THE AYURVEDIC INSTITUTE
Academic Catalog
2018 – 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 30

Welcome

LETTER FROM OUR FOUNDER

I deeply appreciate you coming here to learn Ayurveda. Ayurveda is a way of life and an art of living in harmony with the natural environment and daily relationships with one another.

Life is divine. Our life is a good teacher and our daily life is our good friend. Within this lifetime, we learn a lot about ourselves. That learning is holy and will open the door to the divine.

Life has its own agenda, we have our own agenda and these should not conflict. We should not interfere based on our own ideas. We should surrender to life as it is. This is a time to remain together, share together, and keep the heart open. Through that openness, awareness will act. Let awareness resolve all the problems of life.

There is a divine healer within you. This program will help to unfold that healer in you. I wish you all the best in your journey of learning and look forward to seeing you soon. Let us walk together, share together and explore together the truth of Ayurveda.

VASANT LAD, BAM&S, MA Sc
Ayurvedic Physician, President
Welcome! The Ayurvedic Institute has been sharing the authentic knowledge and wisdom of Ayurveda for more than 34 years now. We offer a rich variety of programs and services from full-time professional programs and an onsite clinic to personal development and continuing education options. More than the programs and services though, it is the people who make The Ayurvedic Institute so unique. We are a diverse family of students, teachers, clients, and alumni who are immersing ourselves in Ayurveda. We are a community who is stepping into continuous invitations to reflect deeply on what kind of world we want to make and how to create that together – exploring Ayurveda from many entry points including through our relationships with food, nature, the body, each other, ideas and assumptions we are holding, the world and the divine.

Studying at The Ayurvedic Institute is an amazing opportunity to learn the science of authentic Ayurveda and to engage with this living tradition in a modern context through everything we do. In engaging in this work with dedication and compassion, we are moving towards self-healing and simultaneously supporting health and well-being in the world. I have personally benefitted from the gift of what The Ayurvedic Institute brings to the world in such profound ways and I welcome you to uncover what that gift might be for you!

As you are exploring next steps on your path, we welcome you to join us in conversations, practices, and programs that can support your profound and sacred work. We look forward to being in conversation with you!

With love, light and respect,
DR. ERIN KREEGER, MA, PhD
Dean of Education
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 extant on our planet. Ayuh means life and veda means knowledge. The knowledge contained in Ayurveda deals with the nature, scope and purpose of life, and includes its metaphysical and physical aspects—health and disease, happiness and sorrow, pain and pleasure. Ayurveda defines life as the conjunction of body, mind and spirit. Ayurveda states that the purpose of life is to know or realize our true nature, and to express this in one’s daily life. According to Ayurveda, every individual life is a microcosm of the Cosmos.

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Ayurveda is a medical science and 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. It 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 (seers). It is not a creation made by the mind of man 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. The knowledge of Ayurveda has been passed down to us in sutras or small phrases and the wisdom these sutras contain is there to be unlocked by the inquiring mind.

At The Ayurvedic Institute, this history and knowledge deeply informs our educational philosophy, curriculum, program design and community. This means our approach sometimes looks or feels different from many Western educational models. For example:

- **We are a part of a teacher-student lineage.** To participate in the continuation of this lineage, we emphasize respect for our teachers, studying with our teachers in person, and approaching those teachers, our studies, our school and each other with humility, compassion and love. We understand that we are all students continuing to learn every day.

- **We recognize that Ayurveda is both a medical science and an art of daily living,** which means that in our programs we focus both on clinical competencies and also on how we are together in relationship.

- **We understand that every individual is a micro-cosm of the Cosmos,** which means that what we do – how we are in all of our relationships – matters. It also means that we believe the development of a skilled Ayurvedic professional goes hand-in-hand with self-inquiry, self-healing and the unfolding our inherent wisdom.

- **We hold the integration of body, mind and spirit as essential in the study and practice of Ayurveda.** We ask our students to approach their studies in this way and we support them in doing that. One example of how this shows up is that a student who is struggling in their coursework may receive recommendations not just on study techniques but also...
on care of the physical body, the value of a meditation practice, commitment to their daily routine, and inquiry into how they are relating to themselves or others with judgment, divisiveness and criticism.

- **We are fortunate to have beautiful textbooks written by Vasant Lad and we work with Sanskrit sutras** from the ancient foundational texts of Ayurveda.

- **We are dedicated to integration at every level.** Our students gain literacy in western concepts and medical language, allowing them to engage responsibly in the increasingly integrated paradigm of modern health care.

- **We emphasize a hands-on, experiential and practical approach.** Students work with real clients in a modern day setting. Ayurveda recognizes that each person is unique. We expect students to be able to meet clients where they are at and consider their unique constitutions and life contexts when applying the teachings of Ayurveda.

- **We work in ways that are informed by the teachings of Ayurveda.** The container of this program is intended to support students in their sincere and deep exploration of this science. We ask that students respect and participate in the cultivation of an educational experience that unfolds the teachings of Ayurveda in the hearts of all who are part of this community.

We expect students are not just studying to pass an exam but to learn, digest and assimilate the teachings to support their own self-healing and the healing of others. With this in mind, we place special emphasis on the importance of learning from a place of curiosity, humility, non-judgement, teamwork, trustworthiness, truthfulness, clarity of perception, self-inquiry, optimism, enthusiasm, discipline, compassion, love and surrendering to what is. Our programs take dedication, openness and trust. Our classroom atmosphere marries the Vedic learning traditions of modesty, respect, oral transmission and memorization with textbooks, practical examples, storytelling, art projects, reflective pieces and oral and written examinations.

Our programs are designed to be a rigorous, intensive training grounds for Ayurvedic professionals. They are also about stewardship of this tradition, being part of its continuation and taking responsibility for how we engage in the world so that we are contributing to well-being. The transformation doesn’t just begin after students have graduated and launched or rejuvenated their careers. It begins the moment students commit to creating well-being for themselves and others. This is a gift for us all.

“One cannot help but go through a significant personal transformation while at The Ayurvedic Institute. What a blessing it is to be here learning about Ayurveda – the Knowledge of Life.”

—ANNIE H., ASP1
We have many opportunities for people to study at The Ayurvedic Institute and with Vasant Lad himself. We offer:

**FULL-TIME CERTIFICATE PROGRAMS** for those looking to practice professionally as Ayurvedic Health Councilors and Ayurvedic Practitioners

**INTRODUCTIONS AND CONTINUING EDUCATION** through seminars, webinars and weeklong intensives

**MULTI-WEEK INTENSIVE PANCHAKARMA THERAPIST TRAINING IN INDIA**

**MULTI-WEEK ADVANCED CLINICAL TRAINING PROGRAMS IN INDIA**

**MENTORSHIP FROM A DISTANCE** to help support people in their professional practices

**FREE INTRODUCTIONS TO A VARIETY OF TOPICS** – in the classroom with Vasant Lad, streamed live and for viewing on our website

Our students are a diverse community from all over the world committed to learning and living Ayurveda. While some are new to Ayurveda, others have had extensive Ayurvedic careers. Students enroll in the program having been practicing MDs and nurses, soldiers and career military officers, yoga teachers, business executives, parents, artists, therapists, chefs, lawyers and the list goes on! Ages in a classroom often range from recent high school graduates to students in their 80s. Some are looking to become certified as Ayurvedic professionals, some are experienced practitioners continuing to develop, refresh or expand their scope of practice, and some are here to give themselves the gift of personal enrichment and self-healing.

Whether you are just beginning on the path of Ayurveda or intend to deepen an existing practice, studying at The Ayurvedic Institute is an opportunity to embark on a transformational journey of relational learning into this all-inclusive science of life.
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 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. With over 500,000 copies of his books in print in the USA, his work has been translated into more than 20 languages.

DR. ERIN KREEGER  MA, PhD, Dean of Education
Dr. Kreeger feels blessed at being able to assist and support Vasant Lad, his vision and people around the world wanting to explore the gift of Ayurveda. She has a master’s degree and doctorate in organizational leadership and change from Fielding Graduate University and Tilburg University. Informed by Ayurveda, her specific focus has been on well-being in our organizations and public institutions – higher education in particular. Most of her career has focused on leading and supporting organizations in creating and living into generative, health supporting practices where how they do their work is aligned with their values in a way that helps with flow. She has had the joy of experiencing a wide variety of approaches to well-being through living in many countries and cultures around the world including Australia, Canada, the Netherlands, Norway, Thailand, the United States and the West Indies. She has deep love for Ayurveda, The Ayurvedic Institute and great respect for everyone who comes here to learn.

WYNN WERNER  Administrator
Wynn is responsible to the board of directors for the general operation of The Ayurvedic Institute and oversees all of its departments and facilities, assuring that The Ayurvedic Institute fulfills its mission, purposes, and goals. A graduate of the 1991 Ayurvedic Studies Program, Wynn was invited by Vasant Lad to administer the growing institution and has continued to assist the board in guiding it as Ayurveda has expanded into the western world. Wynn is a founding board member of NAMA (National Ayurvedic Medical Association). He represents The Institute on Ayurvedic matters at the state, national, and international levels.
ALBUQUERQUE CAMPUS

At this location since 1986, The Ayurvedic Institute is located in the foothills of bustling urban Albuquerque, allowing us unique opportunities to learn and practice the day-to-day Ayurveda we hope to share with our clients. Our three main education buildings total more than 12,500 square feet.

The primary building is a passive solar structure, housing the administrative offices, the bookstore, the Herb Department, our two libraries, lounge and student kitchen, and the main classroom of approximately 1,200 square feet. The Panchakarma Department, adjacent to the main office, provides the traditional cleansing therapies of Ayurveda for clients who come from around the world for healing. Our second building houses our education department, The Ayurvedic Press, and The Ayurvedic Center for Healing, Life and Longevity. Open to the public, this one-of-a-kind clinic is equipped with clinic rooms for consultations and treatments, a grand rounds room, and a reception area. The third building contains both a large classroom and an Ayuryoga® studio.

In each building there are altar spaces with ghee lamps and incense, honoring the many faces of the divine. All of our classrooms and administrative buildings are equipped with tea stations and Ayurvedic healing teas (many are formulated by Vasant Lad).
Are you feeling called to support people on their journey of health and well-being through learning and practicing a truly holistic science?

Are you inspired to study profound truths that transcend time and to be a bridge between that timeless wisdom and the modern world?

Are you looking for an immersive training and educational experience?

Are you excited about personal and social evolution including creating new communication patterns and ways of being in relationship?

Are you wanting both Ayurvedic philosophy and hands-on clinical practice?

The Ayurvedic Studies Programs are a journey in learning, application, professional development and personal evolution. Steeped in Vedic tradition, these intensive offerings are unique full-time immersive journeys into authentic Ayurveda. They are an invitation to live what you are learning, as you learn it, with a diverse group of students, teachers and staff dedicated to the same. Being an ASP student takes intentionality and dedicated willingness to explore with ever-greater openness, compassion and awareness. We repeatedly see the importance of discipline, dedication, hard work, and a willingness to be vulnerable with each other as well as the nurturing of self and others.

“Studying at The Ayurvedic Institute has provided me with a profound experience in integrating divinity into daily life. Such sublime and subtle changes in awareness that stir a memory of who we really are. I am eternally grateful for this gift and recommend this course to all who hear the calling.”

–WAYNE Y., ASP1
Our curriculum meets the educational competencies established by the National Ayurvedic Medical Association. Graduates of our first-year (ASP1) and graduates of our second-year (ASP2) are eligible to sit for the NAMA Certification Board’s Ayurvedic Health Counselor and Ayurvedic Practitioner certification exams, respectively. Graduates of ASP2 have significant supervised clinical experience. They also have the option of participating in our ongoing mentorship program, which helps support you in building a practice where you live and navigating client visits. We also have an ASP1 personal track option for people to study with us for their own enrichment without the formality of tests and exams.

ASP1 and ASP2 are academically rigorous programs and, out of respect for everyone, we ask our students to come on time, be organized, do their homework, meet deadlines, and follow the policies and procedures of the school. We also ask them to be open to new experiences, deep contemplation, experiential action-based learning, deep listening, creative projects, meta-reflections on what we are making together in any given moment, and to enjoy and have fun with the complexities of the growth that we meet in the program. We provide a structure where our students can gain practical and experiential competencies and skills to live and work in this world Ayurvedically. We also encourage them to explore the philosophical and spiritual contributions to living Ayurvedically or becoming an Ayurvedic professional. This process is designed to support students while in the program and also in the personal and professional work they step into after graduating.

Our students often say that they have experienced powerful growth and transformation from this integrative process. It is a process that can be both delightful and challenging and be generative of well-being for ourselves and, because of that, for the world.

ASP1 and ASP2 run concurrently from October to June of each year. The academic year is divided into three 10-week trimesters, each followed by a break.

This school year commences with a mandatory orientation that begins on October 8, 2018 for ASP1 and on October 10, 2018 for ASP2.
By choosing to study here, you will have the unique opportunity to learn with Vasant Lad, world-renowned teacher and consummate practitioner of Ayurveda, and the rest of our distinguished faculty. The integration of practical academic study, career preparation and evolving how we are in all forms of relationship (with ideas, food, our environment, each other, our stories of who we are and what we are capable of…) is part of what makes the Ayurvedic Studies Program so unique. When people truly step into these on-going learning opportunities, the results can be transformational.

When education and spiritual development coincide, the reason for study may be obscured until after the lessons are learned. Answering your heart’s call to Ayurveda is something we honor with the most academically rigorous and immersive Ayurvedic program available in the United States – the purpose of your education, like any other, may take time to reveal itself. We welcome you to meet us here!

**Q&A**

**If I have studied in another Ayurvedic program, can I still apply for ASP?**

Absolutely. We welcome transfer students. A common question from applicants is how to know which level to apply for – ASP1 or ASP2. We have a placement test that is designed to determine which level would be most appropriate. Most frequently, people test into ASP1 because there is so much in our ASP1 program that they aren’t yet familiar with. Their previous training helps support them tremendously though and that’s consistent whether they place into ASP1 or ASP2.

**HOW LONG IS THE PROGRAM?**

ASP1 and ASP2 are both three trimesters of 10 weeks each. Expect to be on campus for nine months for each. It is also possible to complete only ASP1 and to apply that information either to yourself and your family or to operate professionally within that particular scope of practice. ASP2 requires a separate application.

**HOW FULL IS THE SCHEDULE?**

Our Ayurvedic Studies Programs are intense and immersive. The number of hours students spend inside and outside the classroom far exceeds a traditional university load or even a full-time job. Learning here is a journey that simultaneously includes chanting, pujas, flash cards, study groups, memorization, clinical skills, and both written and oral examinations. Though the schedule can feel very full for many people, we encourage students to create social opportunities together and to apply what they learn in class to all aspects of their lives from their diets and daily routines to their relationships and interactions with others. In addition to weekly class projects, journals, creative assignments and study groups, we have found that our most successful students are those who read and review material in the textbooks before and after class lectures. Many students also find it helpful to prepare for their final oral exam throughout the academic year by reviewing the study guide on a week-by-week basis. In addition, we expect people to be continuously practicing with the frameworks, daily routines, and new life insights to which they are exposed while here, making it a very full schedule!
I understand The Ayurvedic Institute keeps the spirituality of Ayurveda intact. Do I have to belong to a specific religion to attend?

We value diversity and welcome and respect students from every faith and background, and honor the many faces of the divine. 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. At The Ayurvedic Institute, we encourage you to bring your whole self, full identity, traditions, complex communities, questioning mind, compassion, faith practices, spiritual experience, personal connection to and understanding of truth. It may be helpful to know that The Ayurvedic Institute does not teach religion. The term spirituality can mean many things to people and encompasses infinite traditions and practices that support us along our path. As it is said in the Rig Veda (book I, hymn CLXIV, verse 46), *ekam sat viprāha bahudhā vadanti*, that is, “truth is one, though the sages know it by many names”. That’s how we approach the learning we embark on here and encourage each to find their own authentic way to connect with the sacred. We do engage in chants or prayers and other practices that come from Vedic traditions. Students are welcome to participate in these or to contribute to and respect the space in other ways. We are happy to explore what that might look like for you specifically!
The Ayurvedic Institute is a National Ayurvedic Medical Association (NAMA) member school and ASP1 and ASP2 graduates are eligible to sit for the Ayurvedic Health Counselor and Ayurvedic Practitioner certification exams of the NAMA Certification Board.

We have a busy clinic on campus that is open to the public where students can gain training, practice and mentorship post-ASP2 through our graduate internship programs.

WHAT WILL YOU DO WITH YOUR TRAINING

While some people have a clear idea of how they want to apply what they learn here – either for themselves or as a career – we have many students who find their path emerging while they are here. We offer special topic seminars to help students prepare for the business side of running a practice, and offer mentorship programs post-graduation. We celebrate the uniqueness of all of our students and work to support them in navigating the ways in which they are called to share Ayurveda with the world.

THE FOUR PILLARS OF LIFE

THE PATHWAY TO SELF-REALIZATION

DHARMA
Living life with clarity of perception and action, to be true to life’s purpose.

ARTHA
Sufficient resources to fulfill our dharma.

KAMA
Surrendering to what is, through the fulfillment of the positive needs of life so we can go beyond desire.

MOKSHA
Perfect freedom, self-realization, enlightenment (to be a light to oneself), to remain in a state of choiceless, passive awareness, moment-to-moment, in our daily life.

धर्मार्थकाममोक्षाणामरोग्यं मूलमुत्तमम्।
रोगास्तस्यापहारश्च श्रेयसो जीवितस्य च॥
१५॥

Ca. Sū. 1

Health is the best foundation for the four aims of human life: dharma, artha, kama, and moksa. Diseases take this away, as well as goodness and life itself.
ASP1 is the foundation of the educational programs offered at The Ayurvedic Institute. Students acquire a thorough understanding of the principles and practices of Ayurvedic diet and lifestyle, Sanskrit, Ayuryoga, anatomy and physiology, and client relationships. ASP1 is also considered a time to increase self-awareness, self-nurturance, community building, and rigorous study of Ayurvedic knowledge and practices. In each week of this program, an estimated 50-60 hours is dedicated to lecture, class, study, and practice including applied application outside of the classroom.

CERTIFICATION

There are two ways to participate in ASP1.

1 AYURVEDIC HEALTH COUNSELOR TRACK

This is an amazing program for people wanting to become Ayurvedic professionals focused on the profound areas of diet, lifestyle and contemplative practices to encourage a life of balance. This program includes 750 hours of classroom and supervised clinical time with additional time expected outside of class for projects, studying, practice etc. ASP1 benefits those who want to work simultaneously on their own personal evolution. ASP1’s scope of practice is focused on assessing a generally healthy person’s constitution and basic imbalances of dosha, agni, ama and dhatu and providing simple, practical, customized recommendations for clients. Students will also be able to recognize when to refer to either a licensed medical professional or a higher-level Ayurvedic Practitioner for more advanced work including herbal formulations. Many ASP1 graduates also work providing group education (such as offering lectures and seminars) or incorporate what they are learning into another field of practice. Graduates will also be able to work with other healthcare professionals to develop recommenda-

“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., ASP1
tions and implement treatments for clients with established pathologies. Graduates of the ASP1 Professional Track can apply for ASP2 which is focused on becoming an Ayurvedic Practitioner.

2 PERSONAL TRACK

This is intended for students focused on their own personal enrichment and who are not looking to develop a professional practice of Ayurveda. Personal Track students take all of the same classes as the Professional Track students with the exception of classes oriented towards seeing clients (tuition is adjusted for this accordingly.) Personal Track students are under the same standards and guidelines for attendance. They do not receive assessments; for example, they do not take exams or receive grades. Upon graduation, these students receive a Certificate of Personal Track Completion.

Our ASP1 program runs from October through June. Our classes are designed to complement and build upon each other and are the place where you and your classmates will learn both with and from each other. To foster continuity and community there is a set curriculum and schedule everyone follows.

ASP1 COURSE DESCRIPTIONS 750 HOURS

Course titles are subject to change

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. Students explore the relational aspect of Ayurveda: between body, mind and spirit, seasons, local and time cycles, bhutas (elements), gunas (qualities), tridosha (combinations and permutations of the five great elements), prakruti (individual constitution) and vikruti (a state of imbalance), dhatus (tissues). Simultaneously, they develop an appreciation for and better understanding of the core concepts of Ayurveda, through the ancient roots of the shad darshan (seven Indian philosophical systems) with special reference to Sankhya philosophy and its influence on Ayurvedic thought. Students study doshas (vata, pitta, kapha), sub-doshas, and dhatus (tissue), agni (digestive fire) and ama (toxicity), ojas (cellular immunity), tejas (cellular digestion), prana (cellular respiration), chakras (subtle energy centers), koshtas (subtle sheaths of the body), srotamsi (bodily channels) (including their mula, marga, mukha) and their relationships with each other and to body, mind and spirit.

“I am so pleased with my experience with the ASP1 students on my Ayurvedic consultation. Their care about me and my concerns was evident and also their confidence in the Ayurvedic system of healing and balancing lifestyle suggestions. Their notes and discussion proved to me that they had listened attentively at my initial consult and that they had given care and thought to their recommendations. I felt uplifted and optimistic during and after our session. I am grateful for the opportunity and for their support.”

–TERRA W., CLIENT
The course invites inquiry into one’s relationship with self, fellow classmates, clients, teachers, and the material itself. Students learn to identify potential hetu (cause), prodromal symptoms and cardinal signs of disease, distinguish between the six stages of samprapti (disease pathogenesis), develop clinical skills in trividha and ashtavidha pariksha, (the three- and eight-fold examinations used in Ayurveda including analyzing lines and attributes of the face, tongue, nose, lips, nails and eyes), vyadhi gatika (the movement of disease in the body), khavaigunya (defective spaces where disease can develop), and more. Students also learn beginning pulse diagnosis and client case presentation. The first trimester includes a series of videotaped lectures by Vasant Lad facilitated by our faculty. In the second and third trimesters, Vasant Lad teaches in person his extensive understanding of the ancient texts as well as lessons drawn from his many years of experience as an Ayurvedic physician.

AHARA CHIKITSA — FOOD AS MEDICINE 40 HOURS

The Ayurvedic science of ahara (food and diet) is vast, comprehensive, and influences every aspect of one’s life. Ayurveda offers a logical approach for determining a diet based upon an individual’s constitution; an approach that is often quite different from the current western definition of a balanced diet. In this course, students look at food selection, food combining, use of spices and seasonings, and healthy cooking and eating practices through an Ayurvedic lens, and develop ways to incorporate this into their personal and professional practices. Students learn techniques for kindling agni (dipana), understanding the four clinical conditions of agni and demonstrate techniques for working with them. They learn about the stages of digestion—which tastes are predominant in each, where each stage is happening in the body, and what effect each stage is having on body and mind. Students explore the rasa, virya, vipaka and prabhava of foods and the medicinal properties of culinary herbs and spices. We teach about proper and improper food combinations and foods that are balancing (or unbalancing) for vata, pitta, and kapha. Students explore the idea of mindfulness in relation to nutrition and how psychology, seasonality, and stages of life relate to food and nutrition. Students learn about various cooking methods and utensils and each of their effects on digestion and the doshas. Students will understand how to use common herbs found in the kitchen to help tailor meal plans for themselves and their clients.

AYURYOGA CHIKITSA FOR SELF-HEALING 60 HOURS

This course is designed to help support student’s relationships,
integration of knowledge and overall well-being with a focus on what will assist you in this program. It considers many aspects of classical yoga including a focus on lifestyle principles, practices and ethical disciplines like the yamas (austerities) and niyamas (observances), the yogic branches of karma (action) yoga, bhakti (devotion) yoga and jñāna (knowledge) yoga, breathing techniques (pranayama), meditation and mudra. It is not a course on asana or on teaching yoga, though there will be some guided movement in the course. Students gain a deeper understanding of the mind and its operations, deepen and expand their personal practice of inquiry, meditation, and pranayama.

**BECOMING A CLINICIAN 30 HOURS**

There are many skill sets that are important for clinicians. Being able to listen with compassion, non-judgment and awareness while taking notes appropriately, is one example. Another is the skill of observation. This course helps you gain clinician-related skills that will also help you as a student learning Ayurveda. Students engage in role play, clinical observations of cases, and hands-on practice activities to help build these critical skills.

**CLINICAL CONSULTATIONS AND CASE REVIEW 62.5 HOURS**

Bringing together the theory, communication and assessment skills gained throughout the first two trimesters, students begin to see clients in an on campus, supervised setting. 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 individual recommendations according to their assessment of the patient’s Ayurvedic constitution and imbalances (prakruti and vikruti), state of the doshas, agni, dhatus, malas, and manas (mind). 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. We have specific class time set aside for analyzing, learning from and reviewing both current and upcoming clinical cases.

**LANGUAGE AND LANDSCAPE OF THE BODY 60 HOURS**

This course concentrates on the structures and functions of the human body through the lens of Western anatomy and physiology. Students begin with a brief overview of the 11 body systems, identifying the
major structures and functions of each organ system and emphasize the study of surface anatomy. Students learn to locate major structural landmarks and use these reference points to discern the location of vital organs within the body cavities. Students also use hands-on activities to gain confidence in navigating the body in support of their clinical work.

**MEDICAL TERMINOLOGY** 30 HOURS

This course provides a foundation in the language of Western medicine. Students examine the basic elements from which medical terms are constructed, focusing on gaining practical experience defining, utilizing and speaking this new language together. This course is meant to complement and enhance the student’s anatomy and physiology studies. With an understanding of the structure of medical language, the study of anatomy and physiology becomes more approachable. The ability interpret the language of Western medicine paves the way for the student to make better use of publications, lectures and relevant research, providing them with the unique opportunity of being able to cross bridges between Ayurveda and Western medicine.

**SANSKRIT — THE LANGUAGE OF AYURVEDA, LEVEL 1** 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. Sutras help students learn and recall information in systematic ways and bring hidden knowledge to consciousness. And did you know that the Sanskrit alphabet is closely connected to the Vedic human anatomy and to the universal elements? This course involves chanting, reciting and being in touch with the healing aspects of pronouncing each word as a mantra. Students learn Ayurvedic sutras, begin to be able to 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.

**VIHARA CHIKITSA: A HEALTHY LIFESTYLE** 40 HOURS

According to Vasant Lad, vihara is “the way we lead our days and the way we live our life.” By leading each day along a path of balance – with time, with nature, and with the world around us – our lives become harmonious. Living a truly “Ayurvedic lifestyle” means living in harmony with nature and with each other. Our life is a collection of our actions. Some of these actions occur only a few times, but much of our life is a series of cyclical action repeated at regular intervals. These patterns of behavior can be our most powerful tools for health, well-being, and balance. This course is aimed at helping the student unlock the therapeutic potential of vihara, or lifestyle. Individual classes are structured around exploring specific components of a healthy lifestyle in depth with an eye to capturing the nuance that will come up for individuals at different times and will also allow for the skills to help guide others through the process of establishing healthy routines and lifestyle practices. Each topic will include both the concrete practicalities that we face every day without reducing the intangibility and inspiration that is waiting in each moment.

**TUTORING ASP1 AND ASP2** 15 HOURS

Vasant Lad teaches us that a good student is a good teacher and a good teacher is a good student. This course is designed from both sides of that coin: to help you get tutoring and mentorship from ASP2 students, which in turn helps them enhance their skills as a clinician, since clinicians do so much education.

**REQUIRED ELECTIVES** 12.5 HOURS

In addition to the required courses, we offer a number of elective topics throughout the year that students can opt into. For ASP1, there is a requirement of 12½ hours of elective topics. In addition, there are also opportunities for students to learn more about their specific areas of interest or how they might use Ayurveda professionally by them proposing individual projects for elective credit. Topic options are updated by trimester.
The second year of the Ayurvedic Studies Program builds upon ASP1 with an emphasis on increasing depth and breadth of knowledge and application in a clinical setting. Graduates are competent in a scope of practice that includes being able to assess an individual’s unique constitution and elements of physiological imbalance according to dosha, agni, ama, gati, and srotas. Graduates of ASP2 are able to create recommendations using dietary, lifestyle and contemplative practices along with customized herbal protocols and Ayurvedic treatments to encourage healing and a lifestyle in balance with nature. They will also be able to work with other healthcare professionals to develop recommendations and implement treatments for clients with established pathologies.

CERTIFICATION

This program includes 845 hours of classroom and supervised clinical time with additional time expected outside of class for projects, studying, practice etc. Like ASP1, ASP2’s schedule is intensive. Students are expected to engage in personal practice outside of the classroom while also attending all of their classes and participating in study groups with others. Clinical practice may include Saturday shifts. The cumulative schedule is much fuller than a typical university load or full-time job. Our ASP2 program runs from October through June. Our classes are designed to complement and build upon each other and are the place where you and your fellow classmates will learn both with and from each other. To foster both this continuity and community, there is a set curriculum and schedule everyone follows. Classes are concurrent with practicing in the student clinic.

“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 Vasant Lad, and with case studies presented in several classes. We are learning to see the interconnectedness of doshas, dhatus, and srotas and how to follow the thread in each individual. I am completely inspired by all that I am learning!”

—BETSY B., ASP2
ASP2 COURSE DESCRIPTIONS 845 HOURS
Course titles are subject to change

GURUKULA: VASANT LAD CLIENT CONSULTATIONS AND LECTURES 160 HOURS

In this amazing, client-centered course, students observe Vasant Lad consulting with panchakarma (PK) clients to learn the art and science behind his assessments, findings, and recommendations. Vasant Lad personally teaches based on his extensive understanding of the ancient texts as well as his many years of experience as an Ayurvedic physician. He works with each client uniquely, applying his knowledge and experience in each consultation, and follows these consultations with lecture and practice. On Mondays and Thursdays students observe and assist Vasant Lad in a clinical intake and follow-up with two to four clients who have come to The Ayurvedic Institute for panchakarma. On Tuesdays and Wednesdays, Vasant Lad’s lectures will cover the Ayurvedic assessment, understanding and management of many common disorders.

Gurukula class is the Ayurvedic equivalent of shadowing a medical doctor on rounds and greatly broadens students’ clinical exposure.

In addition, observing Vasant Lad will deepen your understanding of his distinct knowledge and approach to client assessment and chikitsa, the foundation of The Ayurvedic Institute’s curriculum and standards. Students study the 12 major srotas; ojas, tejas, prana; the endocrine system as related to majja and mano vaha srotas; women and children’s health; rasayana chikitsa and the Ayurvedic approach to emergencies and first aid management. They analyze Vasant Lad’s approach to entering the heart of a client; assessing and working with imbalances of the srotas (and topics listed above) using pariksha, herbal formulation and chikitsa in the context of panchakarma. They also use the case history and client presentation of selected PK clients and work up the assessment of that client as though that person had come for a clinical appointment in our on-campus clinic. Students further increase their clinical experience and confidence by observing and assisting Vasant Lad with pulse reading, palpation, percussion and blood pressure and occasionally with the explanation of a particular pranayama, meditation or other recommendation. Students learn how to approach pariksha, formulation and chikitsa, etiology, prodromal and cardinal signs and symptoms, dosha gati and the samprapti of many common disorders. They gain familiarity with allopathic terms and descriptions and viewpoints for these disorders in order to effectively and responsibly communicate and integrate with medical professionals.

“The immersive experience of studying at The Ayurvedic Institute brought with it not only knowledge of a vast healing tradition but a profound transformation on a personal level. Working closely for two years with classmates, faculty, and clients under the guidance of Vasant Lad is an opportunity to open both the mind and the heart, and to begin to develop the qualities of a healer in the truest sense of the word.”

—UMA J., ASP1 & 2
AYURYOGA CHIKITSA FOR CLIENTS 45 HOURS

This course focuses on Ayuryoga Chikitsa, predominantly organized around srotamsi. This course looks at pranayama, asana, philosophies, including the yamas and niyamas, and meditation. It includes examinations and explorations of traditional asanas, but it is not itself an asana class. Students learn to identify and illustrate the ways an Ayurvedic Practitioner can use yoga techniques for balancing specific srotamsi. They learn pranayama protocols to support specific srotamsi and learn how to teach Vasant Lad’s specific set of seven pranayama as part of a larger Ayurvedic protocol that helps clients establish balance, improve digestion and ease specific conditions covered elsewhere in their clinical curriculum. Students develop the understanding of how to use traditional asanas as examples to explore how to incorporate simple and basic body movements to support clients’ health and well-being. They work with philosophy, meditation, and concentration techniques both to support clients and to develop and deepen a personal practice for themselves that will be supportive of their work as an Ayurvedic Practitioner.

CLINICAL ASSESSMENT SKILLS 20 HOURS

No matter which medical discipline one uses, there are certain important clinical skills needed to assess the patient. In this class students learn inspection, auscultation, palpation, and percussion. Students also learn how to use clinical instruments such as a sphygmomanometer, stethoscope, ophthalmoscope and reflex hammer. Students will be able to perform a physical exam with proper sequence and flow while also being able to verbally state the findings of the physical exam.

YANASPATI DRAVYAGUNA SHAstra: THE SCIENCE OF HERBOLOGY 60 HOURS

Herbs such as those used in Ayurvedic aushada (medicine) are dynamic; they are imbued with mahad (universal intelligence) and can act differently depending on the client and situation. Therefore the use of Ayurvedic herbs demands a great deal of awareness on the part of the practitioner. Foundational to this course and to Ayurvedic pharmacology is the understanding of the rasadi panchakam for each substance;

“artha kā labhāḥ prayātyatāḥ, prayātyatāt kṛtā rājaskāryāḥ, nātvā labhāḥ prayātyatāḥ, prayātyatāt kṛtā ca va. nātvā labhāḥ prayātyatāḥ, prayātyatāt kṛtā ca va.”

Those who, day and night, moment to moment, ask themselves, “How do I spend my time? How do I act toward other beings?,” are always present, always aware, always remembering, and are not a part of the misery and pain (of the world).

“"The school has been better than I even imagined. Vasant Lad and the other instructors have taught me so much and opened my eyes to a new way of seeing the world. I’m grateful for the experience.”

—SHANNON K., ASP2
that is: the rasa (the taste of a substance), virya (its potency), vipaka (its post-digestive effect), prabhava (its potential to have dynamic action at the level of cell nucleus) and guna (the qualities of a substance).

ENTERING THE HEART OF THE CLIENT 15 HOURS

Entering the heart of the client is the essence of healing. In every client and practitioner relationship there must be trust. This course explores the basis of the client/practitioner relationship so that proper assessment and recommendations can be individualized and appropriate for each client. As a member of this class students are asked to continuously self-assess based on the qualities the texts speak of regarding what makes a good practitioner. Students explore what it means to be in “relation” to another individual, and what are the factors contributing to this relationship. As a practitioner, we must be able to properly assess a client through all levels and integrate the verbal and nonverbal, the physical and non-physical aspects so that we can blend the science of Ayurveda and the art of Ayurveda to create an effective chikitsa.

M ARMA FOUNDATIONS 25 HOURS

Marma points are an important element of Ayurveda’s healing power, serving as a bridge between the body, mind and soul – but their seemingly myriad indications and associations can feel overwhelming to a beginner. In this course students use what we already know from ASP1 (dosha, subdoshas, basic A&P) as a foundation for understanding marmani. By creating and then practicing your own marma chikitsa routines, students begin to develop a relationship with the marmani and gain experience and confidence in using marma as a therapeutic tool.

THE ART OF NADI VIJNANAM 20 HOURS

For an Ayurvedic practitioner, pulse opens the doors of deeper perception and pulse assessment is part of the core of Vasant Lad’s teaching of assessment techniques. 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. Building on the pulse foundation from ASP1, students assess all seven layers of the pulse, arrive at a physiological understanding of the client and create confluence of their assessment through pulse analysis. This hands-on topic requires significant practice both in and out of the classroom. Vasant Lad says, “Do darshan of nadi with
awareness, not with the mind.” This course covers Vasant Lad’s method, technique and system of Ayurvedic pulse reading through lecture and practicum with special emphasis on the importance of developing one’s own awareness, perception and confidence. Students use Nyaya philosophy as a foundation for obtaining clinical knowledge.

**SANSKRIT — THE LANGUAGE OF AYURVEDA, LEVEL 2 45 HOURS**

Sanskrit is the sacred language of yoga, of Ayurveda, and of ancient mystical texts and, as such, it provides words for subtle concepts and imparts a deep, vibrational resonance when chanted, especially in a group setting. Ayurveda is, at its heart, an oral tradition that for millennia has been imparted from teacher to student through the chanting of sutras: aphorisms that encompass a concentrated form of knowledge. Ayurvedic sutras play a key role in the propagation of knowledge within our curriculum and students use these sutras in classroom discussion and in clinical settings to support systematic thinking. Sanskrit anatomy and physiology terms are also used throughout the year in ASP2. In this course, in addition to sutras, students focus on learning the vocabulary well enough to understand and use it throughout the year.

**STUDENT CLINIC AND CASE REVIEW 230 HOURS**

In the clinic, students provide consultations to the general public in a supervised and monitored environment to ensure correct utilization of Ayurvedic examination techniques: ashtavidha pariksha and trividha pariksha. Students create a chikitsa (treatment regimen) that includes addressing diet, lifestyle, therapies, and contemplative practices, and eventually herbal and body treatment recommendations. Students focus on how to engage with compassion and establish trust, credibility, and rapport with the client while also learning time management of visits. 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. In Trimester 1, we have set aside additional class time to review cases in more depth including a focus on, for example, use of questions, client presentation and how to design client-specific and helpful recommendations.

**THERAPEUTICS 80 HOURS**

This is a class giving insight and proficiency in the realm of Ayurvedic treatments. Students learn how to treat dosha and dhatu in a clinical setting including understanding the therapeutic effects of why treatments are done. Students look at ahar, vihar, basic shamana, and treatment strategy by srotas – minus herbs and yoga, as those are addressed in other courses. Students learn how treatments fit into the chikitsa plan of an Ayurvedic Practitioner and what their indications and contraindications are. Students are also introduced to a limited number of panchakarma therapies, which helps deepen their under-
Ayurveda speaks a great deal about daily and seasonal routines (dinacharya and rutucharya) and how these should be followed according to one’s prakruti (constitution) and vikruti (current state). For instance, a vata person should do daily oil massage and follow a regimen to pacify vata dosha. The same applies to pitta and kapha types, who should follow dosha-pacifying regimens. Every person is different – physically, psychologically, and constitutionally – and we often deal with people of many different cultures, educational backgrounds, interests, and goals. In order to understand another person as he or she is, be humble, compassionate, and look at that person without judgment or criticism.

We have to live in harmony with nature and with other people. Listen to everyone with great respect and love, so that you go to that person’s level of consciousness and understand what he or she is thinking. Then you can raise your consciousness, along with the other person’s, so that you can help to bring that person to your level or you can reach the other person’s level.

Yoga talks about the yamas (restraints) and niyamas (ethical practices). It says not to judge, criticize, or harm another person. If I hurt or insult someone else, the harm will come to me… because I am the world and the world is me. At least for the sake of our inner self, we have to live in harmony with other people. That is only possible when we have understanding and we use our relationships as a mirror to watch our own reactions. We can watch our own fear and desires. Living in harmony with nature (through daily and seasonal regimens) can bring balance between the three doshas, while living in harmony with other people brings balance in our relationships. Your life is divine. Love yourself as you are and have great self-esteem, never overestimating or underestimating yourself. Through self-inquiry and self-investigation, one can achieve self-enlightenment.
their understanding of clients seen during their Gurukula course with Vasant Lad. This also helps them learn how and when to refer clients as well as preparing those who are interested in further post-graduate study in our six-week panchakarma therapy training in India.

**INTRODUCTION TO MEDICAL JYOTISH 20 HOURS**

This course gives an introduction to Jyotisha with an emphasis on Ayurvedic interpretation and utility. It is meant to give a background and support to the astrological interpretation that Vasant Lad does in Gurukula. It is aimed to provide another data point that shows confluence, or lack thereof, in a clinical assessment or a chikitsa given by an Ayurvedic practitioner. The course provides students a tool for indicating a person’s constitution and health from an Ayurvedic perspective and lays the groundwork for students to follow Vasant Lad in Gurukula as he consults with clients. Students gain general comprehension of the principles and fundamentals of Jyotisha within an Ayurvedic context and help determine how these fundamentals signal desirable and undesirable outcomes in various areas of life, including health, family, career, and other life themes. This course provides students with a basic familiarity of the North Indian astrological chart so that they can refer clients to professional Jyotish consultants for in-depth evaluation. The course covers the basics of Jyotisha and anatomy-related details of the doshas and dhatus. Students learn the grahas (planets) including deities and days of the week, rashis (signs), bhavas (houses) and their lords, nakshatras (constellations), dhristis (aspects), vikruti, and prakruti, in addition to timing: dashas (periods), gocharas (transits), and varshaphala (annual charts). Medical applications and upayas (remedies) are included as are other scriptural techniques. As part of the curriculum, students will apply Jyotisha’s principles to their own horoscopes.

**PATHOPHYSIOLOGY 30 HOURS**

Pathology is a vast subject that encompasses all different healing arts. No matter which healing art one practices, one needs a basic understanding of form, function, and end result of the most commonly occurring pathologies. If a client presents a diagnosis, the clinician can understand the story of the pathology from an allopathic perspective. For example, what might that client have been told about disease, course, etiology and treatment options? This course is designed to cover the pathology categories covered following the srotas taught in Gurukula from the modern medicine perspective. This course is not designed to prepare you to diagnose or treat disease, as this is out of the scope an Ayurvedic practitioner and the laws in New Mexico. Nor is it a course on pharmaceutical management. This course is not meant to replace an Ayurvedic perspective lens on working with clients but rather help you become more polylingual and contextually aware.

Correct pranayama will weaken all diseases.
Improper practice of yoga will strengthen all diseases.
–HATHA YOGA PRADIPIKAA

“I want to thank you so much for my consult. You changed my life! Many unsolved mysteries and the ‘why?’ of reasons I feel the way I do, have been solved, with much intelligence and care. I have been touting The Ayurvedic Institute to many of my friends and I am feeling better already.”
–PAMELA B., CLIENT
CLINICAL SROTAMSI 70 HOURS
This course is designed to facilitate a practical understanding of the srotamsi as discussed in Gurukula with Vasant Lad. Students learn to examine the physical body through inspection, auscultation, palpation, and percussion corresponding to the srotamsi outlined in the week-by-week course syllabus. The course will consist of written and practical examination techniques with a partner. Building upon material covered in ASP1 and the first trimester of ASP2, students are required to have a basic understanding of srotamsi mula, marga and mukha as well as a basic understanding of anatomical structures, location, and function in order to gain a deeper understanding of the srotamsi and the srotamsi examination in a clinical setting. Students learn to demonstrate physical examination per srotamsi, understand the reasoning behind the exam, of techniques correlated to the srotamsi and when you would perform this exam as well as learning to differentiate between normal and abnormal signs observed during an examination.

TUTORING ASP1 AND ASP2 15 HOURS
Vasant Lad teaches us that a good student is a good teacher and a good teacher is a good student. This course is designed from both sides of that coin: to help ASP1 get tutoring and mentorship from you, and to help you better understand and work with the material you learned in ASP1 by working with it in a different way. This in turn helps you enhance your skills as a clinician, since clinicians do so much education. This is an exciting course with great opportunities and responsibility!

REQUIRED ELECTIVES 10 HOURS
In addition to the required courses, we offer a number of elective topics throughout the year that students can opt into. For ASP2, there is a requirement of 10 hours of elective topics. In addition, there are also opportunities for students to learn more about their specific areas of interest or how they might use Ayurveda professionally by them proposing individual projects for elective credit. Topic options are updated by trimester.
ADMISSION CRITERIA AND POLICY

Our Ayurvedic Studies Programs are a journey of transformative learning. A lot of care goes into all aspects of the programs – including the design, policies and curriculum. This alone is not enough to make them transformative. The transformation comes from how you show up and engage with it. We have found that being a successful ASP1 or ASP2 student at The Ayurvedic Institute requires great commitment. For example, as talked about in our Educational Philosophy, it requires humility, non-judgement, teamwork, trustworthiness, truthfulness, clarity of perception, self-inquiry, optimism, enthusiasm, discipline, compassion, love, and surrendering to what is. It requires:

- Dedication, openness and trust
- A willingness to explore, question, analyze and integrate what you are learning and feedback you are receiving with an open mind
- Rigorous study habits, openness to deep learning, hands-on exploration and practice, extensive reading, memorizing, reflection, writing, and testing
- The desire and ability to work with others and on your own
- An ability to clearly express ideas and knowledge in written and oral formats
- Attention to how we are together (for example, what stories we are telling ourselves and each other, how we are treating each other, etc.) and how we are helping create more clarity, compassion, collaboration, respect and well-being
- A commitment to following policies, regulations, and laws
- Recognizing that what we often think of as failure is the first step towards success, it helps to be able to laugh and enjoy the fascinating lessons and learning as they unfold – even if those lessons aren’t always fun or easy on the ego.

Throughout the application process, we are looking for indicators that you can be successful in the program, including in the examples we have given here. The admissions process includes an interview that can be held from a distance or in person.
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.

For both ASP1 and ASP2 programs, once the maximum number of students has been accepted, subsequent conditionally approved applicants are placed on a waiting list.

All applicants must hold a high school diploma, GED, or meet alternative test requirements. All applicants must also be fluent in verbal and written English. We do not provide tutoring or special allowances for differences in English language capacity.

**VETERAN 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 benefits are available only to certificate track students. These students are required to abide by both VA and The Ayurvedic Institute 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.
INTERNATIONAL STUDENTS
We recommend international students go to https://studyinthestates.dhs.gov and contact your local consulate to inquire about the wait time to set up an M-1 visa appointment, as appointment schedules vary from country to country. We cannot guarantee that all government approvals will be completed in time for a student to participate in the program. Our experience with this process is “the earlier you begin, the better.” Earlier allows you to have more time for planning and preparing to be here. To process your application, we will need a copy of your passport and proof of funds covering your school and living expenses, dated no more than 60 days prior to your application date. See our I-20 Request Form (posted on our website) for more details.

AUDIT PROGRAM COURSES
Guests may be approved to attend occasional evening lectures at $60 per lecture. We also offer the option of auditing all of Vasant Lad’s evening lectures and, for ASP alumni, there is the option to audit evening lectures and/or to audit other courses offered in the ASP1 and 2 programs. Please contact the Student Services Coordinator at (505) 291-9698, ext. 126 for more details. Our Student Services Coordinator can assist with these choices, what is involved, and tuition details.

SCHOOL LICENSING AND RECOGNITION
Operating for more than 34 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, and graduates are eligible to sit for the Ayurvedic Practitioner certification exam of the NAMA Certification Board. The Ayurvedic Institute is not accredited by the US Department of Education.

TO APPLY, download the application at ayurveda.com. Step-by-step instructions are provided.
All applicants pay a one-time, non-refundable registration fee of $100.

All students are charged the same tuition in their program. We do not, for example, charge more for international students, students receiving VA benefits, or returning students.

2018-2019 ASP 1
PROFESSIONAL TRACK
1ST trimester $4,120
2ND trimester $4,120
3RD trimester $4,120
TOTAL $12,360

PERSONAL TRACK
1ST trimester $4,120
2ND trimester $4,120
3RD trimester $3,710
TOTAL $11,950

2018-2019 ASP 2
1ST trimester $4,850
2ND trimester $4,850
3RD trimester $4,850
TOTAL $14,550

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

On 1st class day 0%
After 1st day; within 10% 10%
After 10%; within 25% 50%
After 25%; within 50% 75%
50% or thereafter 100%

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

There are separate applications for ASP1, ASP2, and ASP2 transfer applicants. Each application has a $100 non-refundable registration fee.

Transfer students are defined as applicants who have either not completed ASP1 at The Ayurvedic Institute or who graduated prior to the current ASP1 academic year. Applications for transfer students includes a placement examination involving oral and written components.

There is a non-refundable $250 placement exam fee for this process. To opt out of the placement exam you can apply directly to ASP1.

Please see our website for application deadlines.

Once a student has been conditionally accepted into ASP1 or ASP2, they will be given a Student Handbook and an Enrollment Agreement. Any student signing an enrollment agreement or making an initial deposit or payment toward tuition and fees of the institution shall be entitled to a cooling off period during which the agreement can be withdrawn and those payments shall be refunded.

ASP1 ORIENTATION October 8, 2018
This is the first day of ASP1. Orientation is a special, unique and critical component of ASP and attendance is required for all students.

ASP2 ORIENTATION October 10, 2018
This is the first day of ASP2. Orientation is a special, unique and critical component of ASP and attendance is required for all students.

Please plan your travel schedule so you can be settled in Albuquerque in time for the first day of orientation.
FINANCIAL AID AND WORK-STUDY
The Ayurvedic Institute does not currently offer or administer government-sponsored financial aid or other loan programs. However, ASP1 and ASP2 are approved for eligible persons to receive benefits from the VA. (see page 30) The Ayurvedic Institute also sponsors a small work-study program for which full time students may sign up. These opportunities are designed to serve our on-campus Ayurvedic community. Work-study hours have no cash value and can only be used toward the student’s tuition balance or toward seminars and/or intensives. Work-study credit may not be used for products, herbs, or other services.

RULES AND REGULATIONS PERTAINING TO ACADEMIC PROGRESS
Please see the Student Handbook for details on grading, what makes for satisfactory academic progress and graduation requirements.

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 Administrator 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 to the student between three and ten days from the date of notification of the Dean of Education. 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.

FULL-TIME STUDENT BENEFITS
One way of supporting our full-time ASP1 and ASP2 students is by offering a number of student benefits. For example, students receive a complimentary consultation appointment with Vasant Lad, discounts on additional courses, seminars and clinical appointments, products, access to listen to recordings of Vasant Lad class lectures, a one year Ayurvedic Institute membership, and a subscription to our quarterly journal, Ayurveda Today.

VEDIC CLASSROOM ETIQUETTE
According to Vasant Lad, “sattva is the pure essence of light, right action, and spiritual purpose. Eating sattvic food, waking up early in the morning when sattvic qualities are most present in nature, and taking in what is sattvic with our five senses are all ways to bring the sattva quality into the mind and experience clarity, love, and compassion.”

Our goal is to co-create a sattvic space for both others and ourselves. Following Vedic tradition, the classroom is a sacred space, a container in which profound learning happens. Within this space, we treat each other and ourselves with respect, kindness, and compassion. We speak honestly and bring forth our best effort. Co-creating a sacred space also includes minimization of distractions, so we observe modest dress, maintain punctuality, and refrain from the use of modern technology during class. This code is not meant to limit individual creativity or freedom, but rather to foster an environment in which profound learning, healing, and transformation can manifest. You can find more information about classroom dress in our Student Handbook.
TRAINING PROGRAMS IN COLLABORATION WITH THE VASANTA INSTITUTE OF AYURVEDA IN INDIA

GURUKULA PROGRAM — ADVANCED CLINICAL TRAINING

Seeking to rejuvenate your Ayurvedic education or add to its breadth and depth with both classroom training and actual client visits?

Want to be a part of running a free Ayurvedic community clinic with hundreds of client visits?

Attracted to learning the power of marma chikitsa?

Interested in understanding seva and the power to really live and love Ayurveda in a community of fellow seekers?

In need of a place to deepen your Ayurveda lifestyle, rituals and routines as part of your own evolution?

Our Gurukula Program is an amazing opportunity for a transformative six-week experience of genuinely living and learning authentic Ayurveda with Vasant Lad and his team in his home country of India! This is a one-of-a-kind opportunity for students to deepen their Ayurvedic diagnostic skills, Ayurvedic pharmacopeia knowledge, and patient care experience, while taking their own daily practices to a deeper level of Ayurvedic intimacy. Our classes cover a variety of topics that add to the depth and breadth of your Ayurvedic education.

This is your chance to be a part of running a community clinic and its many facets including experiencing the very special care Vasant Lad offers to clients. Caring for clients takes more than just knowledge; it takes working on our own self-healing and this program supports you in doing that through living day-to-day in an environment that embodies Ayurveda. This immersion in the Ayurvedic lifestyle is a remarkable way not only to grow your knowledge and understanding of Ayurveda, but to really digest and apply it in everything you do.
WHAT TO EXPECT IN THIS PROGRAM

- Intimate living, learning, and clinical settings with Vasant Lad and his team in his homeland of India
- Support for strengthening your daily routines including guided Ayuryoga for self-healing
- Experience the power of daily agnihotra
- Learning and practicing with the powerful benefits of Ayurvedic marma chikitsa
- Working with ashtavidha pariksha (methods of clinical examination) including pulse diagnosis
- The opportunity to be part of the running of a community clinic
- Learn about Ayurvedic medicine while working in the herb room
- Personal consultation with Vasant Lad
- Excursions to embrace Ayurvedic and Indian culture
- Friendships with those passionate about Ayurveda and creating well-being in the world
- Personal enrichment and professional development
- An opportunity to be cared for and supported

GENERAL INFORMATION

This program is a completely immersive experience. Students and staff reside at the VIOA facility. Accommodation, meals, and transportation needs related to the program are included and taken care of. The campus is built to western standards with great quality drinking water, some green space, and meals based on Usha Lad’s own recipes. We will arrange for you to be picked up and dropped off at the Mumbai or Pune airports.

Previous study of Ayurveda is required and each applicant’s experience is considered on an individual basis during an interview. Total cost of tuition, room and board, pick-up/drop off at the Mumbai or Pune airports is $6,480 USD. This cost does not include registration and administration fees or airfare.

The Ayurvedic Institute reserves the right to change curriculum as needed.
HANDS-ON AYURVEDIC BODY THERAPIES — PANCHAKARMA TECHNICIAN PROGRAM

Are you looking to expand your scope of practice?

Have you been wanting to perform hands-on body-based therapies in a clinic or private practice with an emphasis on utilizing the therapies for purposes of shamana chikitsa?

Have you been thinking about performing panchakarma therapies in connection with a panchakarma program under the guidance of a qualified Ayurvedic Doctor or Ayurvedic Practitioner?

This program provides both theory and hands on practice in Ayurvedic therapies for the purpose of shamana chikitsa, supporting and helping to deliver the panchakarma treatment program designed by the Ayurvedic Doctor and/or Ayurvedic Practitioner. The Panchakarma Technician is not trained to design, supervise or be responsible for a person’s individual panchakarma programs. This program is designed so that students are working on actual panchakarma clients in a supervised capacity. Certification as an Ayurvedic Health Counselor is required.

Please see our website for more details on what our particular program will look like.
Examination of the Lines of the Face

- Prominent Frontal Lobe: Spiritual Thinker or Philosopher
- Prominent Middle Veins: Possible History of Stroke
- Loss of Outer Eyebrow: Hypoglycemia, Diabetes, Anxiety
- Cut Line of Eyelid: Connected to Ovaries, (Ectopic Pregnancy, Painful Ovulation...)
- Big Ear: Long Life, Good Listener
- Allergies, Low Lungs Energy, Respiratory Congestion
- Weak Reproductive Organs
- Prominent Philtrum: Low Libido
- Diverticulosis
- Prominent Sternoclydomastoid Ms.: Emphysema
- Low Libido, Grief
- Presently Sad, Non-resolved Grief
- Malabsorption: Ascending Colon
- Chronic, Old Sadness, Non-resolved Grief
- Weak Prostate: (Genetic)
- Malabsorption: Enlarged Prostate, Endometritis, Endometriosis
- Prominent Veins: Hypertension, Alcoholism
- Prominent Blood Vessels: Tendency for HBP
- Sunken Temporalis Ms.: History of HBP
- Long Deep Groove: Weak Reproductive Organs
- Future Hypothyroidism
- Enlarged Chin: Hypothyroid, Goiter
- Double Chin: Future Hypothyroidism
- Impulse Upon Swallowing: Enlarged Thyroid
- Sunken Fossa, Sternal, Solar Plexus: Did Not Receive Mother's Milk
- Scleritis: Rheumatoid Arthritis
- Yellow Sclera: Jaundice
- Muddy Sclera: Diabetes

Many Hairs in Ear: History of Heart Attack
- Groove: Trauma, Serious Illness
- High Cholesterol
Have you been wanting to learn about Ayurveda but don’t have time for an intensive program or can’t move here for the full Ayurvedic studies certificate program?

We have many options for those wanting an introduction to Ayurveda, to deepen their practice with more professional development or to focus on their own self-healing and personal enrichment. Vasant Lad, BAM&S, MASc, and our other esteemed faculty teach a number of courses that you can take online or in person for a weekend or week at a time. We have arranged the following topics by how much time you have available to study.

If you are interested in engaging with Ayurveda and learning from Vasant Lad and only have a couple of hours, we have a video library of Vasant Lad’s recorded lectures that you can watch on demand from your home. As our gift to you, we offer these videos free of charge! In addition, we offer complementary viewing of Vasant Lad’s live Friday evening lectures that open his weekend seminars and weeklong intensives. These are two hours in length and are added to the video library as they occur.

If you have a weekend, you can dedicate to learning, we offer two webinars an academic year. We also have a number of amazing weekend seminars you can enroll in to study with Vasant Lad, in person in Albuquerque. These seminars are appropriate for beginners through experienced practitioners and range in topics. They are a mixture of popular interest and advanced Ayurvedic concepts. He generally offers four weekend seminars between January and May each year with a wide range of topics. (Please check our website for more details.)

Some recent example topics include Mantra and Meditation, Ayurvedic Cooking, Beauty Secrets, Palmistry, Weight Management, Healing

“I was simply amazed by just how true were the things Vasant Lad could read through the lines on my palms.”
— SAPNA, PALMISTRY SEMINAR PARTICIPANT
Psychological Trauma, Vastu Shastra (the Vedic science of architecture), Using Gemstones and Crystals for Healing, The Kitchen Pharmacy, Women and Children’s Health, and An Exploration into the Wisdom of the Sister Sciences of Yoga, Pranayama, Jyotish, Vastu and Palmistry, Ayuryoga, Ayurvedic bodywork, and Vedic stories. Some of these may also be presented as webinars and all are NAMA CEU approved.

If you have more than a weekend, there are a couple of options. One is to come to Albuquerque for one-week intensives. These are amazing dives into such topics as pulse analysis, marma chikitsa, subtle sense therapies and awakening kundalini shakti and include the benefits of being in-person with Vasant Lad. For those who have more time but can’t travel, we will be launching a number of courses for people who want to do some reading and studying on their own from home before meeting virtually with a teacher and other students. Example topics include Ayurvedic Nutrition, an Introduction to Ayurveda course, Ayuryoga topics, and more. That schedule is currently being designed.

Each of these programs results in a certificate of attendance and most are NAMA approved for PACE CEU credits. They are not intended to be stand-alone courses that train people for a professional Ayurvedic practice. For that, we recommend studying in person in our Ayurvedic Studies Certificate programs.

We believe that the depth of learning and integration needed to become an Ayurvedic professional goes best with being present with a teacher in body, mind and spirit, including having supervision while working with real clients. What these low residency seminars and intensives are intended for is to offer opportunities to begin learning about Ayurveda, to deepen your existing practice or give yourself the gift of self-nourishment and personal enrichment. The exception is the panchakarma therapist training program that is designed to provide

“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, ASP1
significant job training for people wanting to practice as panchakarma therapists.

ADDITIONAL ALUMNI OPPORTUNITIES
Graduates of our Ayurvedic Studies Programs also have the opportunity to apply for our mentorship program as well as auditing a number of our ASP courses. Whether it's a new course or one where you want to refresh or deepen your knowledge, alumni now have the option to enroll and fully participate in individual courses. Alumni who have done this have said how amazing it is to be able to learn in these classes again with the added spaciousness and reduction of pressure compared to when they went through the first time. They learn so much! Our Student Services Coordinator can help you apply to audit these courses.

CONTINUING EDUCATION FAQS
Can I become certified in Ayurveda from a distance?
While we do offer continuing education courses in Ayurveda that people can do from a distance or with low residency (for example webinars or in person weekend seminars) these are considered personal enrichment and professional enhancement courses. They are not designed for you to attend and then set up a professional practice around that topic. To become certified as an Ayurvedic professional, take a look at our Ayurvedic Studies Program, which takes place at The Ayurvedic Institute’s Albuquerque campus and includes a rich depth of classes, supervised clinical practice and a chance to become part of an amazing community. This full-time hands-on immersive program takes place for approximately nine months of each year. We do have students who return to their homes during the summer months and during breaks in the school year and come back again in the fall.

What can I expect during a seminar or intensive?
You can expect to learn from Vasant Lad and the Ayurvedic community in gleaning new insights 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. 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 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 our Student Services Coordinator at studentservices@Ayurveda.com or (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 $45 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?
Our seminars and intensives are approved by the National Ayurvedic Medical Association’s PACE CEUs. We also work with many credentialing and professional bodies and are happy to submit paperwork on your behalf. Please contact student services for more information at studentservices@Ayurveda.com or call (505) 291-9698, ext. 126.
The one who is established in self, who has balanced doshas, balanced agni, properly formed dhatus, proper elimination of malas, properly functioning bodily processes, and whose mind, soul, and senses are full of bliss, is called a healthy person.

Sushruta’s definition of health
LIBRARY
We have a large collection of classical and academic texts. The library is equipped with study space and computers, and offers many volumes of Ayurvedic and related texts.

MENTORSHIP
Seeing clients in our clinic in Albuquerque can be a different experience than seeing clients in other places or in other professional practice designs. To support people in working with those uniquenesses, we offer a mentorship program ASP2 graduates can participate in from a distance.

HERB DEPARTMENT
The Ayurvedic Institute supplies USDA certified organic products whenever possible, and ensures that all our products are of the highest quality commercially available. The Herb Department sells both pre-made products, and blends custom dry herb formulas for each specific herb order. As much as possible, we deal with suppliers who support sustainable harvesting of plant products and do not carry plants that are known to be endangered. The Ayurvedic Institute is a member of the American Herbal Products Association (AHPA).

PANCHAKARMA
The Ayurvedic Institute has been providing panchakarma therapy since 1997, offering custom-tailored treatments to each individual’s Ayurvedic constitution and imbalances. According to Ayurveda, our natural state is one of health, happiness and an inner sense of well-being. In a busy, stressful, and toxic world, our physical and mental systems accumulate toxins causing deterioration in bodily functioning. This eventually weakens our systems, which opens the door for chronic, degenerative, and non-specific diseases to develop. These can evolve into serious specific diseases, ultimately damaging an individual’s health and wellness.
Panchakarma therapies are designed to eliminate toxins and restore balance in the mind, body, and spirit.

**THE AYURVEDIC PRESS**

The Ayurvedic Press (TAP) is a division of The Ayurvedic Institute that primarily publishes Vasant Lad’s books and articles, the quarterly journal, *Ayurveda Today*, as well as other traditional Ayurvedic and Vedic works.

**STORE**

We offer many Ayurvedic products through our store, including personal care products, malas, puja, and spiritual items as well as CDs, videos, and more. Both our on-site store and our online store are open to students and the public.

**MEMBERSHIP**

The Ayurvedic Institute is a non-profit 501(c)(3) educational corporation. Our purpose is to promote the knowledge of Ayurveda and we invite your support in this effort. Membership supports the aims and objectives of The Ayurvedic Institute.

Membership benefits include:

- A 10% discount on seminars and intensives. *The $35 membership ($60 international) cost is often paid for with a single seminar discount plus you receive all the other benefits of membership!*

- A subscription to our quarterly newsletter, *Ayurveda Today*. Our newsletter presents features and articles on Ayurveda and is an excellent way to continue your education in Ayurveda and to keep up with events at The Ayurvedic Institute.

- A 10% discount on products, books and tapes in our retail store.
LIFE IN ALBUQUERQUE

TRANSITION TO ALBUQUERQUE

Albuquerque is enjoying an increase in population with the entry of the film industry to the area as well as more technological jobs. With a metropolitan area population of almost 800,000 residents, Albuquerque ranks as the 32nd largest city in the USA and is recognized as one of the most diverse cities in the country. It is home to the University of New Mexico, National Hispanic Cultural Center, Indian Pueblo Cultural Center, and Petroglyph National Monument.

Steeped in history, the city of Albuquerque was established over 300 years ago, but human settlements date back 12,000 years. It is nestled between the towering Sandia mountains to the East and ancient volcanoes to the West. In between lays the Rio Grande river valley, full of human history and towering cottonwood and elm trees.

WEATHER

Albuquerque’s climate is usually sunny and dry, with low relative humidity. The brilliant sunshine and blue sky defines the region, averaging nearly 300 days of sun a year with four distinct seasons! Winters do have cold nights: December and January daytime temperatures average 40 to 50 farenheit and the overnight lows drop into the teens and 20s. Spring is usually windy yet warm and the driest part of the year, while summer is considered our wettest time of the year. Summer daytime highs are in the 90s, nights in the 60s to 70s. Most rain occurs during the summer monsoon season, typically starting in early July and ending in mid-September. Low humidity and the afternoon showers moderate the summer heat. Fall welcomes warm days and cool nights with less rain.

POINTS OF INTEREST

There are a variety of activities in Albuquerque. Whether you are taking a hot-air balloon flight over the scenic Rio Grande valley, mountain biking in the Sandia mountains, or strolling through Old Town, you will find Albuquerque offers a real breath of fresh air.

Home to over 300 visual arts, music, dance, literary, film, ethnic and craft organizations, festivals, and associations, Albuquerque also has many museums, galleries, shops, and other points of interest including the Sandia peak aerial tramway, Albuquerque Biological Park, Albuquerque Museum of Art and History, and the Museum of Natural History and

“I am a college graduate and have taken many “extra-curricular” and continuing education courses in my life, but the program at The Ayurvedic Institute goes far beyond a cerebral experience. It literally changes every cell in the body, thereby changing the mind and ultimately changing one’s life.”

–CORY T., ASP1 & 2
Preparing yourself

How does one prepare for such a unique immersive educational experience? The answers are as individual as our students are. Some begin to familiarize themselves with the concepts and vocabulary of Ayurveda by reading our textbooks. Others dive into Sanskrit or brush up on anatomy and physiology before they arrive. Personal practices in meditation and yoga are developed, existing ones strengthened. Some, preparing to transition to the role of a student after years in business, military service or family life, feel called to slow down their busy daily schedules well before arriving and take time for self-reflection. Others come to Albuquerque early in order to explore, settle in, and adjust to the climate and altitude of the southwest. Many attend our weekend seminars as a way to jumpstart the learning process. Choose whatever unique way helps support your entry into our program with ease and self-confidence.

Science. Locally-owned boutiques and fine dining establishments are scattered throughout downtown, Old Town, Nob Hill, and ABQ Uptown. Historic Old Town has been the heart of Albuquerque since the city was founded in 1706. Today, Old Town is the city’s cultural center, with five museums and more than 100 shops, galleries, and restaurants. ABQ Uptown is an up and coming location that offers upscale yet relaxed open-air lifestyle shopping, entertainment, and dining.

Albuquerque has numerous city parks, bike paths, and hiking areas scattered throughout the metro area. With an extensive web of safe, paved bike trails throughout the city and a network of mountain biking trails in the Sandia and Manzano foothills, Albuquerque consistently ranks as one of the “best places to bike” in the nation. Many outdoor enthusiasts also enjoy hiking in the mountains or along the Rio Grande river on the Bosque Trail.

HOUSING

The Ayurvedic Institute does not have student lodging or cooking facilities, but there are many homes, apartments, motels, hotels, and restaurants within a few miles. There are several apartment complexes within walking distance. A limited number of area homes rent an extra bedroom to students of The Ayurvedic Institute; upon acceptance we send you a housing list with a variety of options.

The cost of living index places Albuquerque at 4.5% below the USA average for living costs with the only significant variance being for costs of transportation; petroleum costs are low, but mass transit is not highly available as compared to other major cities.
SO’HAM BREATHING MEDITATION

So = higher consciousness
Ham = individual self

This divine mantra is constantly occurring through the breath of every living being. Each time we breathe in, the sound “so” goes in, as does the sound “ham”* each time we exhale. So’ham means, “I am that”, beyond limitation of mind and body:
“I am one with the infinite”.

Inhale from 9 inches away from the nostrils and mentally say ‘so...ooo’ as you inhale. Bring your awareness to the ‘so’ as that ‘so’ goes inward, into the center of the brain and center of your body, then stops.

Stay there for a fraction of a second, then exhale as you feel and say ‘hammmm’ throughout the phase of exhalation. You exhale out of the body and ham dissolves into the outer space. Just stay there.

With this practice, so’ham will unfold inner beauty, inner joy, and inner truth. As this practice deepens, continue to expand this art of paying attention to the gap. The activities of life are happening at the periphery, the circumference, but you are deeply rooted in the gap of the heart. Your whole life becomes a drama, a play, and you are simply the watcher of the drama. Every moment is then a moment of peace, love, and joy.

*Pronounced as the “a” in about

GETTING AROUND

Rental cars, the public bus system, taxis, Uber, car-pooling, bicycles, and walking are all transportation options. It is possible for students to live without a car in Albuquerque, as there is plenty of housing within walking and biking distance of The Ayurvedic Institute as well as banks, grocery stores, a library, and restaurants. However, for those who are accustomed to larger cities with extensive public transportation, the systems in Albuquerque will seem quite limited. Buses generally run from the early morning until around 7pm on weekdays, with more limited hours on the weekends. Bus stops are quite close to The Ayurvedic Institute.

GUNAS OF THE HIGH DESERT

Albuquerque is one of the highest altitude cities in the United States with a dormant volcano to the West and mountains to the East that border the city. The lowest point in the valley is still 5,000 feet above sea level; at the top of Sandia peak, the city’s eastern mountain, the elevation is 10,378 feet.

The average yearly rainfall in Albuquerque is 9½ Inches. This combination of dryness and high altitude can be quite vata-provoking! Ayurvedically, the gunas of Albuquerque are predominantly light (laghu), rough (khara), dry (ruksha), hard (kathina), and clear (vishada). The altitude makes Albuquerque a very etheric, prana-full space as well. For those students coming who have vata prakruti or whose vikruti includes vata imbalance or just people who may have never spent prolonged time in a very dry and high place, we suggest you consider the following:

- Bring or purchase a humidifier
- Use lip balm, lotion, oil, and nasya oil regularly
- Dress in layers (high desert can be hot during the day and cool at night)
- Stay hydrated
- Develop a regular meditation practice
For more information contact the
Student Services Coordinator
(505) 291-9698 Ext. 126
studentservices@ayurveda.com