THE AYURVEDIC INSTITUTE’S PROGRAMS AT
Vasanta Institute of Ayurveda
2017 Pune Programs

The path to balance – a bridge to health and happiness
Vasanta Institute of Ayurveda in collaboration with The Ayurvedic Institute adheres to the highest standards of excellence in education, providing comprehensive, high quality programs in Ayurvedic studies.

Vasanta Institute of Ayurveda
Ganesh Ayurveda Ashram

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Vasanta Institute of Ayurveda (VIOA) was founded in 2009 and incorporated by the Section 25 of the Companies Act 1956 (No. 1 of 1956) as a private limited company (Social Enterprise – Trust). It is licensed with the Registrar of Companies in Pune, Maharastra India.

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Welcome,

I deeply appreciate you coming here to learn Ayurveda. Ayurveda is a way of life and an art of living in harmony with the environment and the present situation.

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 sacred and will open the door to the divine love.

So this is a time to remain together, share together, and keep the heart open. Through that openness, the awareness will act. Let the awareness resolve all the problems of life.

There is a divine healer in 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 the truth divine within our hearts.

Vasant Lad, BAM&S, MASc
President

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The Ayurvedic Institute’s Panchakarma & Gurukula Programs at Vasanta Institute of Ayurveda

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Ayurveda is an ancient art of healing that has been practiced continuously throughout India for over 5,000 years. It is considered the oldest authentically recorded healing science in existence today and includes yoga philosophy and integration of the body, mind and consciousness. The principles of many natural healing systems now familiar in the West, such as Homeopathy and Polarity Therapy, have their roots in Ayurveda. Ayurveda looks at every person as a unique individual. It seeks to understand and to correct imbalances and to restore the innate intelligence and harmony of the person. It gives insight to understanding individual constitution and to create balance within.
VALUES

• Trustworthy, resourceful people are the pillars of this Institute

• Its responsibilities remain always crystal clear, transparent along with individual confidentiality

• This mission is a teamwork working together with love and light

• It maintains concurrently and inherently the relationship between doctor/patient, student/teacher, and employer/employee based upon clarity, compassion, empathy, and love because our life is a relationship

• It truly honors the donors, collaborators, allies, and well-wishers because this is the holy and sacred work of Ayurveda on the ancient land of Vedas and rishis

• According to Ayurveda, every individual is indivisible. So, the institutional identity and its ethical image is unique, individual, and total

• Lokah Samastah Sukhinoh Bhavantu – Let all the people on the Earth be happy, healthy and holy through Ayurveda

ORGANIZATIONAL STRUCTURE

There is a wonderful integration of western and eastern thinking within VIOA’s organizational structure. The students who are trained by Vasant Lad, MASc, will work to support the vision and mission of VIOA administratively, clinically, therapeutically, and educationally. They will work hand in hand with an Indian operational team to bring total healing. In the true sense, east meets west at VIOA.

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BOARD MEMBERS

Vasant Lad, BAM&S, MASc Chairman of the Board, President
D. T. Desai
Sandeep Pathak
Vasant Lad  BAM&S, MASc, Ayurvedic Physician and Executive Director

Vasant Lad brings a wealth of classroom and practical experience to the United States. A native of India, he served for three years as Medical Director of the 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 the author of numerous books and respected throughout the world for his knowledge of Ayurveda. Vasant Lad 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.

Douglas Neal  VIOA Administrator

Doug is a 2013 graduate of Vasant Lad’s Gurukula Program in India and his two-year Ayurvedic Studies Program in Albuquerque, New Mexico. His love and passion for Ayurveda is stimulated from his time with Vasant Lad, his panchakarma experiences, yoga teacher trainings, and previous Indian travels. Doug holds an MBA degree from The University of Chicago and worked as a marketing associate for 3M Consumer Brands. He was also a Peace Corps Volunteer high in the Andes mountain range of Peru. Doug has been invited by Vasant Lad to administer and support the growing VIOA center. He is blessed to have the ability to combine his love for Ayurveda with his business background and hopes to inspire and motivate others seeking greater health.

Rakesh Deogade  VIOA General Manager

Rakesh is a project manager professional who managed the construction of the Vasanta Institute of Ayurveda’s current facility. He has a bachelor’s degree in civil engineering and has spent the past 12 years in the construction field. Since VIOA’s inception, Rakesh has been a part of the property management for VIOA including managing the local staff and facility repairs. In 2016, Rakesh became a full-time employee for VIOA to help expand its operations and support the management of the Institute’s Indian affairs. He is a divine being, soft in nature, firm in action, with a strong innocent heart devoted to supporting VIOA’s mission and vision in India and for the global community at large. He is grateful for the opportunity to be of service to Ayurveda and Vasant Lad.

Erin Kreeger  MA, PhD, Dean of Education, The Ayurvedic Institute

Dr. Kreeger feels blessed with being able to support Vasant Lad, his vision and people around the world wanting to explore the gift of Ayurveda. She is part of the team who supports the students, teachers and curriculum design at VIOA. Dr. Kreeger has a Master’s Degree and Doctorate in organizational leadership and change from Fielding Graduate University and Tilburg University. 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 the good work 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. She has a deep love for Ayurveda, and great respect for everyone who comes here looking to engage in this beautiful work!

PANCHAKARMA FACULTY

CORY TIXIER  AHP, ERYT-500
Cory completed extensive study with Vasant Lad at the Ayurvedic Institute where she is currently on faculty. Cory sees private clients for both Ayurveda and Yoga and teaches across the country. She has an innate connection to Mother Nature and is deeply rooted in community involvement. Cory is defined by her integrity, humility, and truthfulness as she strives to facilitate the process of people reconnecting with their truest and highest Self.

CARMEN (SHARANYA) LODERUS  LMT, AHP
Under the tutelage of Dharmabodhi, Sharanya began her education in alternative therapies with Lomi Lomi massage and then later graduated from Nature Care College in Sydney, Australia as a Licensed Massage Therapist. Looking to deepen her understanding of alternative health, she began her studies in Ayurveda, also at Nature Care College, and later graduated from the Ayurvedic Institute under Vasant Lad. Her unrelenting desire for knowledge led her to India where she continued her studies with Dr. Sunil Joshi. Sharanya later interned at Poonthottam Ayurveda Ashram under the direction of Dr. Raveendranath and with Dr. Vijith Sasidhar at Sree Krishna Chikitsa Kendram in Kerala. She currently serves on faculty at The Ayurvedic Institute as a Student Clinic Supervisor and teaches the ASP 2 Shamana/Applied Skills class. Sharanya also operates her own successful practice (East West Ayurveda) in Albuquerque, New Mexico.

JUNKO ENDO  LMT, AHP
Junko Endo came to Albuquerque, New Mexico from Maui, Hawaii in 2002, to receive Panchakarma. She was so inspired by the experience, that she decided to stay and proceeded to take classes with Vasant Lad while working in the Panchakarma Department. She quickly discovered her passion and skill for helping people with her hands and the joy of sharing her knowledge in the role as a shirodhara trainer since 2004. She currently works as an abhyanga and color therapist, and shirodhara trainer in the Panchakarma Department at The Ayurvedic Institute.

GURUKULA FACULTY

JENNIFER AYRES  BA, CMP, EMT, AHP
Jennifer has been committed to educating and empowering individuals to increase their well-being and joy for more than 20 years. In 2000, under the guidance of her spiritual teacher, Swami Vidyadhishananda Giri, her Vedic studies began with an emphasis on soli-lunar cooking, laws of prana, Samkhya, Vedanta, and Yoga philosophies. She then went on to complete the Ayurvedic Studies Program level one and two at the Ayurvedic Institute as well as Vasant Lad’s India Gurukula Program in 2004. She has credentials as an Ayurvedic Practitioner, Pranic Healer, Massage Therapist, Yoga Teacher, Postpartum Doula and Emergency Medical Technician. Currently, she is an Ayurvedic practitioner, teacher and coach and has been a lead faculty member at The Ayurvedic Institute (including teaching in Albuquerque, NM; Pune, India; and online) since 2011.

ISVARI (MARY ANN) JOHNSON  AHP, CYT
As a dedicated practitioner of Ayurveda with more than 750 hours of yoga training, Isvari feels highly motivated and enthusiastic about her work. She is skilled in consulting, teaching and hands-on body treatments. She creates a nurturing and stimulating environment, helping students and clients achieve their highest potential of well being. Love and compassion are her foundation. She is a graduate of the Ayurvedic Studies Program 1 in 2003 and ASP 2 in 2004 and is presently the director of Ayurveda at the Sivananda Ashram in Woodbourne, NY. She has been invited by Vasant Lad to support the growing VIOA center as a teacher.
VASANTA INSTITUTE OF AYURVEDA

The center is located one hour outside of Pune, Maharastra, India in a multi-purpose farming and manufacturing village near Uruli Kanchan off of Sholapur road. At this location since 2009, this 10,000 square foot facility has an administration building, classroom, library, pharmacy, clinical examination room, kitchen, and dining room. There is a separate Panchakarma two-room treatment facility with individual bathrooms and Panchakarma residential building as well as a student dormitory with 10 double-occupancy rooms, each with individual bathrooms. The beautiful facility has been built to Western standards of drinking water, bathroom design, and all around Western building architecture.

WHO STUDIES AT VIOA
Anyone open to the magic of experiential learning in a laboratory setting of Ayurveda guided by Vasant Lad. The programs promote an advanced clinical practice and therapeutic knowledge of Ayurveda while also providing the opportunity to develop, deepen and integrate daily Ayurvedic practices. In the past, students have come from Ukraine, Japan, Venezuela, France, Australia, Great Britain, India, and the USA. It truly is a global community! Students come with varying levels of age, Ayurvedic education and professional development. The Panchakarma Therapy Program draws students interested in application of the Ayurvedic therapeutics while the Gurukula Program seeks to deepen one’s Ayurvedic advanced clinical practice. Either way students come open to the unknown of the magic of India and its glorious cultural teachings while living and learning Ayurveda at VIOA. Join us for an Ayurvedic journey that offers golden nuggets of wisdom that last a lifetime.

WAYS TO STUDY AT VIOA
Vasanta Institute of Ayurveda has two primary academic program options: 1) six-week training programs in Panchakarma Therapies and 2) advanced clinical Ayurveda education in the Gurukula Program. VIOA works in collaboration with The Ayurvedic Institute in Albuquerque, New Mexico, USA which offers a wide spectrum of professionally-oriented Ayurvedic certificate programs and a number of introductory, continuing education, personal enrichment, and professional development opportunities.
Panchakarma Therapist Training Program

The VIOA Panchakarma Therapist Training is a six week session of study in Pune, India. It is a residency program where students develop, apply and enhance panchakarma therapy skill sets as taught by Vasant Lad, BAM&S, MASc. The program is limited to 10 committed students. This program’s focal point is experiential learning and practicing panchakarma with Vasant Lad’s patients. It is a supportive environment for those seeking to expand or deepen their skills in Ayurvedic therapeutics. The training program is an opportunity to study with Vasant Lad in an intimate, and traditional setting. It is taught, as the Vedic tradition emphasizes, with practical examples and stories, keeping the integral aspects of the body, mind, and spiritual components intact. The program creates a learning environment for soul searching, faith, and trust without proof or guarantee. In India, the student trusts Vasant Lad to present the subjects in the manner that he feels is appropriate. The program is designed so that graduates develop comfort with delivering panchakarma therapies. In addition, students’ perspectives and awareness often shifts in ways that bring more self-awareness, love, and compassion in their lives. For each of us to develop as PK Therapists, experiencing this tradition and all its components helps to expand our inner awareness.

How the six week program is divided:

**PERIOD 1** Students train in PK therapies, adapt to India culture and VIOA lifestyle, and prepare for servicing PK clients. This period may include performing therapies on actual clients.

**PERIOD 2** Students, led and supported by Vasant Lad and his staff, continue their education and practice through administering a 10-day PK session unique to the clients.

**PERIOD 3** Students, led and supported by Vasant Lad and his staff, continue their education and practice through administering a 10-day PK session unique to different clients.

2017 PROGRAM DATES

**OPTION 1**
July 30 – Sept 8

**OPTION 2**
Sept 17 – Oct 27

**CERTIFICATE OF COMPLETION**
Certificate students must participate fully in at least 90% of all required sessions. Attendance is maintained and monitored by hours of class time.

**NAMA CERTIFICATION**
The VIOA Panchakarma Therapist Training Program is a certified NAMA PACE Provider Program. (18 AHC credits | 38 AP/AD credits). For more information on how to verify your credits, see ayurvedanama.org.
LEARNING COMPONENTS

- Administration of medicine, hands-on treatments, and other Ayurvedic lifestyle and diet education will be guided by students and staff.
- Students will support the clients in their interaction with Vasant Lad and in all aspects of their healing journey at the VIOA facility.
- Daily schedule and routines will vary depending upon client protocol and needs.
- Weekends are generally available for personal enrichment as Pune has a rich cultural heritage of temples and pilgrimages. However, panchakarma treatments will take precedence during the weekends that panchakarma is being administered during the two 10-day PK Treatment Sessions.

WHAT TO EXPECT

- Hands on learning in Vasant Lad's PK Therapies such as internal/external oleation, abhyanga, shirodhara, swedana, color therapy, marma therapy, nasya, internal/external bastis and more
- Classroom learning in which Vasant Lad shares Ayurvedic wisdom to students and clients
- Experiential learning of the potent effects of PK via client cases and their healing journey during a 10-day PK process
- Personal consultation with Vasant Lad to help support your own health and wellness

NOTES ON THE CURRICULUM

This program introduces the fundamental theory and practices to students in a training environment. This six-week intensive is not within itself sufficient training for the participant to supervise or manage panchakarma nor does it prepare students to become Ayurvedic Practitioners. Panchakarma should be overseen by an experienced BAMS physician or other Ayurvedically-trained professional at the BAMS level in order that the indications, contraindications, and resulting effects can be monitored for safe and optimum results. Though it is designed so students can develop competencies, the staff recognized that all students develop at their own pace. The certificate received at the end of the program is one signifying participation rather than recognition of competency. Concepts can be learned and integrated into one's personal or professional practice, providing they are within that professional scope of practice and the proper regulations where students are practicing. For example, a massage therapist may learn techniques, which they can apply within the scope of their prior professional, licensed massage therapy training. There is no pre-planned curriculum for Vasant Lad’s lectures during the PK Therapy Program. Instead, the functional and residential nature of this program affords Vasant Lad the great opportunity to share and lecture on panchakarma theory and practicum that draws from over 40 years of teaching and clinical practice. Vasant Lad also lectures on those topics that he finds most relevant to each unique group of students. Vasanta Institute of Ayurveda and The Ayurvedic Institute reserve the right to make adjustments to the curriculum without prior notification.

Enroll now in the PK Therapist Training program for $6,480 and we’ll issue you a 20% rebate of $1,296. Offer expires July 14, 2017
Panchakarma Therapist Training Program

Course Descriptions

**Panchakarma Advanced Intensive Introduction**
The first two weeks are an opportunity to introduce the theory and practice of panchakarma in demonstrative formats. The purpose is for students to be comfortable in its application such that they have enough of a foundation to begin training in administering panchakarma in the weeks ahead.

**Ayurveda Lecture**
**Vasant Lad**
This class offers students the opportunity to drink in, fill up and absorb all the wisdom of Ayurveda and panchakarma from one of the foremost Ayurvedic teachers in the world. Students will learn key Ayurvedic principles and practices that touch the physical, mental, and spiritual aspects of Ayurveda and panchakarma. Subjects may include: purpose of PK, pre-, middle, and post-PK theory, agni chikitsa, shaman and shodhana measures, theory of abhyanga and swedana, theory of basti (internal and external including netra), virechana, shirodhara, and vamana, theory of dhuman, overview of personal five-day panchakarma experience, rasayana theory, and the importance of daily and seasonal rituals.

**Advanced PK Practicum**
**Junko/Sharanya/Cory**
This class alternates between demonstration of the therapies and practicing the therapies in order to prepare students for administration of Panchakarma. Sharanya is a seasoned, intuitive practitioner, who will demonstrate and guide practicums on the key panchakarma therapies such as abhyanga, shirodhara, nasya, swedana, marma, and basic external bastis. Students will then have the opportunity to practice in a safe, supportive and nourishing environment in preparation for administration of Panchakarma.

**Panchakarma Administration Introduction**
The PK administration weeks are an opportunity for Vasant Lad and the staff to guide students through administering panchakarma from a therapist’s perspective in clinical and practical ways. The purpose is for students to gain therapeutic practice and experience in the healing power of panchakarma. The staff PK Clinician at the VIOA center along with Vasant Lad, will be monitoring and providing the consultations for the clients. Students will be in observation of these consultations, support the clinician as needed, and be prepared to administer the given treatment plan over the 10 day PK period.

Panchakarma administration will occur in two 10–day sessions. The first week of each session will allow the PK client to receive proper internal oleation and adapt to being at the VIOA center. They may have treatments during this week. The second week of each session will allow students to administer Vasant Lad’s panchakarma protocol of virechana, continued daily abhyanga, swedana, shirodhara, and other possible additional therapies as per the treatment plan, such as external/internal basti, color therapy, pranayama, and yoga. The lead therapist and clinician will guide the students throughout the process.

If energy and time permits, there will be evening satsang for students to share questions or concerns as it pertains to their learning. The staff will always be working alongside the students to make sure they learn and understand how to administer and support the clients in the best ways possible.

**Morning Therapy Session Student Led Treatment**
Each client receives one main treatment session per day in the morning. The treatment will consist of abhyanga, swedana, and shirodhara.

**Vasant Lad PK Clinic Student Therapist Treatment**
Vasant Lad sees clients in front of the class. It is an opportunity for students to see the clinical aspect of panchakarma and the theory behind the client treatment protocol.

**Afternoon Therapy Session Student Therapist Treatment**
Additional treatments are given based on Vasant Lad’s treatment plan, e.g., color therapy, external bastis, marma therapy, etc. If there are not any treatments, then the afternoon is free time to relax around the center.

**Afternoon Yoga Class Student Therapist Treatment**
An opportunity for the students to meet with their clients privately and teach the given pranayama, asana, and meditation protocol in the treatment plan.
Gurukula Program

The Gurukula Program at Vasanta Institute of Ayurveda is an immersion program of Ayurveda where students live, study, and give community service together. The program is limited to 16 students.

Curriculum

The Gurukula Program unfolds the horizons of an integrated Ayurvedic clinical assessment, observation, and practice. It is a unique opportunity to study under Vasant Lad, a renowned Ayurvedic physician, in India, his native place of practice, where Ayurveda is a recognized and legally sanctioned medical science with a much greater scope of practice than in the West. Students will be exposed to a wide range of patients, pathologies, and treatment protocols that are unavailable outside of India. Students will have many opportunities to observe Vasant Lad with individual patients in a clinical setting as well as to acquire detailed clinical, theoretical, and practical knowledge from formal lectures and practicums.

There is no pre-planned curriculum for Vasant Lad’s morning lectures. Instead, the functional and residential nature of this program affords Vasant Lad the great opportunity to share and lecture on those topics that arise from the patients and situations experienced in the clinic. Drawing from more than 40 years of teaching and clinical practice, Vasant Lad also lectures on those topics that he finds most relevant to each unique group of students.

The Gurukula Program is taught, as Vedic tradition emphasizes, with practical examples and stories, keeping the integral aspects of the body, mind, and spiritual components intact. The program creates a learning environment for soul searching, faith, and trust without proof or guarantee. In India, the student trusts Vasant Lad to present the subjects in the manner that he feels is appropriate. For each of us to develop as practitioners, experiencing this tradition and all its components helps to expand our inner awareness.

This program offers lecture, clinical and experiential components in a supportive environment for those ready to further integrate Ayurveda into
their personal lives and build confidence in their clinical practices. Students spend approximately 16 hours a week in lectures, three hours a week in clinical observation of Vasant Lad, BAM&S, MASc, four hours a week of working in a community clinic, and approximately five hours a week engaging in daily Ayurvedic practices and yoga. It is an intensive time of self-transformation. Classes and clinics are Monday through Friday.

Weekends are generally available for personal enrichment as Pune has a rich cultural heritage of temples and pilgrimages. Optional excursions to certain of Vasant Lad’s favorite Ayurvedic locations in and around Pune will occur on weekends with him. Possible excursions include temple visits — such as the old Shiva Temple, Janeshwari Ashram at Alandi, and others — Ayurvedic medicine manufacturing facility, farm house visit and storytelling, Vasant Lad’s favorite restaurants, and others.

The program is an intensive time of change. Its purpose is to reinforce, deepen, and expand the students’ Ayurvedic education. The six-week Gurukula Program at VIOA has an active and busy schedule best supported by discipline, awareness, and an openness to the emergent. This program is designed to help students re-enforce their understanding of basic Ayurvedic concepts and Ayurvedic approaches to certain illnesses as well as to inspire students to engage in Ayurvedic lifestyle routines. Students may expect to learn new subjects such as Vasant Lad’s in-clinic body therapy practices and Vedic astrology.

We expect students to leave with enhanced understanding of and experience with Ayurvedic principles and practices to integrate into their personal and professional lives. Their perspectives and awareness often shift in ways that bring more self-awareness, love, and compassion to their lives. Vasanta Institute of Ayurveda and The Ayurvedic Institute reserve the right to make adjustments to the curriculum without prior notification.
Gurukula Lecture
Vasant Lad

Students’ hearts will be filled with golden nuggets of Ayurvedic wisdom in this intimate class with one of the foremost Ayurvedic educators in the world. The purpose of the class is to reinforce, deepen, and expand the students’ Ayurvedic education. It will set the stage for student involvement in other Ayurvedic classes, excursions, personal routines, and clinical experiences. Students will learn key principles and practices of Ayurveda. Subjects may include review of basic Ayurvedic concepts, Ayurvedic approaches to certain illnesses, Vasant Lad’s in–clinic body therapy practices, Vedic astrology, and other subjects that will reinforce student Ayurvedic education and inspire an Ayurvedic lifestyle while in the six-week intensive program.

Clinical Skills: Client–centered Theory and Practicum
Jennifer Ayres

This course alternates between Ayurvedic theory and practical application. The purpose is to sharpen clinical skills by applying what students are learning in Vasant Lad’s Gurukula classes and clinic to clinical models and practice, practice, practice. Jennifer, one of the senior faculty members, through her heart–centered, practical style, will build upon what students have learned and seen before. Examples include Ayurvedic perspective on specific pathologies, samprapti, agni/ama/srotas/manas dushti, parikshanan, chikitsa, pulse skills and more. This is also an opportunity to unpack and analyze what was seen in class and clinic using actual clinic client cases.

Clinical Skills: Marma Chikitsa
Isvari (Mary Ann) Johnson

In this enjoyable course, students will learn the fundamental and practical applications of this profound ancient method for rejuvenation and healing through the vital energy points known as marma chikitsa. In these enriching classes, Isvari will lecture on the assessment and management of imbalances for body, mind, and spirit. Students will also practice one–on–one in a safe, supportive, and nourishing environment, benefiting from the practicum and healing energetics of the therapies. This enlightening experience will teach students how to use marma chikitsa for their Ayurvedic practices and self–healing.

Clinical Skills: Ayuryoga for Self–Care
Isvari (Mary Ann) Johnson / Staff

These yoga classes will support the health and well–being of the student throughout the Gurukula Program. It also aims to deepen student’s understanding of how to use this practice as self–chikitsa. Techniques for balancing the doshas through asana, pranayama, meditation, mudra, marma, and relaxation are the primary focus. Ishwari’s passion and style of teaching elevates students’ experience and facilitates the enhancement of their own personal practice.

Clinical Skills: Pranav Clinic, in the Heart of Pune City
Vasant Lad

Observe Vasant Lad at his finest as he manages his personal Ayurvedic, donation–based clinic that has been in operation since the 1970s. This once weekly opportunity offers students of Ayurveda the chance to study with Vasant Lad in a clinical setting in which they may be asked to assist with assessment, herbal preparation, and simple treatments. Students observe how Vasant Lad works with each client uniquely, how knowledge and experience are applied in a consultation, and acquire more in–depth information from lectures.

Clinical Skills: VIOA Community Clinic
Vasant Lad

This course offers students of Ayurveda the opportunity to manage different aspects of a clinical setting while Vasant Lad or an administrator works with the community clients. Students will be asked to assist in various ways such as in the pharmacy filling prescription orders, writing out the treatment protocol, assisting in assessments and simple treatments, organizing the waiting area and much more. It will be a working class as students provide Ayurvedic care and free medicine to the neighboring community members.
THE FACILITY

All students, Panchakarma clients, and residential staff stay at the center, Vasanta Institute of Ayurveda. It is approximately a one-hour drive from Pune, India. It accommodates students in double-occupancy rooms. Each room has a private Western-style bathroom that is shared with a roommate. If you have a specific roommate request, please inform the Student Services Coordinator at the time of application and we will see about possibilities.

Airport pick-up from Mumbai and Pune airports is provided. Students may also find their own way to the center from other points in the country. Once at the center, all residential and dining needs as well as program-related local transportation necessary for the six-week program are provided.

The water system at the center is designed similar to a small US rural system and should be able to provide water for the entire building that is the same standard as small private rural systems in the US. Reverse Osmosis water is available in the dining room.

Linens will be provided. At the VIOA center, a small washing machine is available for you to do your personal laundry and air-dry it on clotheslines. Bed linens and PK linens will be cleaned outside of the facility. Air conditioning units are installed throughout most of the facility. Check your favorite website for weather conditions for when you expect to be there.

There are several local people who serve VIOA as cooks, security, groundskeepers, etc. Please be respectful, considerate and aware that most of them may have several other jobs in addition to their family obligations and duties at VIOA. Their lives are very demanding and we are grateful to have their assistance. We as a community will be responsible for keeping a clean environment at VIOA and you may be asked to help support these efforts in some way.

THE NEIGHBORHOOD

Next door to the facility, there are a number of houses and a manufacturing plant. The highway is located on the backside of the building and the farmland on the opposite side at the entrance. Please be respectful to the neighbors and understand that we are quite foreign to them as we only use the facility part of the year.

Please refrain from offering or accepting anything to or from those who live adjacent to the VIOA facility. During Gurukula, we offer consultations, herbs, and simple treatments to the community at the community clinics and that is the only seva allowed. There are complicated cultural issues that should not be engaged. Even what Westerners might see as simple acts of kindnesses can cause unforeseen hurt and confusion for those living around VIOA. We should always be friendly but we cannot be friends. Do not accept visits for chai or offer gifts or money, etc.
APPLICATION PROCEDURE
All applicants for the Pune six-week training programs must submit a completed application package. You can download the application on ayurveda.com or contact the Student Services Coordinator at The Ayurvedic Institute directly at studentservices@ayurveda.com. All applications must be completed in full to be submitted for consideration.

APPLICATION REQUIREMENTS
• Application including additional pages for essay answers
• Recent 4” x 6” photograph
• Copy of your passport
• Copy of your high school (secondary school) diploma or GED resume or CV
• 1 Personal reference letter
• 1 Professional reference letter
• $100 nonrefundable registration fee with the application

ADMISSION POLICY AND REQUIREMENTS
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. The Ayurvedic Institute reserves the right to deny admission to any student at any time for any reason other than stated above. Applications are reviewed in order of receipt. Once the maximum number of students has been accepted, subsequent approved applicants are placed on a waiting list. The admissions process has many elements including the application, transcripts and interviews. Applicants must hold a high school diploma, GED, or meet alternative test requirements. All applicants must be fluent in verbal and written English.

REGISTRATION DEADLINES
We have a rolling admissions process. Spots are limited and we recommend applying as soon as possible. Generally applications should be received at least three months before the program start date as there are many parts to the process, including that it can often take over two months for people to obtain the correct visa.

PAYMENT & REFUND POLICIES
Prospective students applying for the Pune programs are required to pay a non-refundable registration fee. Tuition payments for all of the programs at VIOA must be paid in full at the time of program acceptance. Spots are not reserved for a student until this payment in full has been made.

FEES & TUITION
Registration fee $100*
Administration fee $100
Six-week training program $6,480
Includes tuition, room and board, and transportation from/to Pune or Mumbai airports (Pune is the preferred airport). Excludes application and administration fees and travel expenses to India.

*Registration fee is non-refundable and is not part of tuition costs.

REFUND SCHEDULE
If a student cancels from the program, tuition will be retained according to the following refund schedule.

Date of withdrawal during enrollment period which is prior to the start date of the program
Refundable Tuition
151+ days  75%
120 – 150 days  50%
91 – 120 days  25%
0 – 90 days  0%
Academic Policies

ATTENDANCE POLICY
Certificate students must meet the attendance requirements of 90% measured in hours of class time and participate fully in all sessions attended.

EXAMINATIONS, GRADING & CERTIFICATES
The Pune programs require attendance but do not have exams.

GENERAL INFORMATION
Young children, guests and family members are not allowed to stay at the VIOA center unless as patients. Wi-Fi is usually available throughout the VIOA center. Please understand that in this rural location, internet is not always reliable.

STUDENT CONDUCT POLICY
Students are required to abide by the student conduct policy in the VIOA Student Handbook.

STUDENT GRIEVANCES
Life is relationship and Ayurveda is the Science of Life. Most of us have heard the story of the blind men describing what an elephant is like — each from his own perspective of the elephant. They all interpret the same elephant differently depending on where they stand in relationship to it. The same thing happens when we interact with each other.

Whenever you find yourself in a situation that you are uncomfortable with, take a minute to witness what your mind is feeling. Notice your judgments.

After engaging in that reflection time, are you still uncomfortable with the situation? With your expanded insights around it, what can you do to help call forth more well-being for everyone involved? It is best to first go to them directly. If you need support beyond that, your next step for support is to go to relevant faculty and then, if necessary, to The Ayurvedic Institute’s Dean of Education with your concerns. They should be able to support you. However, if the situation is still not resolved, the next step would be to address grievances to the Vasanta Institute of Ayurveda’s Administrator or The Ayurvedic Institute’s Administrator. If a concern is not resolved within the school, it should then be taken to The Ayurvedic Institute’s Board of Directors for resolution. Please understand there will be no adverse action taken against the student for registering a concern.

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 quality of sattva 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.
Travel Preparation & Logistics

This information is to guide you through the necessary documentation for immigration upon entry into India.

PASSPORT

Each traveler is required to have a valid passport. Ideally, your passport should not expire within 6 months of your arrival in India. Information is available on the internet to obtain a passport: http://travel.state.gov/content/passports/en/passports/apply.html

TOURIST VISA

Each traveler is required to have a TOURIST Visa (do not apply for a student or business visa). Information is available on the internet to obtain an Indian tourist visa. Some companies that help service Indian Visas in the USA are:
- www.in.ckgs.us
- www.indiavisa.travisaoutsourcing.com
- www.itseasy.com

When applying for your tourist visa, you will be asked in the documentation to give the name, phone number, and address of a contact person in India. Please use the following information:
- Name: Dr Vasant Lad
- Phone Number: 91-202-453-4841
- Address: Vasanta Institute of Ayurveda
  Ganesh Ayurveda Ashram
  Gat – No 414-415
  Inamdar Vasti
  Koregaon Mul (near Uruli Kanchan)
  Tal–Haveli Pune 412202
  Off Sholapur Road
  Maharashtra, India

A tourist visa is given to those visiting India for tourism or other non–business related purposes for up to six months (US and Non–US Passport Holders). Five-year and ten–year visas are available only to US citizens under a bilateral arrangement. Each visit’s maximum period of stay in India is limited to six months irrespective of the visa duration.

Documents for a general Indian Tourist Visa can take time, so apply in advance. Pursue this diligently to avoid certain restrictions that apply for last minute visas.

You may inquire about the Indian Visa Process at any Indian Consulate Office in USA. A few places are:
- www.indianembassy.org (Washington DC)
- www.Indiaccny.org (New York)
- www.cgisf.org (San Francisco)
- www.Indianconsulate.com (Chicago)
- www.cgihouston.org (Houston)

In the past, the law required a gap of at least two months between two separate visits to India on a Tourist Visa. For Tourist Visa holders who wish to visit India within two months of their last visit, an application for a Permit to Re-enter India is necessary. No Permit is needed if the visa holder is traveling to multiple countries on the same itinerary and the trip follows the itinerary exactly. The visa holder must carry a copy of the itinerary to show the Immigration Officer. If you will fall into this category, please search on the internet about the current law.

FLIGHT TRAVEL TO INDIA

There are many airlines. Some examples are Air India, United Airlines, British Airways, Cathay Pacific, Lufthansa, Qatar Airlines, Etihad Airlines, and Emirates Airlines. For a comprehensive list go to www.skyscanner.com

TRAVEL TO VIOA

AIRPORT PICK-UP/DROP-OFF

If you’d like VIOA to coordinate a taxi for you at Mumbai or Pune Airports then send your flight details to Douglas Neal, douglasmneal@ayurveda.com. VIOA will arrange and pay for the airport transportation for arrival and departure to the programs. Pune is the preferred airport over Mumbai.

ADDRESS

Vasanta Institute of Ayurveda
Ganesh Ayurveda Ashram
Gat – No 414–415
Inamdar Vasti
Koregaon Mul (near Uruli Kanchan)
Tal–Haveli Pune 412202
Off Sholapur Road
Maharastra, India
DRIVING DIRECTIONS

VIOA is located just off of Sholapur Highway before Uruli Kanchan. It is off a dirt road from the highway in a small community of houses and farms. There is a large sign for the center on the Sholapur Highway. (photo at left)

Get on Sholapur Road to Uruli Kanchan
Pass the Toll Booth at km 12
VIOA is on left side past the Shree Balaji Rose Nursery on left and Ghule Petrol Pump on right
At km 25, take left at signs for Ganesh Ayurveda Ashram aka VIOA. It is a dirt road.
Take next left (you can only go left) and the center is the second building at the end of the road on the left.

GOOGLE MAPS

In the Google Maps app, use Uruli Kanchan, Pune, India. The VIOA center is at the red border outlining the Uruli Kanchan City limits, and it is closer to Pune. The road is called Sholapur or Mumbai Highway. The bus stop in Google Maps is called Inamdar Vasti.

IMMUNIZATIONS

Whether to receive vaccines or malaria prophylaxis is a matter of personal preference. No specific immunizations are required for entry into India, and no proof of routine immunizations is required. There are many different viewpoints on the risks and benefits of travel vaccines. See the US Centers for Disease Control and Prevention, at cdc.gov/travel and select South Asia or India or visit Passport Health at passporthealthusa.com/new-mexico.

If you choose to receive travel-related vaccines, such as Hepatitis A, adult polio booster, and others, see your health care provider at least six weeks in advance, as certain vaccines require several weeks to take full effect. There is no vaccine against malaria. However, it is treatable with certain antibiotics; some health care providers recommend taking pills to prevent malaria (malaria prophylaxis).
What to Bring & What to Expect

INDIAN CLOTHING CUSTOMS
Clothing in India is significantly more modest than in the west. America in the early 1960s gives a good mental image of the conservative fashion style. The following clothing guidelines apply to classes, clinics, temples, and other sacred sites. Feel free to be comfortable at night and in the morning within the center.

MEN wear tailored button-down cotton or cotton-poly blend shirts, short or longed sleeved, with some sort of collar; long pants are always worn. Khaki pants or cotton pants are fine. T-shirts are not appropriate. Athletic wear, nylon clothing, yoga attire, sleeveless shirts, and shorts are not appropriate. Tight or revealing clothing is not recommended. Western attire is fine. There are also Indian outfits available in Pune that include long cotton tops over drawstring cotton pants.

WOMEN wear modest attire that provides coverage from the collarbone down to the ankles. This includes full-length skirts or dresses with modest short or long sleeves. Western attire is fine. Punjabis (also known as salwarcameez) outfits are long tops that cover the buttocks and upper thighs atop pajama-style pants. It is always inappropriate to have bare upper arms or to wear sleeveless attire. Athletic clothing, knit clothing, sleeveless tops, revealing or tight clothing, and yoga attire are not appropriate. Bring cotton/natural fabric clothes that are easy to wash. Saris may be complex for everyday use, especially for those unaccustomed to wearing them.

The VIOA administrator and faculty have the responsibility and authority to request any person change their attire to be more appropriate. Please do not take offense, but rather appreciate they are assisting you to be respectful of another culture.

There are shops along Laxmi Rd that have ready-to-wear items. Another store not on Laxmi Rd. that sells quality cotton clothes, towels, sheets is Fabindia. They also sell organic snacks and sugar. Do not bring or wear expensive jewelry.

PACKING LIST
Many things can be purchased in India at reasonable prices. Some people only take carry-on luggage to India. Note that airlines differ regarding weight limits to and from certain locations. Some airlines weigh both carry on and checked baggage, and apply a total weight limit. Pack lightly. More details about packing and other program preparation tips are provided in the pre-program orientation calls.

WEATHER
First time visitors to northern India may be surprised by the temperate autumn climate of Pune. October through December, the temperature is typically in the 70’s/80’s most days. Mornings and evenings may be cool enough for a sweater or jacket. Only occasionally are mid-days uncomfortably warm. Rain is extremely rare during November and December, but can happen. Overhead fans are found in almost all commercial businesses, hotel rooms, and apartments.

MONEY
CURRENCY
The Indian Rupee (INR) exchange rate is currently approximately 65 rupees to a dollar; current exchange rates are available at http://x-rates.com/d/INR/table.html and many other web sites.

UPON ARRIVAL
It is advisable to exchange money at the airport upon arrival. The current Indian administration has cash withdrawal limits for foreigners and nationals. Please have a credit card or debit card available for international transactions while in India. Be aware that if you arrive in the middle of the night, the banks will not be open to exchange money.

CREDIT CARDS
Credit cards are accepted at many establishments, including larger stores and higher end restaurants; there may be a required minimum charge. Many credit card companies have fraud protection services that lock out spending in foreign locales; call your credit card company in advance of your trip and let them know you will be traveling, to avoid them freezing your card. Also, ask for the toll-free number to call from India, in case of card loss or theft.

ATM
ATM machines (HDIC Bank) are available across from the
Pranav Clinic and other locations. HDIC, Citibank and ICICI are international banks, most DEBIT, ATM or CREDIT CARDS will work at these locations. Most of the amounts allowed to be withdrawn are limited. Citibank on JM road allows larger sums, up to 8,000 rupees. Check with your bank regarding whether your ATM or debit card will work abroad. ATM machines can also be used to get cash advances from credit cards, depending on your card. However, cash advances often carry a 3% charge (or more) for the cash advance and have a high interest rate when not paid off promptly.

TRAVELER’S CHECKS
Traveler’s checks (or traveler’s check cards) are not as easy to cash in India as in other locations. They may be cashed at certain large banks and some hotels (bring copies of your passport and visa); however, not all banks provide this service, and hotel rates give a lower rate to compensate for their effort.

BLACK MARKET EXCHANGES
Do not exchange money outside of banks or hotels. It is appropriate to count the bills to ensure that the amount received is correct. Keep the paper with the exchange rate on it, in case you wish to cash in rupees upon departure. Do not accept any bills that are torn or excessively worn, as they may not be accepted by some vendors or rickshaw drivers. Know the going rate for goods and services by asking those whom you trust. When haggling over a few rupees at a vegetable stand or with a rickshaw driver, it is useful to keep the exchange rate in mind: in the larger perspective, a few rupees translate to very little money.

POWER AND ELECTRICITY
Plug adapters are required for electrical devices. Type D adapters are used in India. Indian plugs have two or three large rounded prongs. Adapters can be purchased in Pune or other large cities. Also check the voltage on your devices before plugging them in. This information is typically found in very small print somewhere on the device. India voltage is 220–240v, while US voltage is 110. If the voltage capacity of your device is lower than 220 volts, a transformer/converter is required to lower (step-down) the voltage before plugging in your device. The plug adapters do not change the voltage, unless they are combined with a converter. Without a converter, if the voltage does not match that of your device or appliance, it could become damaged. VIOA does not have adapters or converters.

Sudden power blackouts may affect all areas of Pune, including the Pranav Clinic, VIOA, and other areas of Pune. The power may simply go out for indeterminate amounts of time. Carry a penlight or small flashlight with you, or better yet a small headband type LED light so you do not need to hold it in your hands. In addition, there are scheduled brownouts for certain parts of the city, lasting an hour or more. This brownout schedule may change without notice.

WATER
Be very careful about drinking water in India. Drink “capped” bottled water while in India. That means: sealed bottles that clearly could not have been opened and refilled since leaving the original manufacturer. Unscrupulous people have their own capping systems that look just like the original, so purchase your water bottles from a legitimate shop. Avoid ice in drinks unless you know the ice was made from filtered water.

While this is not necessary within VIOA confines, you may want to purchase a battery-operated ultraviolet light water purifier (from REI or other sporting goods stores) to purify your water to make it drinkable if you travel outside of VIOA around India prior or after the VIOA experience. Make sure you bring along sufficient batteries as these use hard-to-find batteries.

Drinking enough pure water is also important. Carry a bottle of water with you (1-2 liters). Bottled water is readily available in restaurants and shops. In better restaurants, the water is filtered. (One brand of water filtration is called AquaGuard®. There are others.) Waiters will typically know if water is filtered. However, some students prefer to drink only bottled water in restaurants. Some students have used tap water for gargling and brushing their teeth. Regular tap water is fine for hand washing; alcohol-based hand sanitizers are adequate for times when soap and water are not available.

FOOD
One of the most important ways to maintain health is to be careful about what you eat. Eat no more than your agni dictates. Many Gurukula students found that one main meal a day plus a snack or two was sufficient. Eating out excessively, overeating, and choosing unsanitary places for dining all contribute to illness. Avoid eating uncooked food, even at fine restaurants, as they are more likely to contain illness-causing bacteria. Even at the best restaurants, workers preparing the food may vary; therefore, cooked
food is safest. Avoid salads and garnishes that often accompany meals. Similarly, avoid fruits, unless you peel them yourself. An exception: all food served at the center is prepared appropriately. If preparing your own salads or other uncooked food, wash it in large amounts of filtered water and allow it to dry before eating.

FASTING
A type of fast is simply to eat one meal per day. The largest meal of the day is typically taken at noon. This can help maintain good agni.

KRUMI
Krumi is the term for both worms and parasites (such as giardia). Be alert for signs of krumi, including bloating, constipation or diarrhea, sugar cravings, weakness, cloudy thinking, and a thick yellowish or whitish coating at the back of the tongue. If you feel acutely ill, speak to one of the VIOA administrators or consult with Vasant Lad in your personal consultation during the program.

AIR AND SOUND QUALITY IN PUNE
Pune was previously a place for holidays, to avoid the smog of Mumbai. In recent years, Pune has become increasingly polluted, both air and sound. Most Pune residents who commute to work on motorcycles wear bandanas or scarves across their nose and mouth. While cloth may help filter large particles from entering the nose, it does little to block the particulate pollution from petrochemicals. After a few commutes through the city without a mask, you may find your nasal secretions to be black. Many students have appreciated using surgical type masks that are rated to reduce inhalation of fumes. You can purchase these at hardware stores in the US. Those that block paint fumes and noxious vapors are preferable to a simple dust mask. VIOA is located about 45 minutes from Pune and the air and sound quality is better. But being located along a highway does make it a bit noisy.

HELPFUL TIPS: Using nasya in the morning may help respiration. Consider bringing along rose water or herbal "spritzer" for hot, stuffy plane, train, or taxi trips. Bring ear plugs for sleeping.

TOILETING IN PUNE
Public bathrooms are scarce and those that you do find you will probably not want to enter. Sit-down restaurants will have bathrooms and hand-washing stations. In upscale hotels, one may find a bathroom with a western-style toilet and toilet paper. However, many toilets in Pune are level with the floor, surrounded by ridged porcelain areas for placing the feet for squatting and a valve for flushing the water down. Toilet paper is virtually never provided and may cause clogging of toilets. Many people use the available water taps instead of toilet paper. Wet your left hand, then wipe your body and hand clean using as much tap water as needed, then air dry or use a handkerchief. If you are using toilet paper, use the minimal amount, to avoid clogging the drains. Some toilets flush, while others require that users fill a small pitcher of water, and pour it down the hole.

Large stores sell compact rolls without central cardboard, in the sample/travel size section. Or you may bring a “toilet hanky” for drying off when using water after toileting.

MENSTRUATION
American products such as pads are available in stores. However, tampons are hard to find so you should bring them. Trash receptacles are not common in public facilities, so bring a tight closing, plastic bag with you, to carry around used materials. If you prefer tampons with applicators, you may want to bring your own. OB is the main brand sold in India, which is applicator-less.

Traditionally, during menstruation women were encouraged to rest and relax, while others served them. In modern India, women typically work during menstruation. However, many women still choose to respect the custom of staying away from temples and holy sites during menses, and taking it easy. This observance provides an opportunity for a little extra rest and relaxation, and respects the sacred nature of that site.

SAFETY AND SECURITY
Secure your belongings. As a general rule, do not leave money or valuables out in your room, or casually lying around. There are cabinets in the bedrooms at VIOA that lock but there is not a safe box. We cannot be responsible for losses of any kind. Consider a travel bag lock while traveling and a money belt for your important documents.

HELPFUL TIPS: Plan extra time. India is busy and unpredictable. Give yourself time to slow down amongst it all. Be alert while traveling in India. Buddy up when possible; look out for each other.
ACCOMMODATIONS

Hotel Swaroop Before VIOA was established, students stayed here.
Address: Lane no 10, Prabhat Road, PIN 411 004, Pune
Email: hotelswaroop@gmail.com
RICKSHAW DIRECTIONS: Prabhat Road, Lane (Gulley) 10, Hotel Swaroop

HIGH END $110/NIGHT
JW Marriot, Blue Diamond Hotels

MID RANGE $50/NIGHT
Hotel Sunderban, Hotel Ritz, Osho Guesthouse
Ambassador Hotel, 1125 Model Colony, Shivajinagar, Pune

AYURVEDIC INSTITUTE USA CONTACTS
Address: 11311 Menaul Blvd NE, Albuquerque, NM 87112
Phone: 505.291.9698
Dr. Erin Kreeger, Dean of Education, Ext. 105 ekreeger@ayurveda.com
Tiffany Montavon, Student Services, Ext. 126 studentservices@ayurveda.com
Wynn Werner, Administrator, Ext. 101 wwerner@ayurveda.com

VASANTA INSTITUTE OF AYURVEDA INDIA CONTACTS
VIOA Administrator: Douglas Neal
Phone: India (011) 91 726 491 6535
Email: douglasmneal@ayurveda.com
VIOA General Manager: Rakesh Deogade
Phone: India (011) 91 737 858 2086
The VIOA Center
Phone: (011) 91 897 537 5577
No one attends to the phone regularly. Leave a message with your name and contact information and someone will get back to you.

PRANAV CLINIC PUNE CITY CONTACTS
Phone: (011) 91 (202) 456-7952 Call 6 – 9 pm Monday – Friday, Pune time
Address: Pranav Clinic, 383 Narayan Peth, Pune, India
RICKSHAW DIRECTIONS: Modi Ganapati Temple, Narayan Peth
THE AYURVEDIC INSTITUTE’S PROGRAMS AT
Vasanta Institute of Ayurveda

For more information contact the
Student Services Coordinator
at The Ayurvedic Institute in the USA
+1 (505) 291-9698, Ext 126
studentservices@ayurveda.com