herbal medicine, clinical nutrition, diet and lifestyle counseling. For over 12 years, she has operated a sustainable healthcare clinic that is rooted in education and the personal empowerment of her clients to achieve optimal health through individualized treatment plans. Currently, she sees her clients online, is a certified breathwork coach, and teaches intuitive skills. Dr. Park has studied meditation and bioenergetic healing for over 30 years. She knows first-hand the power of education in healing and health. She has a passion for teaching and supporting other healers to further develop their own skills. She has an MA in Education and a Doctorate in Naturopathic Medicine.



Salomé Mossman, RN, LMBT, AP Level 1

Faculty Member

Salomé has been working in the healthcare field since 1994. First as a registered nurse in her home country of Switzerland then, starting in 2007, as a licensed massage therapist in New Mexico. In her teenage years she developed a deep interest and reverence for herbs and the intelligence of plants and natural remedies, essential oils and naturopathic medicine as a whole. In 2014, Salomé completed a 200hr Ayuryoga® training at The Ayurvedic Institute and has attended numerous weekend seminars and summer intensives offered at AI regularly. She completed her training as an Ayurvedic Practitioner Level 1 in 2018 through New World Ayurveda under the supervision of Dr. Paul Dugliss, MD. She continued to be trained as a certified Heart Based Meditation instructor (2019) and spiritual mentor (2020). Salomé enjoys working with clients one on one in her private practice as well as sharing the wisdom of Ayurveda through coaching her clients, teaching workshops and the close observation administering ayurvedic therapies and their profound effects on the body and mind.



Eliot Steer, PhD, CAP

Faculty Member

Eliot is a Clinical Psychologist and Ayurvedic Practitioner with a focus in integrative mental health. He is a graduate of PAU's Clinical Psychology program and The Ayurvedic Institute's Levels 1 and 2 programs. Having practiced in community mental health, hospital, and academic medical settings, he has experience treating a variety of psychological conditions using a holistic model of care.

Eliot's passion for psychology, spirituality, and plant medicine inform his work to facilitate personal empowerment and a renewed sense of purpose. In addition to his clinical practice, he is a published researcher, teacher, and has presented at several professional conferences. Eliot also practices Bhakti yoga and has a love for music/creative expression.



Cricket Greer, AP, RN, MA, LMBT

Faculty Member

Cricket graduated from The Ayurvedic Institute and is a practicing Ayurvedic practitioner at Blue Lotus Ayurveda in Asheville, NC. She is also a registered nurse, with experience in acute cardiac, psychiatric, hospice, and primary care nursing, and has over 20 yrs of experience as a massage therapist, including 13 years of providing Ayurvedic body therapies. Additionally, she was a psychotherapist, holding a masters degree in psychology, with a focus on Buddhist and somatic approaches.



Tyler Wauters, AP

Faculty Member

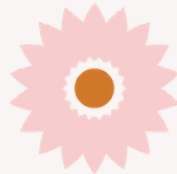
Tyler Wauters is a folk herbalist, wildcrafter, naturalist, educator, and mentor with over two decades of field experience and 15 years of teaching experience. He studied and trained under the guidance of Dr. Vasant Lad at The Ayurvedic Institute from 2010 through 2012. He founded Hawthorn Institute in Williams, Oregon, in 2013 and served the local community by offering in-person education weaving together bioregional Ayurveda and place-based Herbalism. Since 2019, Tyler has been the Farm Director at Banyan Farm and the VP of Sourcing & Product Design for Banyan Botanicals. His years of hands-on field experience and knowledge of traditional and Western herbal medicine, combined with Ayurveda and naturalist studies, are woven intimately and inspire his unique “storytelling” teaching style.



Devang Shah

Faculty Member

Devang is passionate about anything that inspires the scientific and mechanical side of his brain. This life-long exploration has led to an Electrical Engineering degree from CalTech and has also called Devang to study extensively with highly regarded master’s of the Vedic Traditions, including Hart deFouw (completing both the Vastu and Jyotish trilogies under Hart’s tutelage) and Vasant Lad, BAM&S, MASc (having audited the ASP1 program at The Ayurvedic Institute). Devang’s appreciation of the gross and subtle mechanics of the world around him translates into many interests, including an abiding love of bicycles, coffee, cars, and Vastu Shastra - as the study of space and the flow of energy within that space. The attention Devang brings to the minute details means that he offers insightful and lasting instruction, especially in those subjects that rely on a system of understanding, such as Vastu Shastra and Jyotish.



Pranav Lad, MD, ND

Faculty Member

Inspired by his father, Vasant Lad, to learn modern medicine and to integrate this form of medicine with Eastern medical disciplines, Pranav first completed his premed studies and received a B.Sc. in Biology. After receiving his Doctor of Medicine (M.D.), he decided to pursue academic medicine. He spent several years as an assistant medical director for a medical solutions company where he trained U.S. and international medical students to pass the medical board exams. Pranav also joined a Naturopathic Medical School where he was trained to integrate Acupuncture, Homeopathy, Allopathic medicine, and mind-body medicine along with several other modalities, and received his Doctor of Naturopathy degree.





Suhanee Chudasama, BSN, RN, CAP

Faculty Member

Suhanee has been a devoted student of classical Ayurveda for nearly a decade, having trained under Vasant Lad at the Ayurvedic Institute in Albuquerque. In her teaching, she honors the traditional Ayurvedic therapies as sacred methods of transmission, where knowledge is passed not only through instruction but through touch, presence, and direct experience. Drawing from both classical Ayurvedic principles and her background as a registered nurse in high-acuity medical settings, she emphasizes not only technique, but discernment—understanding indications, contraindications, energetics, and the therapeutic relationship between practitioner, client, and treatment. She guides students to approach these therapies with respect for lineage, precision of technique, and sensitivity to the subtle intelligence of the body, emphasizing that they are foundational to Ayurvedic practice, not ancillary. Suhanee also serves as a practitioner at SoHum Mountain Healing Resort & AyurPrana supporting clients on their healing journeys.



Joane Wire, MED, CAP, ERYT200

Faculty Member

Joane is an Ayurvedic Practitioner with a Master’s in Nutrition and over 20 years of experience in the field of dietetics. She is also a 200-hour Ayuryoga certified teacher, skillfully integrating Ayurvedic wisdom with yogic practices to support holistic well-being. Her journey into natural healing led her to study under the renowned Vasant Lad at the Ayurvedic Institute, where she deepened her understanding of classical Ayurvedic principles and clinical application. Joane teaches at The Ayurvedic Institute, where she shares her passion for the science of life drawing on her background of nutrition and yoga to lead our nutrition classes. Joane is also a practitioner at SoHum Mountain Healing Resort, guiding clients through their detoxification programs.



Administrators & Staff

Vasant Lad, BAM&S, MASc
Mitesh Raichada, AP
Sneha Raichada, MPT, CAP, ERYT500
Nishita Shah, CIAYT, AD, ERYT500

Founder & Director
Executive Vice President
Dean of Education & Director of Operations
Director of Admissions, Education Administration

Board members

Vasant Lad, BAM&S, MASc
Chairman of the Board, President
Sharon Scaltrito, RN, BSN, MBA Secretary
Dr. Michael Stone, DC Treasurer
Harish Raichada Board Member



Apply to The Ayurvedic Institute



Meet Your Admissions Team!

Nishita Shah

Director of Admissions & Faculty

I'm so happy that you're considering our amazing school to start your Ayurvedic career. We'd love to help you in any way that we can. I'm here to support you in all realms of our program and various routes of studying.



Wendy Fox

Admissions Counselor

I'm so excited that you are considering studying with The Ayurvedic Institute. I know that you will truly benefit from this experience. I'm here to support you during your journey to become an Ayurvedic Health Counselor. I look forward to speaking with you soon.

What to expect of the Admissions Process:

Our entire application process is conducted online. Once you submit your completed application, you'll have an interview with a member of our Admissions Team!

What are we looking for? Well, it's pretty simple. We're looking for people who are passionate about healing our community and world. We believe in the power of compassion and support, core tenets of being an Ayurvedic Healer. If this is you, well, you're more than halfway there! All that's left is applying!

Ready to get started? Check our admissions criteria below and start your journey today!

- Received a high school diploma or GED*
- Display English-language competency**
- Demonstrate the ability to excel in an academically rigorous environment
- Dedication to apply what you are learning in your own life
- An attitude of openness, compassion, curiosity, and integrity
- Enthusiasm to participate in a community dedicated to learning and living the wisdom of Ayurveda
- An aspiration to support health and well-being in the world
- Completion of all required admissions processes

*You must have copies of your official transcripts for your application

**Please note, English-language competency is required for any student applying for a student visa. All coursework is conducted in English. Translation services are not available.

We support all expressions of self and believe that diversity enriches our world. The Ayurvedic Institute does not discriminate on the basis of race, gender, color, sexual orientation, gender identity or its expression, disability, religion, age, veteran status, or national or ethnic origin. We reserve the right to deny admission to any applicant for any reason other than those stated above.

International Students

Every year, international students make up a significant portion of our student body. They enrich our community and help fulfill our vision of spreading Āyurveda. The Ayurvedic Institute is authorized under federal law to enroll nonimmigrant students and we are delighted to welcome students from a number of different countries to participate in our program. International students are charged the same tuition and fees as all other students.

International students need to obtain separate visas for the ASP1 and ASP2 programs and, as the M-1 visa does not allow for annual vacation, students are required to leave the country between programs. As an international student, it is important that you follow all the rules and laws pertaining to your visa. We cannot serve as immigration lawyers or give immigration advice. We can, however, help you obtain the appropriate paperwork and support you through the process.

International students must provide complete and accurate documentation of sufficient funds in order to qualify for a student visa. The total of these funds must cover the cost of the program, books, and living expenses. Official bank statements as proof of personal

liquid assets are required to document sufficient funds.

All students must be proficient in English including having the proficiency to read, write, listen to, speak and understand English at an academically rigorous level. The Ayurvedic Institute does not offer English as a Second Language instruction or English language tutoring services. Decisions regarding English proficiency are at the discretion of the Admissions Team.

- All international students are responsible for the maintenance of their visa status throughout the duration of the academic year. Therefore, it is important that international students familiarize themselves with the rules regarding international student status. These rules can be found on <https://studyinthestates.dhs.gov>
- Once on campus, it is extremely important to obtain a travel signature on your I-20 before leaving the United States. Once in the States, please arrange to see a school representative to ensure all your international paperwork is in order.



FAQs:

Can I transfer into ASP2 or ASP3?

Yes! We do have a process through which people with previous Ayurvedic education can transfer into our second and third levels. Because Ayurvedic training programs vary in length, scope and curriculum, the process includes taking a placement exam. Contact us at admissions@ayurveda.com to talk through your situation and possible paths forward.

Who comes to study at The Ayurvedic Institute?

People come to study at The Ayurvedic Institute because something in their heart calls them to Ayurveda with Vasant Lad, BAM&S, MASc. People come from all walks of life - different ages, experience, professional backgrounds, visions, and from all over the world! This makes for an incredibly rich and diverse community, united in our shared love of Ayurveda.

I am interested in being part of a community, will I find that here?

Absolutely! It is a special group of people who have come together to study with Vasant Lad, BAM&S, MASc. We are visionaries, aspiring to create a world of greater health and well-being. This connection creates a special community where we learn and practice together. Whether you come for a weekend or two years, you are part of this community. Building community is an active process involving all parties' participation.

I understand The Ayurvedic Institute keeps the spirituality of Ayurveda intact. Do I have to belong to a specific religion to attend?

Absolutely not! We welcome students from every faith and background. We regularly have students who are a part of Christian, Jewish, Muslim, Hindu communities and more, including students who do not identify with any particular faith or spiritual community. We honor that the divine is known by many names and takes many forms. We value diversity and recognize that it enriches our community. While our school accepts all faith and spiritual practices, our school is influenced by Hindu/Vedic traditions. We honor various symbols of the Divine, icons, pictures on our altar. The classes follow a traditional Vedic etiquette. We open and close our classes with chanting. The Institute celebrates Vedic holidays, pujas, kirtans, homa ceremonies, etc. We light incense and ghee lamps in classrooms. Vasant Lad, BAM&S, MASc incorporates universal spiritual principles in his teachings. While you are not required to participate in any of these practices, we ask that you respect and honor the space that is created with your fellow students; and to use that time to honor whatever speaks to you in your heart.

I'd be moving to North Carolina to attend the program. Where would I live while I am in ASP?

There are many options in Asheville. We can help you through the process by helping you think through what kind of living situation will support you, connecting you with fellow classmates, and giving you housing resources to explore.

What can I do upon graduating from ASP?

Our ASP graduates go on to do all kinds of things, following paths as diverse as they are. Graduates go into private practice offering Ayurvedic consultations and other services; join existing integrative clinics; combine Ayurveda with other healing modalities like yoga therapy, massage, etc.; integrate Ayurveda into their practice as a nurse, doctor, therapist, physical therapist, etc.; teach Ayurveda to others; found herbal product companies; work as professional Ayurvedic chefs; and bring an Ayurvedic perspective to support well-being within organizational and community settings, among many other pursuits. As the science of life, Ayurveda provides valuable insight that can inspire many different endeavors and careers. Ayurveda can support you wherever you envision going!

What kind of alumni support is there?

Our community is the best form of alumni support we can offer. During your time here you'll build a community with your cohorts that will support you during the program. This same community will become your colleagues when you enter into professional practice. We will help you extend this community to people beyond your cohorts through networking, continuing education and mentorship opportunities, and sharing internship and employment opportunities with you.

FAQs:

I am drawn to study here but am not sure where to begin. Is there someone I can contact?

You are not alone! Often people feel drawn to the study of Ayurveda with Vasant Lad, BAM&S, MASc without fully understanding why or where the path may take them. We understand. Many of us arrived here in the same manner. We are happy to talk with you about your experience, what inspires you about Ayurveda, and where to begin! Contact our Admissions Team at admissions@ayurveda.com

Does Vasant Lad himself teach in the ASP Programs?

Yes, Vasant Lad himself teaches in all 3 levels along with other faculty members. In addition to Vasant Lad, you have the opportunity to learn from a beautiful faculty of 10-12 individuals, who are all steeped in these traditional sciences.

Are classes in-person or online?

We have both in-person and online hybrid study options. Our hybrid program is a synchronous program where you log in via livestream when classes are taking place in Asheville. There are required hours that you must attend in-person. The hybrid program is not a self-paced program, as no classes are recorded. Please speak to an Admissions Counselor for more details.





Life Outside the Classroom



As a student at The Ayurvedic Institute, it's important to remember that this divine education is meant to be shared and lived. Our students and Institute are part of a greater Asheville community, one in which we are very proud of.

Our students get the opportunity to practice all of their skills in community-organized events such as local farmer's markets, community health events, and festivals like LEAF Festival. They are active members in supporting our mission of spreading Ayurveda to each being.

We also acknowledge that there are so many other forms of healing outside the walls of our school. We're grateful to be situated in a city that is so wellness-centered.

Your experience as a student is further supported by guest speakers from various wellness and health fields, such as therapists, herbalists, and many other specialities. Our students also get the opportunity to take these experiences into Asheville through activities such as herb walks in the Blue Ridge Mountains.

All of these activities look to support the education experience as a whole, and they are rounded out with beautiful monthly Full Moon Ceremonies, homas, agni hotras, and more. Ayurveda is the science of understanding the body, mind, and spirit. At The Ayurvedic Institute, we strive to support each and every facet of our students' education.

Life In Asheville, North Carolina “Land of Sky”

The Ayurvedic Institute sits just north of downtown Asheville, North Carolina—a city celebrated for its natural beauty and vibrant wellness community. Surrounded by the Blue Ridge Mountains, Asheville offers easy access to scenic trails like Catawba Falls, Looking Glass Falls, and the Blue Ridge Parkway, along with countless waterfalls and outdoor adventures. Many are drawn here by the land’s unique sense of vitality—often described as a subtle, healing energy that can be felt the moment you arrive.

Our campus is part of Asheville’s “Wellness District,” a neighborhood rich with holistic practitioners and locally loved businesses. Within walking distance you’ll find the Asheville Salt Cave, acupuncture clinics, yoga studios, like our sister organization Asheville Yoga Center, and nourishing eateries such as Pulp & Sprout and Plant. The area is home to a diverse community of counselors, bodyworkers, reiki practitioners, and healers of all kinds, creating a supportive environment for study, restoration, and personal growth.

Asheville blends mountain charm with creative culture. Outdoor enthusiasts can hike, camp, raft, kayak, and explore nearby segments of the Appalachian Trail, while food lovers enjoy one of the most celebrated culinary scenes in the Southeast. With hundreds of locally owned restaurants, cafés, and farm-to-table kitchens, the city offers options for every palate and dietary style, from artisanal coffee to vibrant plant-based cuisine.

But words can only say so much. We invite you to experience Asheville—and The Ayurvedic Institute—for yourself. We would love to welcome you here.

“I feel such profound gratitude for New Mexico. When I first came to the United States from India in 1979, it was the people of New Mexico who came to me and said, “Please stay and teach us Ayurveda” and the Ayurvedic Institute was born. I love the people of New Mexico and this beautiful land that has been so good to us. But life is change, and now with great excitement, we look to plant the seeds of this next evolution of the Ayurvedic Institute in the mountains of North Carolina!

Vasant Lad
BAM&S, MASc

Founder and Director of
The Ayurvedic Institute

“I hope you will come visit us next fall in our new home in North Carolina. Come study Ayurveda with us. Come for healing, for growing. We look forward to being together in this beautiful land as we grow this next incarnation of our work.”





Life As A Student

To become a student at The Ayurvedic Institute is to step into a living, breathing community devoted to the wisdom of Ayurveda. Students travel from across the globe to study with Vasant Lad, BAM&S, MASc—drawn not only by knowledge, but by a heartfelt calling. What begins as individual curiosity quickly becomes collective purpose. Here, your questions matter. Your presence matters. Your passion becomes part of something larger than yourself.

Our classrooms are filled with people of many cultures, professions, ages, and life paths—healthcare providers, yoga teachers, parents, recent graduates, career changers, seekers. What unites us is a shared devotion to healing and a willingness to grow. The diversity of backgrounds enriches every discussion, every practicum, every shared meal.

Life at the Institute extends far beyond lectures. Community kitchens hum with the scent of spices as students cook together, learning through laughter and experimentation. Study groups form organically—around library tables, under trees, or gathered in living rooms—where sutras are contemplated and friendships deepen. It's not uncommon for a spontaneous kirtan to arise after class, or for a potluck to unfold with dishes inspired by family traditions from around the world.

We honor celebration as an essential part of learning. Throughout the year, students, faculty, and staff gather for pujas, kirtans, shared meals, seasonal festivities, and joyful campus events. These moments of connection nourish the heart as deeply as the curriculum nourishes the mind.

The Ayurvedic Studies Program is an intensive and transformational journey. It asks for dedication—and offers belonging in return. The relationships formed here are rooted in shared inquiry, shared vulnerability, and shared purpose. They are the kinds of friendships and professional connections that continue to inspire long after graduation.

At The Ayurvedic Institute, Ayurveda is not simply studied—it is lived. And it is lived together.



Student Benefits

We care deeply about our students and try to foster their personal healing and growth as Ayurvedic professionals. To support you in your journey through ASP, we offer a number of benefits across our entire ecosystem including on campus, Asheville Yoga Center, AyurPrana, and more! The full benefits of being a student will be discussed during Orientation.



Ayuryoga® Teacher training program



The Ayurvedic Institute currently offers Ayuryoga® Teacher Training programs that run concurrently with the ASP1, 2, and programs. Students enrolled in these trainings will receive Yoga Alliance certification upon completion of the program. This training embraces a therapeutic synergy between Āyurveda and Hatha Yoga, developed by Vasant Lad, BAM&S, MASc.

Ayuryoga® will enable you to understand how to teach and create basic yoga protocols based upon the doṣas

and sub-doṣas, agni (bodily fire) and dhātus (bodily tissues), using the yoga methods of prāṇāyāma, āsana, mudra, and meditation to bring healing to the mind, body and soul. With the philosophical pillars of both yoga and Āyurveda, you will integrate practical and theoretical methods to work with both body and mind. For the Ayurvedic practitioner, this therapeutic training is an additional resource to offer clients, both privately and in classroom settings.





Our Village

We're blessed to have a myriad of other organizations, entities, and support for both The Ayurvedic Institute and our students. As members of our community, the additional opportunities to interact with our sister organizations makes the entire experience of being a student that much sweeter.



AYURPRANA

AyurPrana is the second wing to The Ayurvedic Institute. AyurPrana was founded by Vasant Lad's very own students to further his mission of reaching Ayurveda to each and every being on this planet. Together with AyurPrana, Ayurveda and Vasant Lad reaches students all over the world to make Ayurveda accessible from near and far. Together, we know that there are no limits to the wisdom of Ayurveda or to bringing that wisdom to your door. Visit liveayurprana.com for more information on the work we're doing with AyurPrana.



AYURPRANA

Asheville Yoga CENTER

In the heart of the Wellness District in Asheville, we're blessed to share a campus with Asheville Yoga Center. From daily yoga classes, workshops, and longer trainings, supplement your Ayurvedic knowledge with its sister science. Visit youryoga.com for more information!

APLR AYURPRANA LISTENING ROOM

The Listening Room is your home for conscious music and experiences. Cacao ceremonies, kirtans, conscious singers and more. It's the perfect way to unwind after a week at school. Visit ayurpranalistingroom.com for the latest event schedule.



AYURPRANA

SOHUM

MOUNTAIN HEALING RESORT

Our PK center in the heart of the Blue Ridge Mountains in Asheville. Together with AyurPrana, SoHum Mountain Healing is where the magic of pañcakarma takes place. Together with the staff and practitioners, Vasant Lad practices and sees his pañcakarma clients here in the United States. An added bonus is our students in ASP2 and ASP3 get the opportunity to rotate and observe Vasant Lad with clients—furthering their experiential learning as Ayurvedic healers. Visit sohummountain.com for more information.



The Vasanta Institute of Ayurveda is the realization of a long-time vision of Vasant Lad, BAM&S, MASc. It is a place where people from all over the world can come study Ayurveda in India. The VIOA campus is an education center consisting of a pañcakarma treatment facility, clinic, classrooms, and an Āyurvedic pharmacy. The Ayurvedic Institute works in collaboration with VIOA for spreading Ayurveda in the world and continuing our mission of healing all beings through Ayurveda.



The founders of both Banyan Botanicals and AyurPrana studied under Vasant Lad, BAM&S, MASc, the renowned physician who brought Ayurveda to the West, and were deeply inspired by his profound insights into the wisdom of Ayurveda. As partner entities, we share similar values, a vision of health and well-being that is aligned with nature, and a passion for sharing the teachings of Ayurveda with the modern world. Banyan offers free Ayurvedic lifestyle information on their website and an extensive array of herbal products.

Our Campus

The Ayurvedic Institute main campus is located at 62 Orange St. in the heart of downtown Asheville. Our students may also have classes at our satellite campus at the AyurPrana Listening Room, located at 312 Haywood Rd.

Our Level 3 students also partake in classes and apprenticeship programs at the Vasanta Institute of Ayurveda in Pune India as well as the Banyan Botanicals farm in Williams, Oregon.

All facilities include classrooms, restrooms, and appropriate technology to support and facilitate the learning of all students.



Our Mission

The mission of The Ayurvedic Institute is to teach Āyurveda, the Science of Life, utilizing a traditional Vedic approach including the sister disciplines of Saṃskṛta, yoga and jyotiśa. We create a supportive environment that encourages individuals to integrate Āyurveda into their daily living as we train health care professionals to integrate Āyurveda into their clinical practices.

Our aim is to expose the student to Ayurvedic principles and practices that, when integrated into the lifestyle, bring peace and balance to the body, mind and soul. We aim to do this by bringing the art and science of Ayurveda to Life. The traditional Vedic style utilized is based on personal growth through spirituality.

The Ayurvedic Institute is committed to providing an environment in which the student can find the freedom to learn and make choices that promote self-healing and bring the individual into balance with their world.

THE AYURVEDIC INSTITUTE WAS FOUNDED IN 1984 in Santa Fe, New Mexico, as a 501(c) (3) educational, non-profit corporation. The articles of incorporation, by-laws and board meeting minutes are open to inspection by any interested person with sufficient advance notice. The Ayurvedic Institute is governed by a board of directors and corporate officers, whose directives are carried out by staff members.

School Licensing & Recognition

Operating for more than 40 years, The Ayurvedic Institute is organized as an education 501(c)(3) non-profit corporation. Previously located in Albuquerque, New Mexico, The Ayurvedic Institute now resides in beautiful Asheville, North Carolina. This school is authorized and licensed as The Ayurvedic Institute as a post-secondary institution by the North Carolina Board of Community Colleges. The State Board of Community Colleges is not an accrediting agency. This school is authorized under federal law to enroll nonimmigrant students. Our curriculum meets the educational competencies established by the Ayurvedic Accreditation Commission (AAC), and graduates are eligible to set for the Ayurvedic Health Counselor, Ayurvedic Practitioner, and Advanced Ayurvedic Practitioner certification exams of the NAMA Certification Board. The Ayurvedic Institute is not accredited by the U.S. Department of Education.





Questions or Complaints?

The Ayurvedic Institute does not discriminate in admissions, testing, financial aid or any other practice on the basis of gender, nationality, religion, age or disability in accordance with all applicable federal, state and local laws.

People who have questions or complaints regarding The Ayurvedic Institute should first seek resolution directly with the party involved. If this does not resolve the issue, they should discuss it with the Dean of Education. If further actions are needed, the Executive Vice President-Servant Leader of The Ayurvedic Institute may review the issue. At each point in the process an impartial representative of The Ayurvedic Institute not directly involved with the complaint will participate in finding a resolution. A response will be given by the Dean of Education to the student between three and ten days from the date of notification of the issue.

If a question or complaint cannot be resolved within The Ayurvedic Institute, the student may contact the North Carolina Community Colleges at <https://studentcomplaints.northcarolina.edu/>. For more details and a step-by-step process for students, see the Student Handbook.

EFFECTIVE DATE MARCH 2026

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Please visit our website ayurveda.com for the most current information.

For More Information Contact Admissions admissions@ayurveda.com

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