



THE **AYURVEDIC**
INSTITUTE



Healing All Beings

— Through Ayurveda —

ACADEMIC CATALOG

2024 - 2025

Table of Contents

1. Letter From Dr. Lad	03
2. The Living Wisdom of Āyurveda	04
3. Educational Philosophy	05
4. Routes of Study	06
5. Āyurvedic Studies Programs	08
6. Ayurvedic Studies Program Level 1	09
7. ASP1 Course	10
8. Ayurvedic Studies Program Level 2	15
9. ASP2 Course	16
10. Ayurvedic Studies Program Level 3	22
11. ASP3 Course	23
12. ASP Tuition, Fees & Important Dates	30
13. Faculty & Staff	32
14. Board Members	37
15. Apply to The Ayurvedic Institute	38
16. Meet Your Admissions Team!	38
17. FAQs	41
18. The Campus	43
19. Life In Asheville	44
20. Life As A Student	45
21. Ayuryoga® Teacher training program	46
22. Our Village	47
23. Our Mission	48

Letter From Dr. Lad

Welcome Dear Friends!

This Institute is of the student, by the student, and for the student. Every individual is indivisible and to understand individuality, to unfold self-healing, this is the goal of The Institute. We here, you and the teacher, are on the same path of inner healing: healing the body, mind, and consciousness.

Life has its own agenda and that agenda we carry genetically from our prakriti, our constitution, the blueprint we are born with in this life. However, changes in relationships, the environment, one's job, etc. can create the present altered state of the doṣas, which we call vikrti.

Prakriti is your unique nature and vikrti is the current, altered state of the doṣas. Through Āyurvedic teachings and the knowledge of Āyurvedic philosophy, the six systems of philosophy, learning about the doṣas, dhatus, mala vijñana (knowledge), prakriti vijñana, vikrti vijñana, samprāpti vijñana, then we will understand our own imbalances. Knowing this, we can establish our innate balance through proper diet, lifestyle, cleansing and detoxification programs, pañcakarma, and rejuvenation.

There is a divine healer within you, and this program will unfold that healer. Let us walk together, share together, talk together, following the same principle: the principle of life. Ultimately, there is a Light within every individual. However, that Light is covered by an accumulation of thoughts, feelings, emotions, judgment, criticism, power, prestige, and position. If we let all that go and allow the Light, the Sat Chid Ananda, to unfold, that is the ultimate goal, to live our dharma, artha, kāma, and moksa. Dharma is righteous duty, artha is monetary success, kāma is fulfillment of positive goals, and moksa is self-realization. It's that simple!

Vasant Lad, BAM&S, MASc

Āyurvedic Physician, President and Principal Instructor



The Living Wisdom of Āyurveda

“ Āyurveda is a system of healing that has its roots in ancient India. It is thought by many scholars to be the oldest healing system existing on our planet. 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.

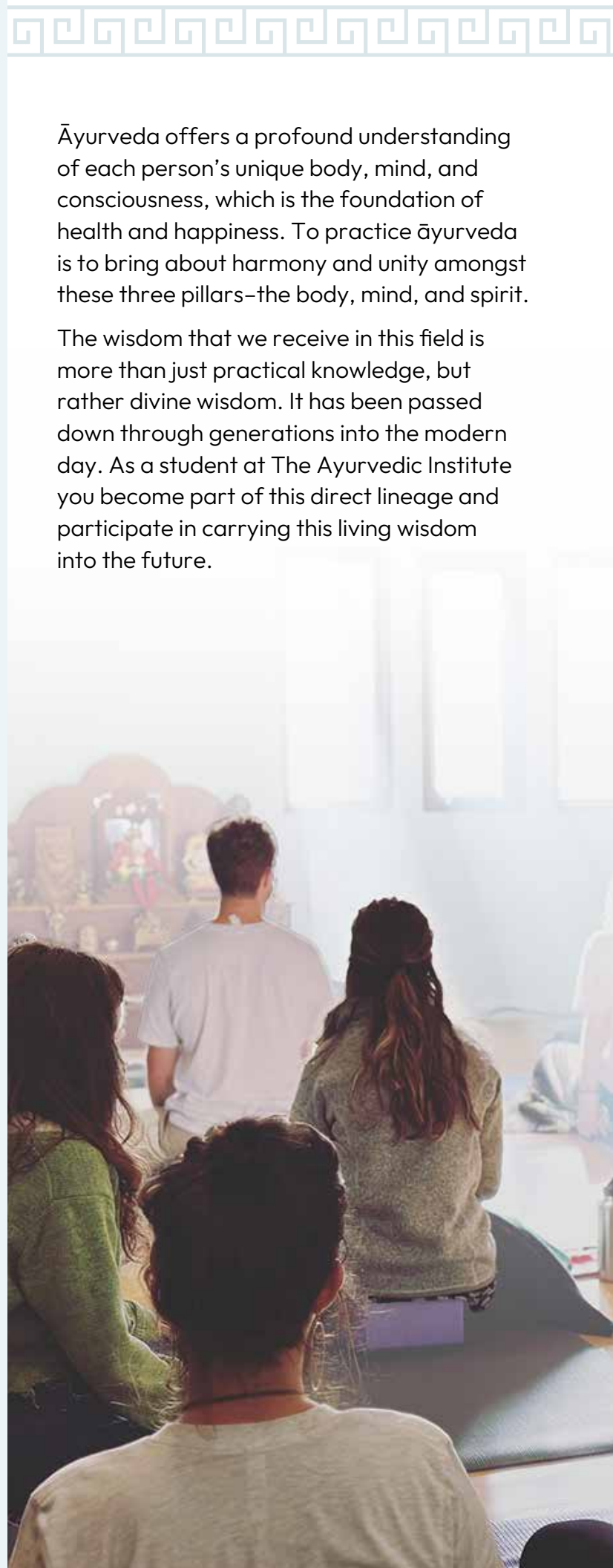
As a medical science, its purpose is to heal and maintain the quality and longevity of life. It is an art of daily living that has evolved from practical, philosophical, and spiritual illumination, rooted in the understanding of Creation. According to Āyurveda, every individual life is a microcosm of the Cosmos.

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

- DR. VASANT LAD.

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. As an education team, we are committed to Bringing the Art and Science of Āyurveda to Life for our students. We do this in many aspects through the various programs that we offer.

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

Authentic Āyurveda relevant to the modern context.

Learn Samskrta, sutras, and reference the classical texts while using the insight of an Āyurvedic perspective to address the circumstances and challenges unique to our current time. This allows the student to form a foundation for their own relationship with the Samskrta texts.

Extensive clinical experience.

Apply all that you learn in consultations with clients under the supervision of experienced practitioners.

An experiential and practical approach.

Learn and practice hands-on assessment tools and therapeutic techniques while receiving direct, personal feedback from faculty.

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. We encourage our students to practice and experience what they learn in a class setting

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 school offers three levels of instruction:

Level **Ayurvedic Studies**
01 Program: Ayurvedic Health Counselor

Level **Ayurvedic Studies**
02 Program: Ayurvedic Practitioner

Level **Ayurvedic Studies**
03 Program: Doctorate in Ayurveda



All of our programs build upon each other to continue your exploration into the depths of what Āyurveda can offer all of us.

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

To support all students and their learning needs, we offer full-time, part-time, in-person and hybrid learning opportunities at our school.

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 Studies:** you're choosing to be present in the class with your teachers and classmates. 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:** 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. These hours are predetermined by the Education Team and are available via an Admissions Counselor. Sign up now today to learn more and speak with an Admissions Counselor.
- **Full-Time and Part-Time Trainings:** Our first level 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.

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 with a Doctorate in Ayurveda.

Our curriculum meets the educational competencies established by the **National Ayurvedic Medical Association Accreditation Council (NAMAC)** 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.



Ayurvedic Studies Program Level I:

Ayurvedic Health Counselor

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.

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ASPI Course Descriptions

Foundations of Āyurveda

This course is the cornerstone of ASPI. Through lecture 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 Sāmkhya's Philosophy and its role in Āyurveda.
- ▶ Learn the concepts of Āyurveda by understanding the gunas, pañca mahābhūta, doṣas, prakṛti, vikṛti, dhātu, agni, and āma.
- ▶ Explore the technical skills of an Ayurvedic Health Counselor including nidāna pañcaka, stage of samprāpti, 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/prakṛti vijñāna, and many other factors.
- ▶ Define and be able to identify in life the concepts of ojas, tejas, & prāna, 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.
- ▶ Understand Suśruta's definition of health and how āhār relates to this definition.
- ▶ Describe and explain the concepts of agni, āma, doṣas, and gunas.
- ▶ Utilize experimentation to experience the rasa, virya, vipaka and gunas of kitchen herbs.
- ▶ Experiment with foundational recipes per doṣas.
- ▶ 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 gunas 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 prānāyāma (breathing practices).

- ▶ Understanding the basics of Ayuryoga® as taught by Vasant Lad, BAM&S, MASc.
- ▶ Learning and implementing prānāyāma 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 āsanās in class.

I 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 śrotāmsi (pathways), then be able to assess based on trīvidā parikṣanam (darśana, sparśana, and praṣna).
- ▶ 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.
- ▶ Describe the essential qualities of a practitioner and start forming your own values and identity as a practitioner.
- ▶ Identify gunas in your environment and in clients. Observe doṣas in your environment and in clients.
- ▶ Learn to read the face and tongue of the client.
- ▶ Describe and identify the stages of samprāpti

- ▶ Explain and prepare the essential components of Initial Consultation paperwork.
- ▶ Formulate a targeted and doable cikitsā.
- ▶ Present client files to supervisors and classmates in a logical, clear, concise format based on Āyurvedic principles.

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 health promotion 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.



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 YogaSutras 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

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.

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

Sanskrita

Sanskrita 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 Sanskrit terms of Āyurvedic anatomy, physiology, pathology, and cikitsā (treatment plan).

- ▶ 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.



Ayurvedic Studies Program Level 2:

Ayurvedic Practitioner

ASP2 trains you within the professional scope of practice as 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 prānāyāma (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 prānāyāma (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 śrotāmsi.

- ▶ Understand and identify pathogenesis of various diseases through allopathic understanding, as well as Āyurvedic samprāpti

Ayuryoga® Cikitsā for Clients

This course looks at prānāyāma (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 āsanās and their relation to dhātus (tissue systems) and pathology.
- ▶ Continue application of prānāyāma 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 āsanās in class.

Vanaspati Dravyaguna 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 in medicine. The foundation for this understanding, and this class, is the rasādi pañcakam, which includes the rasa (taste), virya (potency), vipāka (post-digestive effect), guna (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), guna (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.
- ▶ Create herbal decoctions, curna, ghī, medicated milks, and other preparations.
- ▶ Know 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 kostha (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.

Marma Foundations

Marmāni 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 Samskrta 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

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 sādhana (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 Vijñānam

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.

Samskrta

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 doṣa as 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.

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.

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.

Pathophysiology

Understanding of form, function, and basic pathological changes is fundamental to the clinical practice of Āyurveda. This course provides students with this understanding. The course is designed to complement Gurukula and the Clinical Assessment of Śrotamsi courses to enhance a student's ability to bridge an Āyurvedic and Western understanding of imbalance in order to support their clients and to confer and collaborate with other medical professionals to provide complementary care. Objectives for this course include:

- ▶ Gain understanding of the disease process from both a Western and Āyurvedic paradigm.
- ▶ Be able to communicate and understand samprāpti of the disease.
- ▶ Compare/contrast various diseases so that you are able to identify them and work with clients in a clinical setting.

Clinical Assessment of Śrotamsi

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 śrotamsi (channels). Students also learn how to use clinical instruments such as a sphygmomanometer, stethoscope, and reflexhammer 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 śrotamsi examinations.
- ▶ Define mūla, mārga, mukha, upadhātu, and mala of each śrotas.
- ▶ Know the factors associated with imbalances (vrddhi 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.

Ayurvedic Studies Program Level 3:

Doctorate in Ayurveda

ASP3 trains you within the professional scope of practice as an Ayurvedic Doctor. Through ASP3, you will further expand upon your foundational studies of ASP1 and ASP2 to become a proficient practitioner and 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 dedicated clinic observation and practice, and explore the integration of Western and

Āyurvedic sciences.

ASP3 is geared towards an experiential learning environment. You will further your understanding of Ayuryoga® in a clinic setting, learn the nuances of Āyurvedic therapies in a pañcakarma setting, study Western pharmacology, and create your own personal relationships with herbs through farming, formulations, and medicine-making—all of which will culminate into your thesis project.

Created in Vasant Lad's BAMS, MASc lineage, students will learn to address all aspects of an individual: mind, body, and spirit. This program is designed for the truly dedicated students of Āyurveda.



ASP₃ Co

Descriptions:

Ayuryoga®:

As a third year Ayurvedic student and a candidate for an Ayurvedic Doctor 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 guna principles to śrotāmsi, 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 guna principles to various prānāyāma, āsanās, and meditation.
- ▶ Be able to identify which prānāyāma, āsanās, and meditations are best for each śrotāmsi and the reasoning why.
- ▶ Be able to create Ayuryoga® cikitsās based on client concerns, needs, and samprāpti.
- ▶ Be able to create and teach Ayuryoga® group classes based on various themes and topics.

- ▶ State normal versus abnormal findings for each śrotas.
- ▶ 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 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 Skills 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.
- ▶ Design and execute the student's own research study.

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 Ayurvedic Doctorate 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.

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. 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 prānāyāma (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 related how current medications may be affecting a client.
- ▶ Understand how dosha moves through the body in relation to pañcakarma.
- ▶ Educate clients on going on 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. 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 120+ plant species between the classroom and field.
- ▶ 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 koṣtha (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 women experiences in her life from menarch to menopause. In this class, the student will have classroom based education and clinical experience in women's health. We value having a wholistic 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 school's of thought and be able to understand women's health with a broader perspective. Objectives for this course include:

- ▶ Compare and contrast a women's menstrual cycle in terms of modern medicine verses the dosic 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
- ▶ 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:

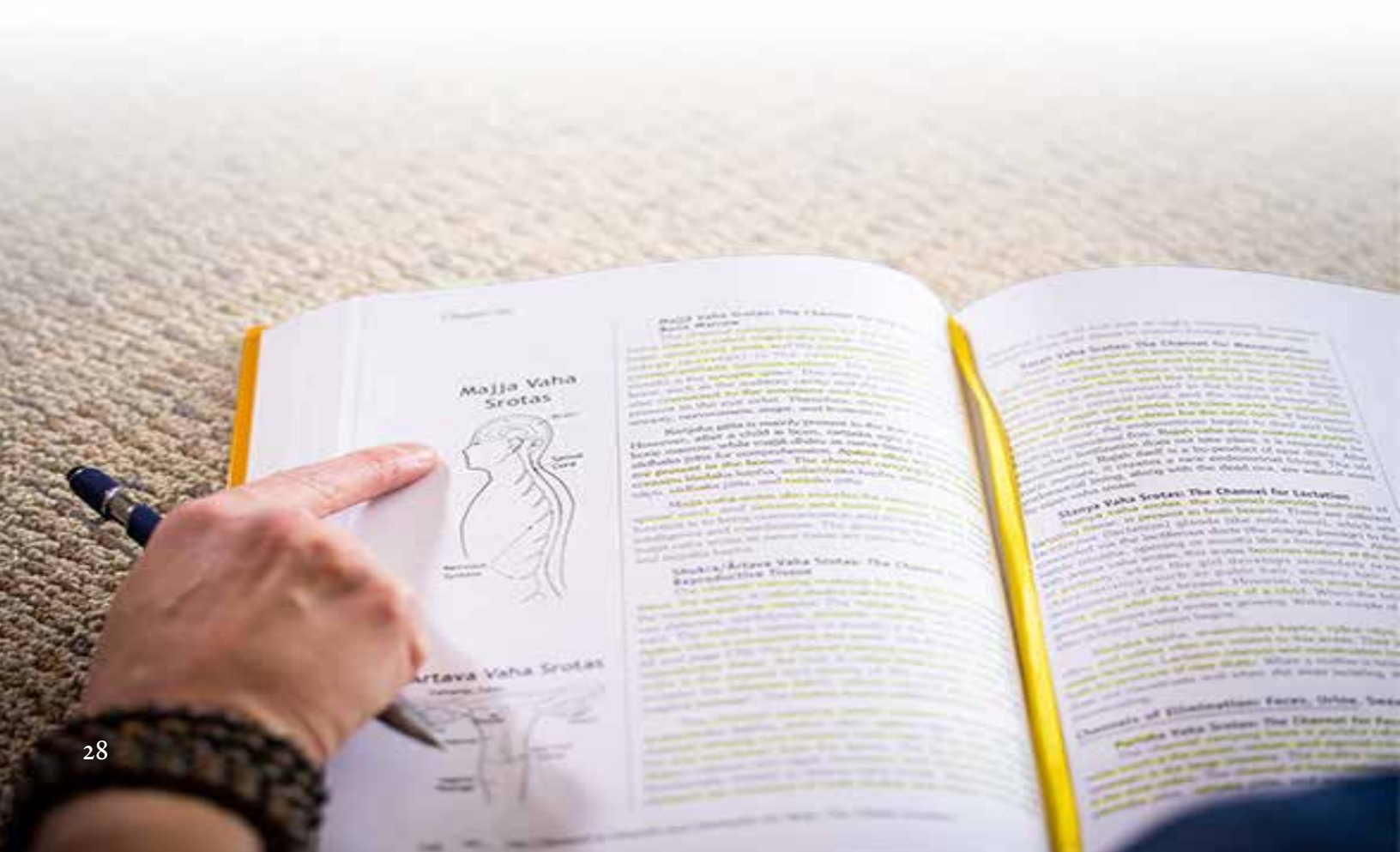
- ▶ Identify and assess for common psychological disorders in terms of symptoms and behavioral descriptions.
- ▶ Explain commonalities and differences in conceptualization of psychological disorders between Western and Ayurvedic systems.
- ▶ Ability to discuss the principle of differential diagnosis 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.

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

- ▶ 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.



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



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, non-refundable 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:	\$14,995
ASP1 Part-Time Tuition:	\$16,700
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:

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 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 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%	25% of Tuition
After 25%	0% of Tuition



Academic Calendar:

September 9-13, 2024

Orientation (mandatory for all students and levels)

September 16, 2024

First Day of Classes Trimester 1

November 25-29, 2024

Thanksgiving Break (no classes)

December 13, 2024

Last Day of Classes Trimester 1

December 18, 2024- January 13, 2025

Winter Break (no classes)

January 14, 2025

First Day of Classes Trimester 2

March 27, 2024

Last Day of Classes Trimester 2

March 31-April 4, 2025

Spring Break (no classes)

April 7, 2025

First Day of Classes Trimester 3

May 23, 2025

Last Day of Classes Trimester 3

May 27- June 11, 2025

Final Exams & Assessments

June 12, 2025

Graduation

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.



| Faculty & Staff



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 graduate of The Ayurvedic Institute's Ayurvedic Studies Program Levels 1 and 2, and is 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. He has also had the privilege of studying Jyotiśa under Hart deFouw. He holds a Reiki level I Certification. Mitesh brings his great passion and love for Āyurveda, and his compassion and insight in relating to others in the classroom, in the clinic as a senior practitioner and supervisor, as well as in his private practice. Mitesh also has extensive business operations experience and infuses this work with principles from Āyurveda. He is dedicated to creating successful, thriving businesses by integrating wellness models into the core of their operations.



Sneha Raichada, MPT, ERYT200, CAP Faculty Member, Director of Operations, Dean of Education

Sneha currently serves as the Dean of Education at the Ayurvedic Institute. She started 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 then 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. Sneha shares her enthusiasm and inspiration about Āyurveda in the classroom and the clinic with the students as an instructor and clinic supervisor, as well as in the Pañcakarma Department with clients. She continues to practice through integration of Physical Therapy, Yoga, and Āyurveda in the clinic as a Senior Practitioner and in her private practice.



Karren Abrams, AP, RYT200

Faculty Member

Karren (Sat Atma) is grateful to serve as a faculty member and clinic supervisor at The Ayurvedic Institute where she graduated from the levels 1 & 2. She brings compassion, ingenuity, and delight to her work, whether it be in the classroom or clinic. Practicing Ayurveda to serve all beings as an instrument of peace is Karren's greatest inspiration. She attended Carnegie-Mellon University with a double-major in English Literature and Theater Arts. Karren has done extensive Yoga Teacher Trainings and holds RYT200 certifications in Kundalini Yoga, Naam Yoga, Children's Yoga and Yoga for Troubled Youth. She is also a Level III Reiki Master.



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 travelled 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.



Shannon Kelly, ERYT₂₀₀, CAP

Faculty Member

Shannon Kelly graduated from The Ayurvedic Institute's Ayurvedic Studies Program Levels 1 and 2 as an Ayurvedic Lifestyle Consultant and as an Ayurvedic Practitioner. She served as the Pañcakarma Assistant in the Ayurvedic Institute's Panchakarma Therapist Program at VIOA, and also teaches the Gurukula Program in collaboration with the VIOA. Shannon supervises the students in our campus clinic, where she also sees clients as a Senior Practitioner. Shannon is thrilled to be teaching several courses in our Ayurvedic Studies Programs. She brings humor and levity to the students and faculty alike, both in and out of the classroom. Shannon has worked in a variety of Pañcakarma facilities, guided individuals through detox programs, and brings this nurturing experience to our students and clients.



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 deepen 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.



Alex Rice, AP RYT500

Faculty Member

Alex Rice graduated from the Ayurvedic Institute's Ayurvedic Studies Program Levels 1 & 2 as well as the 500 hour Ayuryoga program. She first learned yoga from her grandmother and came to appreciate living in harmony with nature through years of seasonal work on farms and in outdoor education before being serendipitously introduced to Ayurveda by her best friend. Alex feels extremely lucky to get to support Vasant Lad, BAM&S, MASc in his consultations and webinars. She loves to nerd out on the connections between Ayurveda and Western pathologies with the students, whether in class or in the student clinic where she supervises. She also sees clients through the AyurPrana clinic and moderates AyurPrana's seasonal cleanses, both of which greatly inform her teaching.



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. She feels truly blessed that Ayurveda fell into her lap at an opportune time. 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.



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.



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.



Beatrice Voss, AP, RYT200

Faculty Member

Beatrice joined the Ayurvedic Studies program with a background in Fine Art and Western Herbal Medicine, driven by a desire to find truly holistic modalities to support healing. She feels incredibly blessed to have studied in the Ayurvedic Studies program under the guidance of Vasant Lad and the other amazing faculty, and to now be a part of passing on the ancient teachings of Ayurveda. Since graduating from the program as an Ayurvedic practitioner, she sees clients almost daily, an experience which serves her well in supporting students in developing their own clinical practice and discussing Ayurvedic perspectives on a variety of pathologies. She holds a deep reverence for the lineage of the Ayurvedic Institute, including the heart centered approach and subtle therapies of marma, pranayama and meditation which she loves to share with students. She has supplemented her education with the Ayuryoga 200Hr YTT.



Robin Voss, AP

Faculty Member

Originally from The Netherlands, Robin Voss is a graduate of The Ayurvedic Institute's Ayurvedic Studies Program, Levels 1 and 2. Seeing clients on a daily basis serves him in supporting students in developing their clinical knowledge and skill. Whilst having a career in dance as a teenager, he simultaneously started his yoga practice, which provoked a profound interest in self-inquiry and the ancient esoteric healing arts around the globe. Having lived partially in India for years, studying yoga philosophy, logic and non-duality under the close tutelage of Dr. Vijaya Manja, Ph. D. in the traditional Gurukula setting, strengthened his devotion to Ayurveda, Sanskrit and Jyotish. Robin loves being amidst the joy of learning, discussing and discovering Ayurveda's timeless principles in the classroom. His past experience as a vegetarian chef makes the material come alive.



Amy Loeschert, ND, FABNO

Faculty member

Amy is an integrative practitioner of Medicine with a degree in Naturopathy. Her passion lies in helping her patients and clients live their most healthy and fulfilling lives. She is a graduate of the Southwest College of Naturopathic Medicine and Health Sciences. She has spent over 20 years in practice as a licensed naturopathic physician. Her specialty lies in Naturopathic Oncology—a credential that only 100 physicians in North America hold.

Amy supports our Level 3 students with their understanding and learning of pharmacology in relation to their Ayurvedic studies.



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.



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.



Tyler Wauters
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.

| Board Members

Vasant Lad, BAM&S, MASc
Chairman of the Board, President

Dr. Michael Stone,
DC Treasurer

Sharon Scaltrito, RN, BSN, MBA
Secretary

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. Click below to schedule a time to meet and chat!



Trevor Capra, Admissions Counselor, Part-Time Study Coordinator

I am excited that we are offering our first and second year programs over the course of two years to accommodate those with jobs, families, and other obligations. I look forward to connecting and answering any questions you may have!



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

Inspired and have questions? Curious and want to visit our campus?

Contact our admissions team at admissions@ayurveda.com

Excited and ready to apply?

Visit our website at ayurveda.com to get started with your online application today!

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.



| 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.

How can I prepare for ASP?

There are many ways in which you can help prepare yourself for the deep dive that is ASP. After acceptance into the program, you'll receive on-going support and resources to prepare you in body, mind, and consciousness for the exciting year to come.

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.

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.

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 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

The Campus

The Ayurvedic Institute sits nestled amongst the Blue Ridge Mountains of North Carolina in Asheville. We are thrilled to call this our home and campus for wellness! At The Ayurvedic Institute, we support the practice of authentic Ayurvedic medicine in a variety of ways to people from all over the world. In addition to our educational programs, we share our campus with the Asheville Yoga Center, and collaborate with AyurPrana in the city of Asheville.

Please see our website at Ayurveda.com for more information regarding our wellness campus!





| Life In Asheville

The Ayurvedic Institute sits in the heart of downtown Asheville, North Carolina. Everywhere you turn, you will get a glimpse of the breathtaking Blue Ridge Mountains. Asheville is alive with subtle and healing energy that may not be visible to the naked eye but is felt with every breath you take. Asheville is known across the country as a mecca of wellness and healing. Our campus itself is surrounded by therapists and healers of all kinds-acupuncturists, counselors, reiki practitioners, yoga teachers-you name it, it is there!

Situated on the East Coast, Asheville is a short drive from big cities and small mountain towns. From an outdoor adventure perspective, Asheville has it all! It is the ideal location for hiking, camping, rafting, kayaking, or climbing. If being a foodie or coffee aficionado is more your scene, on every corner is a different coffee shop or cafe, sure to whet any palates!

But don't take our word for it! Come and visit Asheville and The Institute for yourself, we'd love to have you!



Life As A Student

To become a student at The Ayurvedic Institute is to join a community. People come from all over the world to study Ayurveda with Vasant Lad, BAM&S, MASc because they are called in their hearts to do so. It is this love that brings us together and gives life to what we do. Your enthusiasm animates our community. Your enthusiasm fills this place with love. Your visions inspire our transformation and healing, individually and collectively. Your inquiry and reflection allow us all to grow wiser, more compassionate and loving. Your dedication opens the possibility for the future of Ayurveda. At The Ayurvedic Institute, the path of Ayurveda is one that we walk together.

Students, faculty and staff frequently get together for pujas (Vedic celebrations), kirtans (devotional singing), potlucks, parties, and other gatherings to celebrate and enjoy each other's company on and off campus. ASP is an intensive, transformational journey. The connections that you make here are the kind of friendships you will carry always.

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 our 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.



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!



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.



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 sohumhealing.com for more information.



Vasanta Institute of Ayurveda: 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.

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 Saṁskṛta, 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.

Healing all beings
through Ayurveda

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 National Ayurvedic Medical Association Accreditation Council (NAMAC), and graduate are eligible to set for the Ayurvedic Health Counselor, Ayurvedic Practitioner, and Ayurvedic Doctor 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.

For More Information Contact Admissions
admissions@ayurveda.com

The Ayurvedic Institute 62 Orange Street,
Asheville, NC 28801
ayurveda.com

EFFECTIVE DATE JANUARY 2024

The Ayurvedic Institute adheres to the highest standards of excellence in education, providing comprehensive, high quality programs in Ayurvedic studies. The Ayurvedic Institute was founded in 1984 as a 501(c)(3) non-profit educational institution. The Ayurvedic Institute is licensed to operate as a private post-secondary institute in the state of North Carolina. Copyright © 2024, The Ayurvedic Institute. All rights reserved.

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