HEALING ALL BEINGS THROUGH AYURVEDA
EFFECTIVE DATE OCTOBER 1, 2019

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 New Mexico corporation and licensed by the state of New Mexico as a private post-secondary school in 1994.

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Ayurveda is beyond beginning and ending. A science of eternal healing, it is compared to a vast ocean, and studying Ayurveda to swimming across. A true teacher can teach one how to swim, but the swimming is up to the student;... it is a lifelong journey.

Charaka Samhita
Sutrasthana, Chapter 3
Welcome to learning Āyurveda at The Ayurvedic Institute.

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 prakṛti, 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 vikṛti.

Prakṛti is your unique nature and vikṛti 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, dhatu, mala vijñana (knowledge), prakṛti vijñana, vikṛti vijñana, samprāpti vijñana, then we will understand our own imbalances. Knowing this, we can re-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 mokṣa. Dharma is righteous duty, artha is monetary success, kāma is fulfillment of positive goals, and mokṣa is self-realization.

It’s that simple!

Dr. Vasant Lad, BAM&S MASc
Ayurvedic Physician, President and Principle Instructor
The Living Wisdom Of Āyurveda

“Ayurveda finds its home in the hearts of special beings whose dharma it is to preserve and maintain traditions of wisdom for the purpose of healing themselves and the world.”

— Textbook of Ayurveda, Vol 1

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. Āyuḥ means life and veda means knowledge. Āyurveda states that the purpose of life is to know and realize our true nature, and to express this in one’s daily life. 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. Āyurveda offers a profound understanding of each person’s unique body, mind, and consciousness, that is the foundation of health and happiness.

Vedic tradition is composed of highly spiritual wisdom and pure knowledge revealed through the hearts of enlightened rśis (ancient seers). It is not a creation made by the mind of humankind but rather a revelation from the hearts of meditative sages. This ancient wisdom came from the caves and mountains of India. Students came to study with them, and the rishis imparted knowledge as they experienced it in a deep state of meditation. This knowledge 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.

As part of this lineage, our mission at The Ayurvedic Institute is: Healing All Beings Through Āyurveda. We do this in many ways: student clinic, pañcakarma, detoxification programs, and through a variety of educational programs.
Our 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.

✍️ **Authentic Āyurveda relevant to the modern context.**

Learn Sāṃskṛta, sūtras, 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 Sāṃskṛta texts.

✍️ **An experiential and practical approach.**

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

✍️ **Extensive clinical experience.**

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

✍️ **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 Dr. Vasant Lad, world-renowned teacher and practitioner of Ayurveda. Dr. Vasant Lad is the director and principal instructor for all program offerings. He founded The Ayurvedic Institute more than four decades ago and his vision continues to shape the educational philosophy, program offerings, and curriculum.

Our programs are offered from The Ayurvedic Institute in Albuquerque, New Mexico in the United States and in collaboration with the Vasanta Institute of Ayurveda (VIOA) in Pune, India.
We Offer

Full-time, in-depth professional certificate programs from our New Mexico campus for those looking to practice as professional Āyurvedic Health Counselors (ASP1) and Āyurvedic Practitioners (ASP2)

Foundational learning and continuing education through weekend seminars, webinars, and weeklong intensives at our New Mexico campus as well as various trainings in India
Ayurvedic Studies Programs

Āyurveda is the science of self-healing. Here, we recognize, that in order to support others in their healing, we must authentically engage in our own. As a student at The Ayurvedic Institute you will be asked to engage in self-inquiry, grow in your understanding of self through an Āyurvedic perspective, and apply what you are learning to your own life. It is a program that 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 Āyurveda into a professional training program that supports you in becoming an Āyurvedic professional capable of serving others in realizing their true nature and the expression of it in their daily life.

The Ayurvedic Studies Programs 1 and 2 (ASP1 and ASP2) are designed as comprehensive training programs to prepare you to graduate as an Āyurvedic professional within a particular scope of practice. ASP1 students graduate as certified Ayurvedic Health Counselors and ASP2 students graduate as certified Ayurvedic Practitioners. Our curriculum meets the educational competencies established by the National Ayurvedic Medical Association (NAMA) and graduates are eligible to sit for the respective certification exams of the NAMA Certification Board.

Our programs are academically rigorous. Each program is a full-time, in-person, 10-month training that begins in September with a required orientation and completes in June with graduation. The school year is divided into three trimesters. Each week you can expect to be in class for 25 - 30 hours, with additional hours spent outside of class for studying and homework.
“My time at The Ayurvedic Institute has allowed me to understand my past, accept my future, and allowed me to witness the present. I feel that learning Ayurveda has given me a tool to bridge the language between nature and my own being.

Samantha Hellmann, ASP2 Student
Ayurvedic Studies Program Level 1

AYURVEDIC HEALTH COUNSELOR

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

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

Ayurveda is unparalleled in its ability to give specific, individualized recommendations appropriate for the individual. As an Ayurvedic Health Counselor you will give diet and lifestyle recommendations to support your client’s path towards greater health and well-being. You’ll learn how to work with food as medicine and recommend dietary modifications to adjust what, when, and how a client is eating. You’ll learn the effect of lifestyle, the importance of daily and seasonal routines, and lifestyle recommendations to offer clients including self-care practices, meditation, contemplative exercises, and prāṇāyāma (breathing exercises).

ASP1 provides an understanding of Ayurveda through classroom and supervised clinic time. As Ayurveda is the science of life, its study yields insights that are applicable to all aspects of our lives. Graduates from ASP1 go into practice as Ayurvedic Health Counselors, pursue additional clinical training, or integrate the wisdom of Ayurveda into their various personal and professional endeavors.
ASP1 Course Descriptions

FOUNDATIONS OF ÁYURVEDA

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

The first trimester includes a series of videotaped lectures by Dr. Vasant Lad, BAM&S, MASC with questions, teaching activities, and assessments facilitated by our faculty. In the second and third trimesters, Dr. 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:

- Understanding the foundational aspects of Áyurveda including understanding the Shad Darshan Philosophies, specifically Samkhya’s Philosophy and its role in Áyurveda.
- Learn the concepts of Áyurveda by understanding the guṇas, pañcaguhā, dosas, prakṛti, vikṛti, dhātu, āgni, and āma.
- Exploring the technical skills of an Áyurvedic Health Counselor including nidāna pañcaka, stage of samprapti, 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 Áyurvedic principles and learn how to assess a client based on doshas vijñāna, mala vijñāna, vikṛti/prakṛti vijñāna, and many other factors.
- Define and be able to identify in life the concepts of ojas, tejas, & prana, and sattva, rajas, & tamas.

ÁHARA CIKITSĀ: FOOD AS MEDICINE

Áyurveda 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. Objectives for this course include:

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

VIHĀRA CIKITSĀ: LIFESTYLE PERSPECTIVES IN ÁYURVEDA

Áyurveda 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. Objectives for this course include:

- Apply the principles of vihara in your own life through practice and experimentation.
- Describe and explain the concepts of agni, āma, dosas, and guṇas as it relates to vihara.
Define dinacārya and its components with application to one’s self.

Provide clear explanations of dinacārya techniques.

Create day and night routines based on doṣa assessments.

Give vihara recommendations for clients based on Āyurvedic principles.

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. Objectives for this course include:

- Exhibit skills and competency in determining the state of the doṣa, subdoṣa, dhātu, upadhātu (by-products of nutrition) and śrotāṃsi (pathways), then be able to assess based on trīvidā parīkṣanam (darśana, sparśana, and praśna).

- Demonstrate the ability to hold space for your clients without judgement and through the lens of compassion.

- Integrate Āyurvedic observation, Āyurvedic questioning, and Āyurvedic listening via interaction and role play.

- Describe the essential qualities of a practitioner and start forming your own values and identity as a practitioner.

- Identify guṇas in your environment and in clients. Observe doṣas in your environment and in clients. Interpret basic agni and ama clues.

- Learn to read the face and tongue of the client.

- Describe and identify the stages of samprapti.

- 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.

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 pranayama (breathing practices). Objectives for this course include:

- Understanding the basics of Ayuryoga® as taught by Dr. Vasant Lad, BAM & MAsC.

- Learning and implementing pranayama 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 asana and how they relate to vātā, 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 asanas in class.
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 Ayurveda’s approach to treating each client as an individual. This is a practical, hands-on clinical interaction with clients in a supervised setting.

SURFACE ANATOMY

Can you please replace the description with: In this course, students will develop manual skills as they learn to identify anatomical landmarks through hands-on practice. Students will be guided in locating major bony landmarks, superficial muscles, and other key structures to provide them with confidence in the manual skills they will need to support their clinical work. Objectives for this course include:

- Identify and locate major bony landmarks and surface features and use them to determine the location of internal organs.
- Learn the major body parts in Samskrta.
- Utilize this knowledge in clinical classes and assessments with clients.

FIRST TRIMESTER 269 HOURS

25 HRS Æhāra Cikitsā: Food as Medicine
20 HRS Vihāra Cikitsā: Lifestyle Perspectives in Ayurveda
20 HRS Ayuryoga® Cikitsā for Self-Healing
20 HRS Becoming a Clinician
100 HRS Foundations of Ayurveda
20 HRS Anatomy & Physiology
20 HRS Samskrta
24 HRS Surface Anatomy
20 HRS Tutoring

SECOND TRIMESTER 245 HOURS

25 HRS Æhāra Cikitsā: Food as Medicine
20 HRS Vihāra Cikitsā: Lifestyle Perspectives in Ayurveda
20 HRS Ayuryoga® Cikitsā for Self-Healing
20 HRS Becoming a Clinician
120 HRS Foundations of Ayurveda
20 HRS Anatomy & Physiology
20 HRS Samskrta

THIRD TRIMESTER 286 HOURS

20 HRS Samskrta
120 HRS Foundations of Ayurveda
75 HRS Clinical Consultations & Case Review
30 HRS Anatomy & Physiology
20 HRS Ayuryoga® Cikitsā for Self-Healing
21 HRS Ayurvedic Engagement (total)
ANATOMY & PHYSIOLOGY

This course provides a foundation in Western Anatomy & Physiology. Laying the foundation with anatomical terminology, basic cytology and histology, this class will progress to explore the structures and functions of each of the 11 body systems. Students will gain an appreciation for the levels of organization, the interrelationships between body systems and the concept of form and function as it relates to the human body. Examining each body system from a Western perspective will allow students to forge deeper connections in their Ayurvedic studies, supporting an integrated understanding that can serve to strengthen the bridge between the Ayurvedic and Western medical models. Objectives for this course include:

- 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.

SAMŚKRṬA

Samśkrṭa is an indispensable tool in the study and practice of Ayurveda.
For thousands of years the knowledge of Ayurveda has been passed down in the form of sutras, or small phrases. These sutras, from the classical texts of Ayurveda, 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 Samskṛta terms of Ayurvedic anatomy, physiology, pathology, and cikitsā (treatment plan). Objectives for this course include:

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

Credit-earning Engagement lectures, discussions and activities provide greater depth of technical knowledge, additional hands-on client experience related to Ayurvedic concepts, or experiential learning opportunities to bring Ayurvedic theory to life for ASP students.

Students also have the option of designing an individual project to delve deeper into an Ayurvedic theme of their own choosing and present these as poster presentations and/or research projects at the end of the year.

TUTORING

In this class, ASP1 students get the opportunity to advance the foundational skills and theory of Ayurveda. Through mentorship of the second-year students, and along with faculty members, students will have the opportunity to expound material from all of their classes and dive deeper into the content.

AYURVEDIC ENGAGEMENT

Ayurvedic Engagement is a series of electives designed to help students explore and achieve their unique personal, academic, and career goals within the scope and structure of the ASP curriculum. Some elective seminar credit earning sessions are organized by The Ayurvedic Institute. These include seminars and webinars taught by Dr. Vasant Lad, BAM&S, MAsc as well as sessions planned throughout the trimesters on specific topics designed to provide additional learning opportunities by faculty members and/or guest lecturers. Elective seminar credits can also be awarded through the completion of credit-earning projects designed by you through a supervised process in which you work with Ayurvedic staff and faculty with knowledge in the topic area.
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 Ayurvedic theory with emphasis on how imbalances develop, root causes, contributing factors, disease process, and treatment. This understanding integrates the Ayurvedic 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 Ayurvedic herbs in clinical practice and to build customized herbal formulas for clients. You’ll learn valuable hands-on body therapy treatments and expand your use of yoga practices such as prāṇāyāma (breathing techniques), mantra (chanting), and mudra (specific arrangements of the hands).

ASP2 is oriented towards clinical experience. All your learning becomes grounded in clinical application during your weekly shifts in clinic, supporting Dr. 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 Dr. 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 Dr. Vasant Lad, along with senior practitioners and faculty, with pulse reading, palpation, percussion and blood pressure and with the client instruction of a particular prāṇāyāma (breathing practices), meditation and other recommendations. This is an opportunity for students to receive one-on-one hands-on practice and mentorship that will deepen students’ understanding of his distinct knowledge and approach to client assessment and Āyurveda (treatment protocol), the foundation of The Ayurvedic Institute’s curriculum and standards. Objectives for this course include:

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

**AYURYOGA® CIKITSĀ FOR CLIENTS**

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

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

**VANASPATI DRAVYAGUṆA ŚĀSTRA: THE SCIENCE OF HERBOLOGY**

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

- Gain an understanding of Ayurvedic herbs and other substances by applying the logic of rasādi pañcakam- knowledge of the rasa (taste), virya (potency), vipāka (post-digestive effect), guṇa (quality), and prabhāva (special action) of each, along with their Latin binomials.
Design custom herbal formulations in the tradition of Dr. 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, curña, ghi, 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 koṣṭha (pattern of elimination) of the client as well as the best times for administration of herbs.

Ascertain the indications for using herbs and contraindications to assure safe use.

Expand your knowledge of herbs by learning appropriate storage, types of processing of herbs, various levels of purity available, and government regulations regarding use and accessibility of herbs.

MARMĀ 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 Saṁskṛta names, identifying locations on the body and indicating 2-3 therapeutic actions for each.

- Apply Dr. 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 JYOTIṢA**

This course gives an introduction to Medical Jyotiṣa, a Vedic astrology system, with an emphasis on Ayurvedic interpretation and utility. Jyotiṣa provides another data point that shows confluence, or lack thereof, in a clinical assessment or a treatment plan given by an Ayurvedic 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 NĀDĪ VIJÑĀNAM**

Pulse reading is one of the most valuable assessment tools in Ayurveda. 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 (nādi) 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 prakṛti and vikṛti in an individual based on pulse assessment.

- Understand and identify the seven levels of the pulse as taught by Dr. Vasant Lad.

- Practically apply the use of pulse assessment when interacting with clients.

**SAṁSKṛTA**

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

- Continue work in furthering grammar skills in order to understand sutra formation.
Begin reading and understanding classical texts in Ayurveda.

Learn a set of sutras from classical Ayurvedic texts that correlates with overall ASP1 curriculum.

Be able to transliterate to and from Devanāgri to Roman alphabet.

Know basic, common Sanskrit terms with application to Ayurveda.

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 Dr. Vasant Lad.

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 Ayurvedic 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 Ayurvedic examination techniques and design of treatment protocols.

Hone Ayurvedic treatment skills such as marma (acupressure therapy) and external warm-oil basti with in-clinic clients, also under supervision of our Senior Practitioners.

ŚAMANA CĪKITSĀ: ĀYURVEDIC BODYWORK

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

Employ Ayurvedic therapeutic treatments to treat doshas and dhātu 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 Ayurveda. This course provides students with this understanding.
The course is designed to complement Gurukula and the Clinical Assessment of Śrotāṃsi courses to enhance a student’s ability to bridge an Ayurvedic 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 Ayurvedic 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.

Know the factors associated with imbalances (vrddhi and kṣaya) in each śrotas.

Understand the relationship between doṣas, dhatu, and mala vijñāna.

State normal verses abnormal findings for each śrotas.

Demonstrate proper inspection, auscultation, palpation and percussion techniques.


**ĀYURVEDIC ENGAGEMENT**

Āyurvedic Engagement is a series of electives designed to help students explore and achieve their unique personal, academic and career goals within the scope and structure of the ASP curriculum. Some elective seminar credit earning sessions are organized by The Ayurvedic Institute. These include seminars and webinars taught by Dr. Vasant Lad, as well as sessions planned throughout the trimesters on specific topics designed to provide additional learning opportunities by faculty members and/or guest lecturers. Elective seminar credits can also be awarded through the completion of credit-earning projects designed by you through a supervised process in which you work with Āyurvedic staff and faculty with knowledge in the topic area.

Credit-earning Engagement lectures, discussions and activities provide greater depth of technical knowledge, additional hands-on client experience related to Āyurvedic concepts, or experiential learning opportunities to bring Āyurvedic theory to life for ASP students.

Students also have the option of designing an individual project to delve deeper into an Āyurvedic theme of their own choosing and present these as poster presentations and/or research projects at the end of the year.
Words from our experts

The ASP programs foster an environment that supports the student through a variety of learning methods: creative group projects, internal reflections, research, and application of the theory he/she is learning in class. We believe classroom learning must become applicable, thus experimenting with foods & asana are encouraged, clinical hands-on skills with clients are taught, etc. We want to create an environment where the art and science of Ayurveda comes to life and can be experienced by the student.

Sneha Raichada
Dean of Education
Our ASP1 & ASP2 are full time, residential programs, allowing the student to immerse themselves in Ayurveda. Students have the opportunity to live and breathe Ayurveda in a like-minded and supportive community. This allows them to gain confidence in Ayurveda in unique, hands on manner.

Shannon Kelly
Instructor

The Ayurvedic institute is a magical place where students not only learn an ancient science of healing and longevity but are inspired to access the deepest part of their inner being. This integrated approach allows practitioners, upon graduation, to understand their clients and meet them on a myriad of levels; mind, body and soul. We cannot separate one from the other and must provide down to earth solutions for our clients that access all three dimensions.

Mitesh Raichada
Executive Vice Presicent & Instructor
ASP Tuition, Fees & Important Dates

All students are charged the same tuition for the program in which they are enrolled. We do not charge more or less for international students, students receiving VA benefits, or returning students. We keep the tuition simple and straightforward. There are no additional fees for clinical time, supervision etc.; it’s all part of the tuition listed here. The program tuition is broken up by trimester to help people space out the payments. The tuition is due before each trimester begins. See the Student Handbook for more details. It is possible to pay all tuition at one time, if students prefer.

All applicants pay a one-time, non-refundable registration fee of $150. A deposit of $499 is required after conditional acceptance into the program. * Contact admissions for details.

TUITION

<table>
<thead>
<tr>
<th>2020-2021 ASP 1</th>
<th>2020-2021 ASP 2</th>
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<tbody>
<tr>
<td>1st trimester $4,332*</td>
<td>1st trimester $4,999*</td>
</tr>
<tr>
<td>2nd trimester $4,332</td>
<td>2nd trimester $4,998</td>
</tr>
<tr>
<td>3rd trimester $4,331</td>
<td>3rd trimester $4,998</td>
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<tr>
<td>TOTAL $12,995</td>
<td>TOTAL $14,995</td>
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</table>

FINANCIAL SUPPORT

The Ayurvedic Institute does not currently offer or administer government-sponsored financial aid or other loan programs. ASP1 and ASP2 are approved for eligible persons to receive benefits from the VA.

TUITION REFUND SCHEDULE

<table>
<thead>
<tr>
<th>Date of student withdrawal as a % of the enrollment period* for which student was obligated</th>
<th>Portion of tuition and fees (not including registration fee) obligated and paid that are eligible to be retained by the institution</th>
</tr>
</thead>
<tbody>
<tr>
<td>On 1st class day</td>
<td>0%</td>
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<tr>
<td>After 1st day; within 10%</td>
<td>10%</td>
</tr>
<tr>
<td>After 10%; within 25%</td>
<td>50%</td>
</tr>
<tr>
<td>After 25%; within 50%</td>
<td>75%</td>
</tr>
<tr>
<td>50% or thereafter</td>
<td>100%</td>
</tr>
</tbody>
</table>

ORIENTATION

We begin the year with a required orientation for both ASP1 and ASP2. 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.

* A trimester or other term of instruction which the student has begun and for which the student has agreed to pay the tuition.

* The deposit of $499 will be deducted from this total once received. Please see Admissions Team for details.

* Note, applicants eligible to receive VA Post 9-11 GI-Bill® benefits under Chapters 31 & 33 are exempt from paying tuition deposits in accordance with Title 38 US Code 3679(e). See pages 36 & 37 for more information on this policy.

* For any students receiving VA Benefits please refer to the Veterans Affairs Benefits section (pg. 36-37) for VA specific refund policy.

GI Bill® is a registered trademark of the U.S. Department of Veterans Affairs (VA). More information about education benefits offered by VA is available at https://www.benefits.va.gov/gibill/.
First Trimester (T1) Fall 2020

Sep 8  ASP1 Orientation; Last day to pay tuition without incurring late fees
Sep 9  ASP2 Orientation
Sep 14  First Day of Classes
Oct 12-16  Exam Week
Nov 16-20  Exam Week
Nov 23-27  Thanksgiving Break
Dec 11  Last Day of Classes
Dec 14-Jan 8  Winter Break, Clinic Closed

Second Trimester (T2) Winter 2020

Jan 11  First Day of Classes
Feb 8-12  Last day to pay tuition without incurring late fees
Mar 15-19  Exam Week
Mar 19  Exam week
Mar 19  Last Day of Classes
Mar 22-26  Spring Break, Clinic Closed

Third Trimester (T3) Spring 2021

Mar 29  First Day of Classes
Apr 26-30  Last day to pay tuition without incurring late fees
May 31  Exam Week
June 1-23  Memorial Day: Campus closed
Jun 24  Oral Exams
Official last day of school is June 25, 2021
Seminars, Intensives & Webinars

Weekend seminars, webinars, and week-long intensives are all phenomenal opportunities to learn from Dr. Vasant Lad for those who are inspired to deepen in their study of Ayurveda, if you are just beginning your journey, are a long-time student, or are an Ayurvedic professional.

Dr. Vasant Lad brings his depth and breadth of expertise to these events, shedding light on an incredible range of subjects including pulse diagnosis, marma therapy (an Ayurvedic therapy that utilizes vital energy points on the body), Ayurvedic nutrition, prāṇāyāma (breathing practices), the cakra system, kundalini šakti, women’s and children’s health, vāstu (the Vedic science of architecture), jyotiśa (Vedic astrology), and much more! These shorter educational offerings change each year and qualify for NAMA PACE credits. See our upcoming offerings at ayurveda.com/seminars.

Please contact our Main Office (505) 291-9698 Ext. 0 for more information. Previous lectures of the first night’s lecture are available through our online video library at ayurveda.com/video-stream.
Seminars And Intensives FAQs

What can I expect during a seminar or intensive?
You can expect to learn from Dr. Vasant Lad and senior faculty members, diving deeply into specific topics of Ayurveda. Seminar and intensive topics change each year, so check our website often for updates and more information. See our website for a detailed welcome booklet to guide you further on what to expect, how to pack, etc. You will receive a certificate of completion for your participation whether you have attended 100% of the course.

How do I register for a seminar, webinar, or intensive?
It's easy! Pick your seminars from our website, register online at ayurveda.com or call our office to register at (505) 291-9698 Ext. 0. Full payment is due at the time of registration.

Are there any prerequisites?
For most of our offerings there are no prerequisites. Our website has all the details for each course including any information about a particular course’s prerequisites. Be sure to read this before you register or contact our Main Office at office@ayurveda.com or (505) 291-9698 Ext. 0.

If I become a member, do I get discounts on seminars, webinars, and intensives?
Yes! In fact, becoming a member for just $35 (or $60 for international addresses) gets you a whole year of 10% discounts on all our seminars, webinars and intensives in addition to products in our store and quarterly issues of Ayurveda Today.

Can I receive CEUs?
Many of our seminars and intensives are approved by the National Ayurvedic Medical Association's (NAMA) PACE CEUs. You may also submit your certificate of completion to other professional organizations for CEU credits.
The Vasanta Institute Of Āyurveda

The Vasanta Institute of Ayurveda (VIOA) is the realization of a long-time vision of Dr. Vasant Lad, a place where people from all over the world can come study Āyurveda in India, learning and living in community. The VIOA campus is an education center consisting of a pañcakarma treatment facility, clinic, classrooms, an Āyurvedic pharmacy, on-campus housing, and a kitchen and dining hall.

Since 2013 when the center was established, VIOA has been gradually expanding its educational programming offered in collaboration with The Ayurvedic Institute.

VIOA is a place of educational and personal transformation. Students are able to immerse themselves in traditional Ayurvedic studies, learning through the lenses of herbs, therapies, client interaction, and so much more.

The Ayurvedic Institute works in collaboration with Vasanta Institute of Āyurveda for spreading Āyurveda in the world and continuing our mission of Healing all Beings through Āyurveda.

For more information regarding our current programming, please refer to our website https://www.ayurveda.com/education/pune-training-programs.
Ayuryoga® Teacher Training Program

The Ayurvedic Institute currently offers Ayuryoga® Teacher Training programs that run concurrently with the ASP1 and ASP2 programs. Students enrolled in these trainings will receive Yoga Alliance certification upon completion of the program. This training embraces a therapeutic synergy between Ayurveda and Hatha Yoga, developed by Dr. 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 dhatuṣ (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 Ayurveda, 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.
ASP Faculty & Practitioners

**DR. VASANT LAD**
BAM&S, MASc
Ayurvedic Physician and Executive Director

Dr. 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. Dr. 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, Dr. Vasant Lad is respected throughout the world for his knowledge of Āyurveda. Dr. 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.

“All teachers and faculty, with their profound experience, knowledge, and practical application of Ayurvedic Principles in their daily lives, guide our students and make them equally competent to explore the ancient Vedic wisdom during the 21st century.”

Dr. Vasant Lad, President and Principle Instructor
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 Tattvagnan 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 Dr. 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 Ayurveda, 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 Ayurveda. He is dedicated to creating successful, thriving businesses by integrating wellness models into the core of their operations.

SNEHA RAICHADA MPT, E-RYT 200, AP
Faculty Member, Director of Operations - Dean of Education,
Campus Director

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 Ayurveda 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 Ayurveda in the clinic as a Senior Practitioner and in her private practice.

KUSUM BHANDARI AP, CHC
Faculty Member

A graduate of The Ayurvedic Institute’s Ayurvedic Studies Program Levels 1 and 2, Kusum is an Ayurvedic Practitioner, faculty member and clinic supervisor at The Ayurvedic Institute. She is also an Integrative Nutrition Health Coach and has a Masters in Clinical Psychology, and a Post-Masters in Couples and Family Therapy from Drexel University, Philadelphia. Prior to her training as an Ayurvedic Practitioner, she worked as a Psychology Associate and Crisis Counselor at Western Maryland Health System in Maryland. Kusum is passionate about empowering and supporting others in their journey of health and well-being.
**UMA JOLICOEUR** AP  
Faculty Member

Uma is a graduate of the Ayurvedic Studies Program Levels 1 and 2 as an Ayurvedic Lifestyle Consultant and as an Ayurvedic Practitioner. She helps Dr. Vasant Lad, BAM&S, MASc coordinate the seminars, webinars and intensives that are offered at The Ayurvedic Institute. Before studying at the Ayurvedic, Uma completed a Farm to Pharmacy 7 Month Herbal Internship Program in Conway, MA and continues to study Western herbology with Albuquerque Herbalism. Uma is passionate about teaching and about bringing her background in graphic design into her work for the Institute. In addition to being an Ayurvedic Practitioner, Uma is Reiki II Certified.

**SHANNON KELLY** AHC, AP  
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 Pañcaparparma 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 variety of Pañcaparparma facilities, guided individuals through detox programs, and brings this nurturing experience to our students and clients.

**PRANAV LAD** MD, ND  
Faculty Member

Inspired by his father, Dr. Vasant Lad, BAM&S, MASc, to learn modern medicine and to integrate this form of medicine with Eastern medical disciplines, Pranav first completed his premed studies and received a B.Sc. in Biology. After receiving his Doctor of Medicine (M.D.), he decided to pursue academic medicine.

He spent several years as an assistant medical director for a medical solutions company where he trained U.S. and international medical students to pass the medical board exams. Pranav also joined a Naturopathic Medical School where he was trained to integrate Acupuncture, Homeopathy, Allopathic medicine, and mind-body medicine along with several other modalities, and received his Doctor of Naturopathy degree. Pranav continues his education in alternative medicine.

Pranav has also been a lifelong student of Śaṃskṛta. His studies began in his youth when he learned to read and write in Devanāgri in school. Throughout his childhood, he learned Śaṃskṛta chants from his father. He has continued these academic pursuits with extensive studies of the language and transmits a deep knowledge and appreciation of Śaṃskṛta in the classroom.
**VRINDA DEVANI** MD, FACOG, AP  
Faculty Member

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 Dr. Vasant Lad, 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.

**EMILY COONEY** LMT  
Faculty Member

Originally from Western Massachusetts, Emily moved to New Mexico to study massage and bodywork in 2005. She quickly discovered a passion for Anatomy & Physiology, which she began teaching after graduating from massage school. She has been blessed to learn from and work with a number of phenomenal instructors and mentors along the way. Emily has taught in a variety of settings over the past 20 years, from volunteering as an art teacher in Massachusetts public schools to teaching Language Arts and History in the Albuquerque Public School system. She has been teaching Anatomy & Physiology at the Ayurvedic Institute since 2014. Emily has great enthusiasm for her subject and ignites that passion in her students. She has pursued studies in mind-body medicine for the past decade. A practicing massage therapist, she is equally passionate about promoting health in the community through bodywork and natural therapeutics.

**BHANU PATEL** AP  
Faculty Member

Originally from the beautiful country of Zambia, Bhanu began her journey of Ayurveda auditing courses at the Ayurvedic Institute along with her daughter. Before she knew it, she had not only graduated from the Ayurvedic Institute’s Ayurvedic Studies Program Levels 1 and 2, she had also gone on to complete our Gurukula and Pañcakarma Programs in Pune, India, as well as completing an advanced Ayurveda Training at the Chakrapani Ayurveda Clinic and Research Center in Jaipur, India. Additionally, Bhanu graduated from The Ayurvedic Institute's 500-hour Ayuryoga® program. Bhanu is also a Level 6 Core Synchronism practitioner. She has served in a multitude of capacities at the Ayurvedic Institute, from our Main Office to the Herb Department. Bhanu currently brings her kindness and expertise to our community and students as a practitioner in the clinic and a faculty member.
**KARREN ABRAMS** AP, RYT-200  
Faculty Member

Karren (Sat Ātmā) is grateful to serve in a variety of roles (education, clinic, and operations) at the beloved Ayurvedic Institute where she graduated from the Ayurvedic Studies Program Levels 1 and 2 as an Ayurvedic Practitioner. She brings compassion, ingenuity, and delight to her work, whether it be in the classroom, clinic, or as a medical writer and strategist in the corporate boardroom. Practicing Ayurveda to unveil the inner mysteries of life and to serve all beings as an instrument of Peace are Karren’s greatest inspirations.

Her advanced certifications in yoga, medicinal essence therapy, divine spiritual wisdom, healing arts, and creative writing have been put to good use over the past 3 decades, helping to uplift people in hospitals, women’s shelters, addiction centers, and organizations for children at home and abroad. Karren also creates immigration rights materials for various human justice organizations. She attended Carnegie-Mellon University with a double-major in English Literature and Theater Arts and was an entrepreneur at a 200-acre community arts center, restaurant, campground, and wholistic resort in the heart of the Adirondack Mountains.

Karren has done extensive Yoga Teacher Trainings and holds RYT-200 certifications in Kundalini Yoga, Naam Yoga, Children’s Yoga, and Yoga for Troubled Youth. She is a Level III Reiki Master.

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**NISHITA SHAH** E-RYT 200, AP  
Faculty Member, 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 Dr. Vasant Lad. 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. Nishita also finds great beauty in language and holds a deep appreciation for Samskṛta as the mother tongue of all other languages. She is thrilled to bring her love and appreciation for these subjects into the classroom.
AXELLE LATORTUE AP
Faculty Member

Originally from Port-au-Prince, Haiti, Axelle is a graduate of The Ayurvedic Institute’s Ayurvedic Studies Program, Levels 1 and 2. She also holds an M.S. in Foreign Service and has worked for 10 years with overseas governments to help them achieve their education system goals.

After several years of practicing Ashtanga Yoga—inspired by the close connections between yoga and Ayurveda—Axelle began to incorporate Ayurveda as a topic of study. Passionate about being of service to her community, she loves connecting with clients and friends alike through the principles and recommendations that Ayurveda has to offer.

An Ayurvedic Lifestyle Consultant and Ayurvedic Practitioner, Axelle works in the Ayurvedic Center for Healing, Life, and Longevity, where she is excited to accompany clients in achieving their wellness goals. She also serves as a faculty member and student clinic supervisor.

LUSCHA WEEKS MA, LPCC, AP, LMT
Faculty Member

Luscha provides student counseling for ASP1 & ASP2 students as well as counseling for the community in The Ayurvedic Institute’s Center for Healing, Life and Longevity. She served as a therapist in the Ayurvedic Institute’s Panchakarma department for 16 years, giving abhyanga, shirodhara, and color therapy. She has also taught Yoga, Applied Skills, and Emotional Healing from an Ayurvedic Perspective. Luscha brings a wealth of experience and perspective to her work, both with clients and in the classroom.

Luscha is a licensed counselor (LPCC). She graduated from Southwestern College in Santa Fe, NM in 2004. She also holds a massage license (LMT). Her Ayurvedic studies include the Ayurvedic Studies Program Levels 1 and 2 at the Ayurvedic Institute as well as the Jyotisha Trilogy with Hart de Fouw. She has been working at the Ayurvedic Institute since 1995.

Board Members

DR. 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
Applying To ASP1 & ASP2

ADMISSIONS CRITERIA

- Received a high school diploma or GED, or international equivalence
- 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

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.

APPLICATION PROCESS

Begin your application process at ayurveda.com. There you will find our online application. Once your application is complete and received, our Admissions Team will schedule you for the next steps of the application process including a phone conversation and an interview. Interviews can be done at a distance.

Once a student has completed the application process, they will be either denied or conditionally accepted into ASP. If conditionally accepted, they will be asked to make a deposit, read our Student Handbook, and sign a Student Enrollment Agreement. Once the deposit and documents have been received, the student is officially accepted into the ASP program. Any student signing an enrollment agreement or making an initial deposit or payment toward tuition and fees of The Ayurvedic Institute shall be entitled to a cooling-off period during which time the agreement can be withdrawn and those payments shall be refunded.

Once accepted, you’ll receive on-going support to help you prepare for your upcoming adventure of diving deeply into the world of Ayurveda.

VETERANS AFFAIRS BENEFITS*

The Ayurvedic Studies Programs, Levels 1 and 2, are approved for eligible persons to receive benefits from the US Department of Veterans Affairs (VA). These students are required to abide by both VA and The Ayurvedic Institute’s policies as detailed in our Academic Catalog and Student Handbook.

*Note, applicants eligible to receive VA Post 9-11 GI-Bill® benefits under Chapters 31 & 33 are exempt from paying tuition deposits in accordance with Title 38 US Code 3879(e). See pages 36 & 37 for more information on this policy.

GI Bill® is a registered trademark of the U.S. Department of Veterans Affairs (VA). More information about education benefits offered by VA is available at
VETERANS AFFAIRS BENEFITS

Contact the VA’s regional processing office directly at 888-442-4551 to discuss your benefits. As part of your application packet, we will need your certificate of eligibility (COE) and transcripts from all previously attended post-secondary schools and trainings, including your joint service transcript.

VA Pending Payment Compliance

In accordance with Title 38 US Code 3679(e), this educational institution adopts the following additional provisions for any students using U.S. Department of Veterans Affairs (VA) Post-9/11 G.I. Bill® (Ch. 33)1 or Vocational Rehabilitation & Employment (Ch. 31) benefits, while payment to the institution is pending from the VA. This educational institution will not:

- Prevent the student’s enrollment;
- Assess a late penalty fee to the student;
- Require the student to secure alternative or additional funding;
- Deny the student access to any resources (access to classes, libraries, or other institutional facilities) available to other students who have satisfied their tuition and fee bills to the institution.

However, to qualify for this provision, such students may be required to:

- Produce the VA Certificate of Eligibility (COE) by the first day of class;
- Provide a written request to be certified;
- Provide additional information needed to properly certify the enrollment as described in other institutional policies.

Refund Policy

Contact the VA’s regional processing office in the event the veteran or other eligible person fails to enter the course, withdraws, or is discontinued therefrom at any time prior to completion of the approved program length for VA students, the amount charged to the student for tuition, fees, and other charges for the completed portion of the course shall not exceed $10 (only if a registration fee is charged) plus the approximate pro rata portion of the total charges for tuition, fees, and other charges that the length of the completed portion of the course bears to its total length. The completed portion is the total number of days the student was scheduled to attend (from first to last date of attendance) multiplied by the scheduled hours of attendance per day.

Previous Education & Training

The school will obtain, evaluate, and grant (as appropriate) credit for previous education and training. The school will maintain a written record of the previous education and training, to include prior learning assessments, for each veteran or eligible person and clearly indicate that appropriate credit has been given for previous education and training, with the training period shortened proportionately with tuition and fees reduced accordingly, and the veteran or eligible person so notified.

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 Ayurveda. 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,

GI Bill® is a registered trademark of the U.S. Department of Veterans Affairs (VA). More information about education benefits offered by VA is available at https://www.benefits.va.gov/gibill/.
students are required to leave the country between programs. As an international student, it is important that you follow all the rules and laws pertaining to your visa. We cannot serve as immigration lawyers or give immigration advice. We can, however, help you obtain the appropriate paperwork and support you through the process.

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

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

🌈 All international students must fill out an application for an I-20 and return this form to the Admissions Team.

🌈 All international students are responsible for the maintenance of their visa status throughout the duration of the academic year. Therefore, it is important that international students familiarize themselves with the rules regarding international student status. These rules can be found on https://studyinthestates.dhs.gov

🌈 Once on campus, it is extremely important to obtain a travel signature on your I-20 before leaving the United States. Once in the States, please arrange to see a school representative to ensure all your international paperwork is in order.
Ayurvedic Studies Program FAQs

What is the schedule like for ASP?
ASP is an in-depth, immersive Ayurvedic training! Expect to spend 25-30 hours a week Monday-Friday in class with additional hours spent studying and doing homework outside of class. In ASP2 you will work weekly clinic shifts on either Fridays or Saturdays.

Can I transfer into ASP2?
Yes! We do have a process through which people with previous Ayurvedic education can transfer into ASP2. Because Ayurvedic training programs vary in length, scope and curriculum, this process includes taking a placement exam. Contact us at admissions@ayurveda.com or (505) 291-9698 Ext. 130 to talk through your situation and possible paths forward.

Do you offer online courses?
We currently do not offer professional training tracks in an online format. The breadth and depth of our training is challenging to offer online, even in a hybrid format. Many of the assessment tools require in-person supervision and extensive practice. As a living science, there is something profound that comes from learning in person and the transmission that is essential to the continuation of the lineage of teachings.

A great way to study with us as a continuation of your Ayurvedic education as an introduction to Ayurveda without moving to Albuquerque is to attend our weekend seminars, webinars, or week-long intensives next year. Dr. Vasant Lad is the primary faculty for both and teaches on a variety of subjects for beginners and long-time students of Ayurveda alike. You can find more information about those on our website and by contacting our Admissions Team at admissions@ayurveda.com.

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 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 Dr. Vasant Lad. 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 Dr. Vasant Lad.
We are visionaries, aspiring to create a world of greater health and well-being. This connection creates a special community where we learn and practice together. Whether you come for a weekend or two years, you are part of this community. Building community is an active process involving all parties' participation.

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

No. 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. Dr. Lad incorporates universal spiritual principles in his teachings. While you are not required to participate in any of these practices, we ask that you respect and honor the space that is created with your fellow students; and to use that time to honor whatever speaks to you in your heart.

**I’d be moving to New Mexico to attend the program. Where would I live while I am in ASP?**

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

**What can I do upon graduating from ASP?**

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

**What kind of alumni support is there?**

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

**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 Dr. Vasant Lad 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 or (505) 291-9698 Ext. 130.
The Campus

The Ayurvedic Institute sits nestled against the foothills of the Sandia Mountains in Albuquerque, New Mexico where we’ve been located since Dr. Vasant Lad founded the school and panchakarma clinic forty years ago.

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, our campus houses our campus clinic, Panchakarma Department, Herb Department and The Ayurvedic Press. For more information, to schedule an Ayurvedic consultation, panchakarma, or order Ayurvedic products, please see our website or contact our Admissions Team at admissions@ayurveda.com.
CLINIC

Our campus clinic, the Ayurvedic Center for Healing, Life, and Longevity, serves the Albuquerque community and many visiting clients. The clinic is open five days a week with practitioners of different levels of training offering consultations and treatments to the public. ASP1 students begin practicing in the clinic during their third trimester. ASP2 students work weekly shifts in the clinic throughout the duration of their program. Our faculty and senior practitioners supervise our student clinic and provide professional consultations. We are dedicated to supporting well-being and spreading Ayurveda by making our clinic affordable, with sliding scale consultations, and accessible with weekend hours.

THE PANCHAKARMA DEPARTMENT

Our Panchakarma Department welcomes clients from all over the world for the Ayurvedic cleansing and rejuvenation program called pañcakarma. Pañcakarma is a unique, natural, holistic, health-giving series of therapeutic treatments that cleanse the body’s deep tissues of toxins, open the subtle channels, bringing life-enhancing energy to all the tissues and organs, thereby increasing vitality, inner peace, confidence and well-being. The Ayurvedic Institute has been providing pañcakarma therapy since 1987.

HERB DEPARTMENT

Our Herb Department is a full Ayurvedic apothecary. We are the exclusive suppliers of Dr. Vasant Lad’s Siddha Soma Supreme® products. The staff here fill all the herbal formulas recommended on campus and many formulas from practitioners around the country. We are dedicated to ethical and sustainable sourcing of our herbs and products.
Life In Albuquerque

Located in the heart of New Mexico, in the Rio Grande River valley, nestled against the Sandia Mountains, sits the city of Albuquerque. It is an incredibly diverse and vibrant city shaped by a dynamic cultural history and the stunning, high desert landscape. Albuquerque is a place of brilliant sunsets, wide open skies, adobe buildings, chili ristras, luminarias, the smell of roasting chili, the taste of local piñon, and the sound of sandhill cranes flying above.

Albuquerque and the surrounding area have a thriving local arts, music, and dance scene with numerous arts festivals like the Native American Indian Arts Market, International Folk Art Market, the International Flamenco Festival, the International Balloon Fiesta and many more. It is home to over 300 visual arts, music, dance, literary, film, ethnic, and craft organizations, festivals, and associations.

Albuquerque is situated within reach of many stunning landscapes and natural attractions; the arroyos and hiking trails of the Sandia Mountains, the pristine rolling dunes of White Sands, the bird sanctuary of Bosque del Apache, the wild iris fields of the San Pedro Parks Wilderness, the hot springs of the Gila National Forest, the rock gnomes of the Tent Rocks, the painted sandstone cliffs of Georgia O’Keefe fame, and many more. There are abundant opportunities for hiking, backpacking, biking, skiing, snowshoeing, birding, and many other outdoor activities. New Mexico is a place of big sky, wild land, and gnarled juniper trees that paints itself with flowers during the spectacle that is the monsoon season.
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 Dr. Vasant Lad 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 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 puja (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.

FULL-TIME 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 full time students a number of benefits. These include a complementary consultation appointment once per year, discounted clinical appointments in our on-campus clinic, discounts on products, customized herbal formulas, and panchakarma treatments. Students also receive additional academic benefits including discounts on seminars, webinars and summer intensives that may be of interest to them personally or professionally, the ability to listen to recordings of Dr. Vasant Lad’s class lectures, plus a one-year Ayurvedic Institute membership and subscription to our quarterly journal, Ayurveda Today. See the Student Handbook for more details.
Words from our students

My time at the Ayurvedic Institute has sown in me not only the seeds of an effective healer, but those of a global citizen ready to address the health issues of an evolving society. The roots of compassion, benevolence, and devotion can be felt deeply in the hearts and actions of every faculty and staff member, who have made it their personal mission to the advance the classical science of Ayurveda. My experiences here have challenged me both academically and spiritually and given me the confidence and insight for making an enduring contribution in my community.

Prashanta Delmar

ASP1 Student
Being a student here has been a transformation in discovering who I am. The curriculum and teachers here have made me feel competent to go and practice Ayurveda in this world with compassion, love and acceptance. The Ayurvedic Institute allows students to be our true selves and we are encouraged to explore our uniqueness and creativity.

Taylor Zabicki
ASP2 Student

My experience here has been an absolutely transformative experience. It was only possible due to the space here at the institute that nourishes and kindles the flame of awareness. This awareness of Ayurveda cleanses ones perception into seeing love and beauty in all things. It challenges myself to take the time and dissolve what I think I know and then to allow truth to be experienced. 10/10 would do it again!

Isai Chaidez
ASP1 Student
The Ayurvedic Institute

SCHOOL LICENSING AND RECOGNITION

Operating for more than 36 years, The Ayurvedic Institute is organized as an educational 501(c)(3) non-profit corporation. The state of New Mexico’s Higher Education Department has authorized and licensed The Ayurvedic Institute as a private post-secondary institution. This school is authorized under federal law to enroll nonimmigrant students. We are approved to honor VA benefits for veterans and their dependents for ASP1 and ASP2 and charge the same tuition whether people are using VA benefits or not. Our curriculum meets the educational competencies established by the National Ayurvedic Medical Association (NAMA), and graduates are eligible to sit for the Ayurvedic Health Counselor and Ayurvedic Practitioner certification exams of the NAMA Certification Board. The Ayurvedic Institute is not accredited by the U.S. Department of Education.

QUESTIONS OR COMPLAINTS?

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

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

If a question or complaint cannot be resolved within The Ayurvedic Institute, the student may contact the New Mexico Higher Education Department (NMHED) at 2044 Galisteo Street, Suite 4, Santa Fe, NM 87505, (505) 476-6500, or online at www.hed.state.nm.us. Complaint forms may be obtained from the NMHED at www.hed.state.nm.us/institutions/complaints.aspx. There will be no adverse action taken against the student for registering a complaint. For more details and a step-by-step process for students, see the Student Handbook or call The Ayurvedic Institute directly.
Mission

Healing All Beings Through Ayurveda

Vision

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

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

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

THE AYURVEDIC INSTITUTE WAS FOUNDED IN 1984 in Santa Fe, New Mexico, as a 501(c) (3) educational, non-profit corporation. The articles of incorporation, by-laws and board meeting minutes are open to inspection by any interested person with sufficient advance notice. The Ayurvedic Institute is governed by a board of directors and corporate officers, whose directives are carried out by staff members.
For More Information
Contact Admissions
(505) 291.9698 X130
admissions@ayurveda.com

The Ayurvedic Institute
11311 Menaul Blvd NE
Albuquerque, Nm 87112

ayurveda.com