THE AYURVEDIC INSTITUTE

Academic Catalog

2019 – 2020
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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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Please visit our website ayurveda.com for the most current information.
Welcome to learning Ayurveda 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 prakruti, 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 doshas, which we call vikruti.

Prakruti is your unique nature and vikruti is the current, altered state of the doshas. Through Ayurvedic teachings and the knowledge of Ayurvedic philosophy, the six systems of philosophy, learning about the doshas, dhatu, mala vijñana (knowledge), prakruti vijñana, vikruti vijñana, samprapti 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, panchakarma, 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, kama, and moksha. Dharma is righteous duty, artha is monetary success, kama is fulfillment of positive goals, and moksha is self-realization.

It's that simple!

Vasant Lad, BAM&S, MASc
Ayurvedic Physician, President and Principle Instructor
Ayurveda 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. Ayuh means life and veda means knowledge. Ayurveda states that the purpose of life is to know or realize our true nature, and to express this in one's daily life. As a medical science its purpose is to heal and to 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 Ayurveda, every individual life is a microcosm of the Cosmos. Ayurveda offers a profound understanding of each person's unique body, mind, and consciousness, which is the foundation of health and happiness.

Vedic tradition is composed of highly spiritual wisdom and pure knowledge revealed through the hearts of enlightened rishis (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.
At The Ayurvedic Institute, the history, tradition, and wisdom of Ayurveda 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 Ayurveda as we walk, share and explore the truth of Ayurveda together.

- **Authentic Ayurveda relevant to the modern context.** You’ll learn Sanskrit, sutras, and reference the classical texts while using the insight of an Ayurvedic perspective to address the circumstances and challenges unique to our current time.

- **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 everything you learn in consultations with clients under the supervision of experienced practitioners.

- **Integrative, comprehensive training.** Extensive training within your desired scope of practice and route of study prepares you for practice and application.

- **Confidence to enter into practice.** Encounter diverse ways of practicing Ayurveda in the world, be supported envisioning your unique expression in practice, and gain mentorship to successfully bring this practice to the world.

- **Ayurveda that maintains its profound spiritual insight.** Study Ayurveda in a way that honors the integration of body, mind, and consciousness and draws upon the profound wisdom of Vedic tradition.

- **Education that transforms you and our world.** Apply this science of self-inquiry and healing to your own life and transform who you are through the process.

- **Participate in a community of practice.** Join a community of inspired, visionary individuals dedicated to living Ayurveda in all that we do with the intention of healing our communities and our world.
We offer programs to support you in becoming an Ayurvedic professional, in continuing your education, and in your journey of self-inquiry and healing. However you are inspired to deepen your studies of Ayurveda and with whatever time you have available, we can support you in your journey!

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

Our programming is 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 Ayurvedic Health Counselors (ASP1) and Ayurvedic Practitioners (ASP2)
- Foundational learning and continuing education through weekend seminars, webinars, and weeklong intensives at our New Mexico campus
- Immersive, in-depth panchakarma therapist training programs in collaboration with the Vasanta Institute of Ayurveda (VIOA) in India
- Immersive, in-depth clinical training programs in collaboration with the Vasanta Institute of Ayurveda (VIOA) in India
- Free educational resources on our website including video lectures with Vasant Lad, available from a distance

“The Ayurvedic Institute is far more than the preeminent destination to study Ayurveda under the masterful guidance of Dr. Lad. It is an exquisitely-crafted community that is based on (and governed by) the most sacred tenets of Ayurveda. This unique premise has resulted in a robust ecosystem where teachers, administrators, practitioners and students go far beyond classroom learning to a realm in which they are called to practice Ayurveda on the level of mind, body and consciousness in daily life. If you are passionate, disciplined, courageous and feel a deep calling to contribute to the greater good, consider applying for this transformative experience.”

—Elisabeth A., ASP1 Student
Ayurveda states that the purpose of life is to realize our true nature and to express this in one's daily life. The Ayurvedic Studies Program integrates the practical, philosophical, and spiritual insight of Ayurveda into a professional training program that supports you in becoming an Ayurvedic professional capable of serving others in realizing their true nature and the expression of it in their daily life.

Ayurveda 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 Ayurvedic 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.

ASP1 and ASP2 are designed as comprehensive training programs to prepare you to graduate as an Ayurvedic professional within a particular scope of practice. ASP1 students graduate as certified Ayurvedic Health Counselors 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 9-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.

“Showing up to Ayurveda every day is also showing up for one’s self. It is a rare honor in this age of distraction, to excavate such precious time and presence dedicated to one’s own healing. At The Ayurvedic Institute, we are given a sacred template upon which to transform ourselves, grow beyond our limitations, and blossom into a healer.”

—Rachel S., ASP2 Alumni
I was drawn to study and practice Ayurveda by its practical, logical and comprehensive approach to restoring and maintaining health. Ayurvedic principles can be applied to every aspect of life, from the individual ingredients that make up one’s dinner to the atmosphere that dinner is being eaten. I love that practicing Ayurveda allows us to focus on these details while reminding us to never lose sight of the whole — the whole person as a combination of mind, body and consciousness; the whole situation as a combination of diet, lifestyle, emotions. It is an endlessly individualized practice of medicine.”

—Umā J., ASP Teacher and Ayurvedic Practitioner

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’ll learn to read the pulse, facial lines, tongue, nails, and eyes along with other forms of observation and hands-on assessment techniques. You’ll 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 clients move 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 pranayama (breathing exercises).

ASP1 gives you a thorough understanding of Ayurveda through classroom and supervised clinic time. As the science of life, this insight is 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

**Ayurvedic Evening Lectures** 340 hours
This course is the cornerstone of ASP1 and has incredible breadth and depth. Through lecture with accompanying exercises and practicum, students are provided with a thorough examination of the philosophy, principles, and practices of Ayurveda. It is a time of deep exploration into the key concepts of Ayurveda.

The first trimester includes a series of videotaped lectures by Vasant Lad with questions, teaching activities, and assessments facilitated by our faculty. In the second and third trimesters, Vasant Lad teaches in person from his extensive understanding of the ancient texts as well as lessons drawn from his many years of experience.

**Ahara & Vihara Chikitsa: Food and Lifestyle as Medicine** 80 hours
“Vihara is the way we lead our days and the way we live our life.” —Vasant Lad
Ayurveda offers a logical approach for determining a diet and a healthy lifestyle based upon an individual’s constitution. In this course, students incorporate their own individualized daily routine and appropriate food choices and learn how to determine and teach these to their clients.

**Ayuryoga® Chikitsa for Self-Healing** 60 hours
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. Though it is not a course on asana (physical posture) or on teaching yoga, there will be some guided movement. Students gain an understanding of the mind and its operations while expanding their personal practice of inquiry, meditation, and pranayama (breathing practices).

**Becoming a Clinician** 40 hours
There are many skill sets that are important for clinicians: entering the heart of the client, listening with compassion,
non-judgment and awareness while taking notes, working with appropriate boundaries and developing strong observation skills. This course explores the basis of the client/practitioner relationship and clinician-related skills. As future Ayurvedic professionals, students must be able to properly assess a client on all levels and integrate the verbal and nonverbal and the physical and non-physical aspects in order to blend the science and art of Ayurveda to create an effective treatment plan.

**Clinical Consultations and Case Review** 62.5 hours

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 followup 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. There is class time for analyzing and reviewing both current and upcoming cases.

**Anatomy & Physiology** 90 hours

This course concentrates on the structures and functions of the human body through the lens of western anatomy and physiology. We begin by examining the levels of organization of the human body, allowing students to gain an appreciation for both the microscopic and macroscopic features of each body system. Examining each body system from a western perspective will allow students to build bridges between Ayurvedic and western medicine. This course emphasizes manual skills, providing hands-on training in locating key musculoskeletal features of the body. Students will learn key surface landmarks of the body and gain practical, hands-on experience navigating these structures in support of their clinical work.

**Surface Anatomy** 12 hours

This course is designed to allow students to hone palpating skills and be able to identify anatomical landmarks through hands-on practice. Students will be guided in navigating 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.
Sanskrit 60 hours

Sanskrit 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 Devanagari script, and become familiar with its transliteration into Roman characters. Students become proficient in recognizing and utilizing critical Sanskrit terms of Ayurvedic anatomy, physiology, pathology, and chikitsa (treatment plan).

Ayurvedic Engagement 20.5 hours

Ayurvedic Engagement is a series of electives designed to help students explore and achieve their unique personal, academic and career goals. Some elective seminar credit earning sessions are organized by The Ayurvedic Institute. These include seminars and webinars taught by Vasant Lad, as well as sessions planned throughout the trimesters on specific topics designed to provide additional learning opportunities. 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.

“ASP2 has been such a wonderful year for me because I love the application of knowledge to real life. We are getting more exposure to clients this year through the clinic, panchakarma with Dr Lad, and with case studies presented in several classes. We are learning to see the interconnectedness of doshas, dhatu, and srotas and how to follow the thread in each individual. I am completely inspired by all that I am learning!”

—Betsy B., ASP2 Alumni
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 imbalance develops, root cause, contributing factors, disease process, and treatment. This understanding integrates an Ayurvedic and western perspective. During ASP2 you refine your ability to understand the nature of imbalance as it manifests within an individual through developing the use of known clinical assessment techniques and learning additional techniques.

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 various hands-on body therapy treatments and expand your use of yoga practices like pranayama (breathing techniques), mantra (chanting), and mudra (specific arrangements of the hands).

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

ASP2 COURSE DESCRIPTIONS

Gurukula: Vasant Lad Client Consultations and Lectures 160 hours

In this amazing, client-centered course, students observe and participate with Vasant Lad consulting with panchakarma (PK) clients to learn the art and science behind his assessments, findings, and recommendations. Students increase their clinical experience and confidence by observing and assisting Vasant Lad with pulse reading, palpation, percussion and blood
pressure and with the client instruction of a particular pranayama (breathing practices), meditation and other recommendations. This is an opportunity for students to receive one-on-one hands-on practice and mentorship from Vasant Lad. Vasant Lad will deepen students’ understanding of his distinct knowledge and approach to client assessment and chikitsa (treatment protocol), the foundation of The Ayurvedic Institute’s curriculum and standards.

**Ayuryoga® Chikitsa for Clients** 45 hours

This course looks at pranayama (breathing practices), asana (postures), yoga philosophy, yogic texts and meditation as part of a treatment protocol. It includes examinations and explorations of traditional asanas, but is not strictly an asana class. Students learn to identify and illustrate the ways an Ayurvedic professional can use yoga techniques for balancing specific disorders.

**Vanaspati Dravyaguna Shastra: The Science of Herbology** 60 hours

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 rasadi panchakam, which includes the rasa (taste), virya (potency), vipaka (post-digestive effect), guna (quality), and prabhava (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.

**Marma Foundations** 24 hours

Marmani 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 doshas, and utilizes the inner pharmacy to promote healing. In this course students use what they learned from ASP1 (dosha, subdoshas, basic A&P) as a foundation for understanding marma points. By creating and practicing marma chikitsa routines based on real client cases,

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**ASP2 COURSE REQUIREMENTS**

**800 TOTAL CLASSROOM & CLINIC HOURS**

**FIRST TRIMESTER** 291 HOURS

- 35 HRS  Clinical Assessment of Srotamsi
- 15 HRS  Ayuryoga Chikitsa for Clients
- 20 HRS  Pathophysiology
- 20 HRS  Vanaspati Dravyaguna Shastra: The Science of Herbology
- 24 HRS  Marma Foundations
- 20 HRS  The Art of Nadi Vijnanam
- 15 HRS  Sanskrit
- 90 HRS  Student Clinic and Case Review
- 20 HRS  Introduction to Medical Jyotish
- 32 HRS  Therapeutics

**SECOND TRIMESTER** 295 HOURS

- 80 HRS  Gurukula: Vasant Lad Client Consultations and Lectures
- 15 HRS  Ayuryoga Chikitsa for Clients
- 20 HRS  Vanaspati Dravyaguna Shastra: The Science of Herbology
- 15 HRS  Sanskrit
- 70 HRS  Student Clinic
- 40 HRS  Therapeutics
- 20 HRS  Pathophysiology
- 35 HRS  Clinical Assessment of Srotamsi

**THIRD TRIMESTER** 214 HOURS

- 80 HRS  Gurukula: Vasant Lad Client Consultations & Lectures
- 15 HRS  Ayuryoga Chikitsa for Clients
- 20 HRS  Vanaspati Dravyaguna Shastra: The Science of Herbology
- 15 HRS  Sanskrit
- 70 HRS  Student Clinic
- 14 HRS  Ayurvedic Engagement (total)
students begin to develop a relationship with the marma treatments based on real experience and confidence in clinical practice.

**Introduction to Medical Jyotish 20 hours**

This course gives an introduction to Jyotish, a Vedic astrology system, with an emphasis on Ayurvedic interpretation and utility. Jyotish 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.

**The Art of Nadi Vijnanam 20 hours**

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 (nadi) to arrive at a physiological understanding of the client’s nature and current imbalance in confluence with other assessment techniques.

**Sanskrit 45 hours**

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.

**Student Clinic 230 hours**

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 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 Vasant Lad.
**Therapeutics** 72 hours

This is a class giving insight and proficiency in the realm of Ayurvedic treatments. Students learn why and how to treat dosha and dhatu, the indications and contraindications for treatments, and how treatments fit in a clinical setting.

**Pathophysiology** 40 hours

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 Srotamsi 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.

**Clinical Assessment of Srotamsi** 70 hours

This course is designed to give a practical understanding of important clinical skills needed in the application of the Trividha Parikshanam (3 Categories of Clinical Examination of Ayurveda). Students learn how to incorporate inspection, auscultation, palpation and percussion into their examination of the body’s srotas (channels). Students will also learn how to use clinical instruments such as a sphygmomanometer, stethoscope, and reflex hammer and how to perform a physical exam with proper sequence and flow while also being able to verbally state the findings of the physical exam. This class will help students to understand normal versus abnormal findings during a clinical examination.

**Ayurvedic Engagement** 14 hours

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 Vasant Lad, as well as sessions planned through the trimester on specific topics designed to provide additional learning opportunities. 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.

"The school was better than I even imagined. Dr. Lad and the other instructors taught me so much and opened my eyes to a new way of seeing the world. And now, as an instructor here, I have the honor to witness the same in our amazing students."
—Shannon K., ASP
Teacher and Ayurvedic Practitioner
ASP TUITION, FEES & IMPORTANT DATES

ASP TUITION AND FEES
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 at once if students prefer.

All applicants pay a one-time, non-refundable registration fee of $100. A deposit of $399 is required after conditional acceptance into the program.* Contact admissions for details.

TUITION
2019-2020 ASP 1
1st trimester $4,250*
2nd trimester $4,250
3rd trimester $4,250
TOTAL $12,750

2019-2020 ASP 2
1st trimester $5,000
2nd trimester $5,000
3rd trimester $5,000
TOTAL $15,000

TUITION REFUND SCHEDULE
Date of student withdrawal as a % of the enrollment period† for which student was obligated.

Portion of tuition and fees (not including registration fee) obligated and paid that are eligible to be retained by the institution.

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<thead>
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<th>Date</th>
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‡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 $399 will be deducted from this total once received. Please see Admissions Team for details.

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.

ASP1 orientation begins September 11, 2019
ASP2 orientation begins September 13, 2019

ACADEMIC CALENDAR 2019-2020
First Trimester (T1) Fall 2019
Sep 11  ASP1 Orientation; Last day to pay tuition without incurring late fees
Sep 13  ASP2 Orientation
Sep 16  First Day of Classes
Oct 14-18  Exam Week
Nov 18-22  Exam Week
Nov 25-29  Thanksgiving Break
Dec 13  Last Day of Classes
Dec 15-Jan 4  Winter Break, Clinic Closed

Second Trimester (T2) Winter 2020
Jan 6  First Day of Classes
Welcome Back Puja 7:30-9:00 pm
Last day to pay tuition without incurring late fees
Feb 3-7  Exam Week
Mar 9-13  Exam week
Mar 13  Last Day of Classes
Mar 16-20  Spring Break, Clinic Closed

Third Trimester (T3) Spring 2020
Mar 23  First Day of Classes
Last day to pay tuition without incurring late fees
Apr 20-24  Exam Week
May 25  Memorial Day: Campus closed
May 26-29  Exam Week
Jun 2-17  Oral Exams
Jun 18  ASP1 and ASP2 Graduation
Official last day of school is June 19, 2020

FINANCIAL SUPPORT
The Ayurvedic Institute does not currently offer or administer government sponsored financial aid or other loan programs. Each year, The Ayurvedic Institute offers two scholarships, one for ASP1 and one for ASP2, towards tuition of trimester three. ASP1 and ASP2 are approved for eligible persons to receive benefits from the VA.
Weekend seminars, webinars and week-long intensives are all phenomenal opportunities to learn from Vasant Lad for those who are inspired to deepen in their study of Ayurveda if you are just beginning your journey or are a long time student or Ayurvedic professional.

Vasant Lad brings his depth and breadth of expertise, 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, pranayama (breathing practices), the chakra system, kundalini shakti, women’s and children’s health, vastu (the Vedic science of architecture), jyotish (Vedic astrology), and much more! These short educational offerings change each year and qualify for NAMA PACE credits. See our upcoming offerings at ayurveda.com.

Each seminar and intensive has a free live online broadcast of the Friday evening opening lecture and are open to the public. Please contact admissions@ayurveda.com for more information. Previous lectures are available in our online video library at ayurveda.com.

“Dr. Lad’s teachings were a gift to me that I will always treasure.”
—Student
SEMINARS AND INTENSIVES FAQS

What can I expect during a seminar or intensive?
You can expect to learn from Vasant Lad and support faculty in diving deeply into specific topics of Ayurveda. Many who participate for the first time are surprised to learn that Vasant Lad is himself teaching the entire weekend and all but a couple of sections of the weeklong intensives. It’s an amazing gift! Vasant Lad’s 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 if 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 www.ayurveda.com or call our office to register at (505) 291-9698, ext. 0. Full payment is due at time of registration.

Are there any prerequisites?
For most of our offerings there are no prerequisites, you can just sign up, but there may be some offerings that do require particular knowledge or experience or that build upon each other. Please check our website for information regarding a particular course’s prerequisites before you register or contact the Admissions Team at admissions@ayurveda.com or call (505) 291-9698, ext. 126.

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. Many people also submit their certificates to other professional organizations for CEU credits.

“Ayurveda teaches us everything if we choose to listen. We can sit, like contented children around her fire, asking questions and osmosing her answers. We can look into the magical world of nature and see that very same intelligence coursing through the quantum web of all beings. We see her glimmering, in between the stars, traveling upon currents of the wild wind, burning bright in the molten core of the earth, sweetly babbling upon creek sides, and laying down new earth for creation, yet to come. She is there, offering stories and magic in each twinkle of an eye, each wrinkle of a palm. We hear her when we are ready to listen. We are called to observe these mysteries of life as humans and the choice is ours to court her knowledge or become consumed by the ravages of unconsciousness and ultimately, suffering.”
—Rachel S., ASP2 Alumni
The Vasanta Institute of Ayurveda (VIOA) is the realization of a long-time vision of Vasant Lad, a place where people from all over the world can come study Ayurveda in India, learning and living in community. The VIOA campus is an education center consisting of a panchakarma treatment facility, clinic, classrooms, an Ayurvedic pharmacy, on-campus housing, and a kitchen and dining hall.

Since 2013 when the center was established, VIOA has slowly been expanding its educational programming, offered in collaboration with The Ayurvedic Institute. Currently VIOA offers two intensive, immersive programs a year: the Panchakarma Therapist Training Program and the Gurukula Program. Vasant’s vision burns brightly and there is still much growth ahead for VIOA!

From the moment you are picked up from the airport all of your needs for living an Ayurvedic lifestyle will be provided. As the Indian experience can be expected to be intense, we do everything to ease the transition from the busy chaotic streets into the deep tranquility of our center for a meditator’s mind. Quality drinking water, fresh vegetarian meals, local transportation including airport pick-up and drop-off, green space, yoga classes, and emotional and academic support are provided so you can focus all of your attention on your learning and transformation.

Dr. Lad teaches us that we are all divine and filled with love. It’s our job to re-member that knowing within ourselves.

—Sara E., ASP1 and GK Alumni
RESIDENTIAL PANCHAKARMA
Hands-On Practicum

The Ayurvedic Institute’s Panchakarma Therapist Training is an immersive, in-depth residential training offered at The Vasanta Institute of Ayurveda in Pune, India. In this training you’ll learn about panchakarma from a traditional perspective, informed by Vasant Lad’s decades of experience, adapted for the modern context. Students learn to administer the Ayurvedic therapies that are part of a panchakarma protocol. During the training you will administer treatments to panchakarma clients, supporting them during their process, while you learn from Vasant Lad and other support faculty.

This program offers the opportunity to experience the profound effect of Ayurvedic body therapies. As students in this program you will not only administer treatments to panchakarma clients, but to one another as well. It is the therapies that are the true teachers of this program; it is through them that the essence of Ayurveda is able to offer its wisdom and love.

Being of service in a healing capacity offers an enormous opportunity for self-reflection, personal healing and professional growth. The program is designed to support students in gaining competency to perform Ayurvedic body therapies for the purpose of shodhana (cleansing measures) and shamana (palliative measure), and to support and help deliver panchakarma treatment programs designed by an Ayurvedic Doctor or Ayurvedic Practitioner.

WHAT TO EXPECT

✦ Supportive, caring and rigorous environment for students seeking to learn, expand and deepen their Ayurvedic body therapist skills

✦ Supervised hands-on experience with panchakarma clients

✦ Small class size in an intimate setting with individualized feedback

✦ Classroom time with Vasant Lad

✦ Living and learning together in a close-knit community at Vasant Lad’s Vasanta Institute of Ayurveda (VIOA) in Pune, India

✦ A transformational experience that unfolds your own healing

"It is an enormous opportunity to dive deep within oneself and learn. It is a tremendous luxury to be taken care of in all levels so we have the time to study, observe, learn, be in class, and practice. All of our teachers have supported us so very much every single day. I am deeply and humbly grateful for this chance."
—Susana J-M., Gurukula Alumni
RESIDENTIAL GURUKULA
Advanced Clinical Pathology with Advanced Clinical Practice

The Ayurvedic Institute’s Gurukula Program is an opportunity for you to dive deeply into this ancient science to advance your current understanding of Ayurveda. You’ll have lecture time in class with Vasant Lad and our other experienced faculty to cover theory and develop practical skills. You’ll apply what you learn in clinic as you support Vasant Lad in his client consultations, prepare formulas, and otherwise help in running the community clinic.

Gurukula is as an intimate, immersive, residential program hosted at the Vasanta Institute of Ayurveda in Pune, India, in collaboration with The Ayurvedic Institute. With a small cohort of students, you’ll live an Ayurvedic lifestyle in community, practicing together to live into the teachings of Ayurveda in your daily routine, diet, lifestyle, and relationships.

WHAT TO EXPECT

Live Ayurveda

✦ Enhance your personal daily routine with support such as Ayuryoga® classes, pranayama (breathing exercises) and agni hotra (fire ceremony)
✦ Build community with others who are passionate about Ayurveda and creating well-being in the world
✦ Experience the transformative power of India at Vasant Lad’s Vasanta Institute of Ayurveda in Pune, India

Learn Ayurveda

✦ Academic classes that facilitate diving deeper into the age-old medical theory
✦ Observe Vasant Lad in his professional clinic
✦ Practice clinical skills in class and community clinic

Love Ayurveda

✦ Give and receive the powerful benefits of marma therapy
✦ Give and receive through selfless service and participate in running a community clinic

“Since the Gurukula Program was six weeks of pure magic. Being in the presence of a real guru like Dr. Lad teaching you life lessons is priceless. His lectures about meditation, awareness, and philosophy were my favorite topics. He would light up so brightly, filling the room with his amazing presence. I also loved every moment spent in the clinic with him. To watch Dr. Lad work closely with his patients, giving them the care and attention they each need, was educational. I learned much about myself, Ayurveda, India, healing, and humility. I’ll carry these teachings in my heart forever and hope to be able to carry the torch of Ayurveda. Ayurveda is my life’s calling, and Dr. Lad helped me see the light. I am forever grateful.”
—Zohreh S., Gurukula Alumni
FAQS

I’ve never been to India before. Will you help me arrive to the center?
Yes! The staff at VIOA will come pick you up from the Mumbai or Pune airports and drive you to the VIOA campus. Contact the Admissions Team at admissions@ayurveda.com for travel tips and to coordinate your arrival.

What is the schedule like?
You’ll begin the day with time for your morning routine, with an optional shared practice of Ayuryoga®, pranayama (breathing practices), meditation, and/or ritual most mornings. You’ll then have breakfast, a morning class session followed by a break for lunch. In the afternoon you’ll have a class lecture, practicum, or clinic shift, ending in time for dinner. Some evenings you’ll go into the city of Pune to support Vasant Lad in his clinic there. You’ll have the weekends free. The daily schedule at VIOA varies slightly program to program.

Will I have the opportunity to see India while I am there?
While there, you’ll have the opportunity to go on excursions together to visit local temples, join in festivities and celebrations, enjoy the markets, etc. Aside from organized activities, you have the weekends free to rest, relax, travel, and explore.

Who attends these programs? How big is the class size?
People come from all over the world to study with Vasant Lad in India, from all different backgrounds and experience of Ayurveda. Class size is limited to 16 people to create an intimate, close knit community.
Dr. Vasant Lad, BAM&S, MASc  Ayurvedic Physician, Executive Director, Primary Faculty

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 Ayurveda 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 Ayurved Mahavidyalaya. Vasant Lad’s academic and practical training include the study of allopathy (western medicine) and surgery as well as traditional Ayurveda.

Beginning in 1979, he has traveled throughout the United States sharing his knowledge of Ayurveda. In 1984 he came to Albuquerque as Director, principal instructor and founder of The Ayurvedic Institute. Vasant Lad is respected throughout the world for his knowledge of Ayurveda, and is the author of 11 books on Ayurveda as well as hundreds of articles and other writings. There are over 500,000 copies of his books in print in the USA, and his work has been translated into more than 20 languages.

Emily Cooney, LMT  Faculty

Originally from Western Massachusetts, Emily moved to New Mexico in search of sunshine and a massage school. Drawn to anatomy and physiology, she became a lead instructor at her massage school and brought her keen knowledge to The Ayurvedic Institute, teaching Western Medical Terminology and Western Anatomy and Physiology. Emily has great enthusiasm for her subject and ignites that passion in her students. A practicing massage therapist in the Albuquerque area, she is equally passionate about promoting health in the community through bodywork and natural therapeutics.
Uma Jolicoeur, AP Faculty
A graduate of the Ayurvedic Studies Program 1 & 2, Uma is an Ayurvedic Practitioner. Uma teaches in ASP1 and ASP2 bringing creativity, humility, grace, and humor to the classroom. She assists Vasant Lad with his Ayurvedic Lecture and Gurukula courses and coordinates the seminars, webinars, and intensives that are offered at The Ayurvedic Institute. As Curriculum Coordinator she brings her thoughtful consideration, insight, and dedication to Vasant Lad’s vision to the ongoing develop of the ASP curriculum. Uma is also a Senior Practitioner and supervisor in our campus clinic. She is passionate about teaching and uses her background in graphic design to bring beauty to the campus. In addition to being an Ayurvedic Practitioner, Uma is Reiki II Certified.

Shannon Kelly, AP Faculty
Shannon Kelly graduated from Ayurvedic Studies Program 1 & 2 as an Ayurvedic Practitioner. She served as a student assistant at the Panchakarma Therapist Training Program at VIOA in India and as an ASP Teacher's Assistant in New Mexico prior to joining as faculty. Shannon is a teacher, clinic supervisor and Senior Practitioner in our on-campus clinic. Shannon is trained as a yoga teacher. She brings genuine care, humor and levity to the students and faculty alike.

Pranav Lad, MD, ND Faculty
Pranav was inspired by his father, Vasant Lad, to learn modern medicine and to integrate this form of medicine with Eastern medical disciplines. After receiving his Doctor of Medicine (M.D.), Pranav 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 received his Doctor of Naturopathy degree integrating Acupuncture, Homeopathy, Allopathic medicine, and mind-body medicine along with several other modalities. Pranav is a favorite story teller on campus, drawing upon his wealth of knowledge of Vedic culture, history, and myth. He helps lead many of our celebrations and rituals. He brings joy and delight to all that he does.

Mitesh Raichada, AP Faculty
Mitesh is a graduate of Ayurvedic Studies Program 1 & 2 and an Ayurvedic Practitioner. He studied at the Tatvagnan Vidyapeet in Bombay, India, which revealed to him the joy of learning and the importance of self-inquiry. He is one of the founders of and key executives of a karma-conscious
corporation that has become a premier hospitality business. He is ASP faculty, a clinic supervisor and senior practitioner in our campus clinic, and maintains a private practice. His enthusiasm kindles the spirit of the student body and his visionary nature inspires everyone to dream big and believe in our capacity to change the world.

Sneha Raichada, MPT, E-RYT 200, AP
Faculty and Dean

Sneha began in the healing arts by completing her Master’s Degree in Physical Therapy. She is a graduate of Ayurvedic Studies Program 1 & 2, with an additional 6-months of in-depth study in India. Sneha is an Ayurvedic Practitioner and certified yoga instructor. Sneha is ASP faculty, a clinic supervisor and Senior Practitioner in our campus clinic, the Dean of Education, and supports clients in the Panchakarma Department. Sneha is deeply devoted to Ayurveda, realizing the dreams of Vasant Lad, and the potential of Ayurveda. She touches the hearts of her students with her sincerity, love, and care, inspiring them to flower into competent, compassionate practitioners.

David Yoss, AP  Faculty

David is a graduate of Ayurvedic Studies Program 1 & 2 and the Gurukula program in Pune, India. David is ASP faculty, clinic supervisor and Senior Practitioner in our clinic. He graduated from Dartmouth College with a degree in Anthropology and integrates his love of history, culture, and philosophy in the courses he teaches. He is an instructor of yoga and meditation. He co-leads the Teacher Training Program at a local yoga center here in Albuquerque and is a master teacher at a yoga institute in Costa Rica, where he co-leads its 300-hour yoga teacher training. David brings a brilliant intellect, a discerning mind, and a genuine inquiry that invites his students to engage sincerely with course material to unfold the deeper layers of the teachings. David bridges the ancient world and the modern, applying the profound insights of yoga and Ayurveda to our contexts of our times, with an interest in social justice and cultural evolution.
APPLYING TO ASP1 & ASP2

ADMISSIONS CRITERIA

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

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, at which point 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.

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, Effective August 1, 2019

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) 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.

“Meditation should flow in every walk of life and in every aspect of our relationships. If we meditate for half an hour and then spend the rest of the time judging, criticizing, evaluating, and creating conflict with others, that is not spirituality. Spirituality is awareness in action. It is individuality flowering into totality.”

—Vasant Lad

1 G.I. 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/.
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, 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 through the duration of the academic year. Therefore, it is important that international students familiarize themselves with the rules regarding international student status. These rules can be found on https://studyinthestates.dhs.gov

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

What is the schedule like for ASP?
ASP is an in-depth, immersive Ayurvedic training! Expect to spend 25 - 30 hours a week in class with additional hours spent studying and doing homework outside of class. Classes run Monday - Thursday. In ASP1 you are in class during the afternoon and evenings, with occasional morning classes. In ASP2 you’ll work weekly clinic shifts 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 126 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 without moving to Albuquerque is to attend our weekend seminars or week-long intensives next year. 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!

"My transformational journey of becoming healthy and aware is beautifully supported through the guidance, love and presence of everyone at The Ayurvedic Institute."
—Julie Ann N., ASP1 Student
Who comes to study at The Ayurvedic Institute? How big is the class size?
People come to study at The Ayurvedic Institute because something in their heart calls them to Ayurveda with 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 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.

Can I work during the program?
We strongly encourage our students to arrange their life so they focus solely on their studies while here. ASP is a full time, rigorously academic program with a strong emphasis on self-inquiry, healing, and application. ASP is a deep, transformative experience. The more you can allow your attention to focus on the program, the more available you’ll be for the profound teachings of this program to flower in your heart and your self-healing to unfold.

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.

I’d be moving to New Mexico to attend the program. Where would I live while I am in ASP?
We are a small campus and do not have on-campus housing. 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!

Where is the professional field of Ayurveda going?

The field of Ayurveda is growing rapidly with more and more people appreciating the wealth of wisdom and knowledge contained within this simple, yet profound, system of medicine. We are at a time when the public increasingly recognizes the importance of body, mind, and consciousness. This realization allows for Ayurveda to remain whole and intact as it moves towards licensure and integration with our modern health care system. As the science of life, Ayurveda has the capacity to inform all that we do, in every sphere of our life, to align with natural rhythms of our body and our world. Now is an incredible time to enter the emerging field of Ayurveda. Join the conversation and participate in shaping what Ayurveda becomes.

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 cohort 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 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 126.

“This place holds magic which unfolds everyone’s potential for healing themselves and the world in a truly powerful and lasting way.”
—Madeline G., ASP2 Student
The Ayurvedic Institute sits nestled against the foothills of the Sandia Mountains in Albuquerque, New Mexico where we’ve been located since Vasant Lad founded the school and panchakarma clinic more than thirty 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.

**PANCHAKARMA DEPARTMENT**

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

**HERB DEPARTMENT**

Our Herb Department is a full Ayurvedic apothecary. We are the exclusive suppliers of Vasant Lad’s Sidha 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.
Located in the heart of New Mexico, in the Rio Grande River valley, tucked 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.

New Mexico is home to 22 Native American tribes who have inhabited this place for thousands of years. The Native American community is active, present, and thriving. The Pueblo Cultural Center New Mexico elected one of the first Native American congresswomen this year! Albuquerque hosts the Gathering of the Nations each year and the surrounding pueblos host feast days and other cultural celebrations.

The first Spanish settlers arrived in New Mexico in the 1500s. Many of the classic adobe buildings in Albuquerque were built by the Spanish and they put in the miles and miles of irrigation canals that provide many of the walking paths of the city. Latino and Hispanic culture shapes the local cuisine, music, dance, celebrations, and personality of this place.

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 is 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.

While you study here we encourage you to enjoy the culture, history, art, music, food, and other attractions. It is an amazing place.
To become a student at The Ayurvedic Institute is to join a community. People come from all over the world to study Ayurveda with Vasant Lad 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 dedication fills this place with love. Your visions inspire our transformation and healing, individually and collectively. Your inquiry and reflection allows us all to grow more wise, 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 pujas (Vedic celebrations), kirtans (devotional singing), potlucks, parties, and other gatherings to celebrate and enjoy each others’ 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 with Vasant Lad 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 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.
THE AYURVEDIC INSTITUTE

SCHOOL LICENSING AND RECOGNITION

Operating for more than 35 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 of 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.

VISION

To facilitate the re-emergence of Ayurveda and its integration with all aspects of existence.

MISSION

The mission of The Ayurvedic Institute is to teach Ayurveda, the Science of Life, utilizing a traditional Vedic approach including the sister disciplines of Sanskrit, 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. 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.
FOR MORE INFORMATION
CONTACT ADMISSIONS
505.291.9698 X126
ADMISSIONS@AYURVEDA.COM