

Pick Your Part-Time Path

The part-time route is an ideal option for those who prefer to move through their studies at a slower, more spacious pace over two years. It allows room in your weekly rhythm to absorb the material, integrate what you're learning, and tend to the natural flow of life alongside your studies.

While this path offers some flexibility in choosing which classes to take each year, it can be helpful to consider certain pairings that complement one another. Below, we've outlined a few suggested pathways, along with courses that work well together.

Of course, you're always welcome to design your own path*—these suggestions are simply here to support and inspire you as you plan your journey.

*Note: Foundations of Ayurveda, Becoming A Clinician, and Clinic are all reserved for your final year year of ASP1. There is no flexibility in this policy.



Class Pairings:

Ahara & Vihara Chikitsa (Nutrition & Lifestyles)

These two courses are beautifully complementary and are often best taken together. They lay the foundation for both assessment and therapeutic application within Ayurveda. Many of the principles you'll explore form the core of your therapeutic toolbox, making this a particularly supportive and cohesive pairing.

Ayuryoga for Self-Healing & Introduction to Yogic Philosophy

Together, these classes invite you into the subtler dimensions of Ayurveda. Through shared tools and perspectives, you'll explore the relationship between prāṇa—our vital life force—and overall health and well-being. They offer insight into the mind and the body's subtle channels, encouraging a more refined and gentle awareness of healing.

Anatomy and Physiology & Sanskrit

These courses are often experienced as more rigorous, so some students choose to take them in the first year of the part-time path, allowing additional time for integration. Others prefer to space them out over two years to support a steadier pace of learning and deeper digestion of the material.



Suggested Paths

RECOMMENDED 2 YEAR PLAN

Year 1 - 332 hours

- Ayuryoga for Self-Healing (54)
- Introduction to Yogic Philosophy (64)
- Sanskrit (61)
- Ahara Chikitsa (50)
- Vihara Chikitsa (25)
- Anatomy & Physiology (78)

Year 2 - 612 hours

- Foundations of Ayurveda (311)
- Becoming A Clinician (217)
- Clinic (64)
- Business & Ethics (20)

*You will organize your final schedule with an education coordinator after your enrollment agreement and deposit are paid. The schedule provided here is the most common and if you need to make adjustments across the 2 years you can discuss that with your educational coordinator. Medical professionals and licensed massage therapist may be exempt from A&P.



ASP₁ Part Time – Payment Breakdown

Total Tuition: \$16,995 Over two years

YEAR 1		
Trimester 1 - \$2844.50		
Ayuryoga	18 hours	\$ 324.06
Yogic Philosophy	25 hours	\$ 450.08
Samskrta	16 hours	\$ 288.05
Ahara Cikitsā	50 hours	\$ 900.16
Vihāra Cikitsā	25 hours	\$ 450.08
Anatomy & Physiology	24 hours	\$ 432.08
Trimester 2 - \$1620.29		
Ayuryoga	20 hours	\$ 360.06
Yogic Philosophy	15 hours	\$ 270.05
Samskrta	25 hours	\$ 450.08
Anatomy & Physiology	30 hours	\$ 540.10
Trimester 3 - \$1512.27		
Ayuryoga	16 hours	\$ 288.05
Yogic Philosophy	24 hours	\$ 432.08
Samskrta	20 hours	\$ 360.06
Anatomy & Physiology	24 hours	\$ 432.08

YEAR 2		
Trimester 1 - \$3996.71		
Foundations of Ayurveda	95 hours	\$ 1,710.30
Becoming A Clinician	127 hours	\$ 2,286.40
Trimester 2 - \$3456.61		
Foundations of Ayurveda	120 hours	\$ 2,160.38
Becoming A Clinician	72 hours	\$ 1,296.23
Trimester 3 - \$3,564.63		
Foundations of Ayurveda	96 hours	\$ 1,728.31
Becoming A Clinician	18 hours	\$ 324.06
Clinic	64 hours	\$ 1,152.20
Business & Ethics	20 hours	\$ 360.06

*This payment schedule is based on tuition before any grants or scholarships and assumes the student is following the recommended schedule. Any difference in final schedule will result in a variation in breakdown. This is meant to serve as an example. The final total will be coordinated with your education coordinator. Your deposit of \$495 will be applied towards the total tuition over 2 years.

ASP1 Part Time – Year 1 Schedule

TRIMESTER 1

Orientation September 1-3, 2026

Winter Break: November 23-January 15, 2027

Session 1: September 7-18, 2026		
Ahara Cikitsā	Monday, Wednesday, Thursday	10am-12:30pm
	Friday	3pm-5:30pm
Vihāra Cikitsā	Monday-Thursday	2pm-4:30pm
Ayuryoga	Tuesday	10am-1pm
Anatomy & Physiology	Friday	8am-11am
Samskrta	Friday	11:30am-1:30pm
Session 2: September 21-October 2, 2026		
Ahara Cikitsā	Monday, Wednesday, Thursday	10am-12:30pm
	Friday	3pm-5:30pm
Ayuryoga	Tuesday	10am-1pm
Anatomy & Physiology	Friday	8am-11am
Samskrta	Friday	11:30am-1:30pm
Session 3: October 5-16, 2026		
Anatomy & Physiology	Friday	8am-11am
Samskrta	Friday	11:30am-1:30pm
Ayuryoga	Tuesday	10am-1pm
Session 4: October 19-30, 2026		
Yogic Philosophy	Monday-Thursday	10am-12:30pm
Anatomy & Physiology	Friday	8am-11am
Samskrta	Friday	11:30am-1:30pm
Session 5: November 2-20, 2026		
	No Classes	

ASP1 Part Time – Year 1 Schedule

TRIMESTER 2

Welcome Opening Puja with Dr. Lad: Friday January 15

Session 1: January 18-February 19, 2027		
Introduction to Yogic Philosophy	Monday & Wednesday	8am-9:30am
Ayuryoga	Tuesday	2pm-6pm
Sanskrita	Friday	8am-10:30am
Session 2: February 22-March 26, 2027		
Anatomy & Physiology	Monday & Wednesday	3:00pm-6:00pm
Sanskrita	Friday	8am-10:30am

TRIMESTER 3

Session 1: April 5-April 30, 2027		
Anatomy & Physiology	Monday & Wednesday	3:00pm-6:00pm
Introduction to Yogic Philosophy	Wednesday&Thursday	8am-9:30am
Sanskrita	Tuesday & Thursday	3:00pm-5:30pm
Session 2: May 3-May 28, 2027		
Ayuryoga	Tuesday	2pm-6pm
Introduction to Yogic Philosophy	Tuesday & Thursday	8am-9:30am

***This schedule is based on the recommended year 1 course selection for a part time student.**

PLEASE NOTE ALL SCHEDULES ARE SUBJECT TO CHANGE WITH NO NOTICE

ASP1 Part Time – Year 2 (sample)

TRIMESTER 1

Orientation September 1-3, 2026

Winter Break: November 23-January 15, 2027

Session 1: September 7-18, 2026		
Foundations of Ayurveda	Monday-Thursday	8am-9:30am
Session 2: September 21-October 2, 2026		
Foundations of Ayurveda	Monday-Thursday	8am-9:30am
Becoming A Clinician	Monday-Thursday	2pm-4:30pm
Session 3: October 5-16, 2026		
Foundations of Ayurveda	Monday-Thursday	8am-9:30am
Becoming A Clinician	Monday-Thursday	2pm-4:30pm
Session 4: October 19-30, 2026		
Foundations of Ayurveda	Monday-Thursday	8am-9:30am
Session 5: November 2-20, 2026		
Becoming A Clinician & Clinic Observation	Monday-Friday	8am-5pm

TRIMESTER 2

Session 1: January 18-February 19, 2027		
Foundations of Ayurveda	Monday-Thursday	10am-1pm
Becoming A Clinician	Monday & Wednesday	2pm-4:30pm
Session 2: February 22-March 26, 2027		
Foundations of Ayurveda	Monday-Thursday	10am-1pm
Becoming A Clinician	Tuesday & Thursday	8:00am-9:30am
Becoming a Clinician: Clinic Observation*	Friday	1pm-5pm

ASP1 Part Time - Year 2 (sample)

TRIMESTER 3

Session 1: April 5-April 30, 2027

Foundations of Ayurveda	Monday-Thursday	10am-1pm
Becoming a Clinician	Tuesday	8:00am-9:30am
Clinic	Friday	8am-6pm

Session 2: May 3-May 28, 2027

Foundations of Ayurveda	Monday-Thursday	10am-1pm
Becoming a Clinician	Monday	2pm-5pm
Clinic	Friday	8am-6pm

The year 2 schedule is here to provide you an example. The exact dates and times will be set in early 2027

