Before You Arrive
We want to ensure that your time at The Ayurvedic Institute is fruitful. Below is some information that will help you prepare for your time in Albuquerque.

Weather, Climate, & Environment:
Albuquerque is situated in a desert environment, and is over 5,000 feet above sea level. The summers can get quite hot with highs into the upper 90s. The winters can move between the 30s and 40s. Note that because we are in the desert, the mornings and evenings tend to be cooler than the middle of the day.

What to expect:
• Dry climate
• Different bodies adjust to the high altitude in different ways. Some may experience light-headedness, while others have no side effects.
  • Drink more water than what you are used to, so that your body can adjust to the environment.
  • Slowing down will allow your body to catch up and adjust quicker.

How to prepare:
• Pack with layers. Even in the winters you will feel the warmth of the sun. Be prepared for swings in temperature throughout the day and have layers to add or remove.
• Drink more water starting 1 week prior to your trip to hydrate your body.
• Adhere to your daily routine to help you stay grounded while here.
• Get a good night’s sleep.

Accommodations & Transportation:
Meals and lodging are not provided to participants. Having a vehicle will make it easy for you to move around town with ease.

Quick references:
• Albuquerque International Airport is ~15 miles from The Ayurvedic Institute
• Uber and Lyft are readily accessible in the city
• There are plenty of Airbnb-type rooms and hotels within a short walk or 10-minute drive, and tend to be the best places to stay.
• There is a plethora of restaurants and grocery stores near to campus. A resource list will be provided to you at your course.
Attire:
We have a modest dress code at The Ayurvedic Institute to foster a respectful and professional classroom environment in which profound learning, healing, and transformation can manifest.

Basic clothing requirements:
• No leggings without a top that comes to mid-thigh
• No low cut tops, bare shoulders, or bare midriffs
  • Including: no tank tops, sleeveless shirts, or loose knit clothing without an under layer
• No shirts with inappropriate writing or images
• No shorts or skirts that are above the knee
• No tight-fitting tops or pants
• If you are attending a week-long intensive, please bring casual business attire for our Monday morning clinic.

Perfumes, Deodorants, & Other Aromas:
For the comfort and safety of those who are chemically sensitive, we ask that heavily-scented perfumes, oils, and other products are not used.

Arriving at The Ayurvedic Institute
Please arrive 10-15 minutes prior to the start of each session, so that you have enough time to find a seat, enjoy some tea, and settle in. Also, please keep in mind that our Friday evening lectures during both seminars and intensives are free and open to the public, so please plan accordingly.

Doors will open 30 minutes prior to each session.

Parking:
A map of our campus parking areas is located at the end of this booklet. As Albuquerque is an urban area, you are advised to keep your car locked and valuables out of sight or with you.

If you are biking to campus, there are several bike racks around campus. Please remember to lock your bike for protection.
Classroom Etiquette
The Ayurvedic Institute adheres to a traditional, Vedic atmosphere. Below are some ways to respect this environment.

Vedic Etiquette:
Vedic learning is based on the concept of transmission. Sitting in a silent, reflective, and meditative space before Vasant Lad or other instructors arrive helps to establish a calm and grounded atmosphere. This allows for a subtle, yet powerful exchange of teaching and learning.

Classroom Policies:
• Upon entering, please remove your shoes and place them in the shoe racks provided.
• Individual meals and eating are not allowed in the classroom. There are plenty of tables and space outside of the classroom to enjoy your meals and snacks during breaks.
• Please keep all beverages closed with a lid to protect the classroom and your neighbor’s belongings.
• The Ayurvedic Institute is a meat-free campus.
• Please turn off all cell phones upon entering. Please inform a class monitor before class starts if there is an emergency situation in which you are needing to keep your phone on.
• The Ayurvedic Institute does not allow use of electronic devices in the classroom, including recording or photographing classes and artwork on the walls.
  • Occasionally, you will be invited to take a picture of material. Please wait to do so.
  • Participants may purchase professional audio recordings of our seminars/intensives at a discount. Please visit Main Office for more info.
• Our campus is smoke-free (including cannabis, e-cigarettes, and vaping).
• Babies, young children, and pets (with the exception of service animals) are not allowed in the classrooms.

Vedic Observations:
• Please do not point the bottoms of your feet towards the Speaker, altar, or fellow classmates. If you are needing to stretch, please cover your feet with a blanket or shawl.
• Chanting: classes begin and end with chanting. During this time, we ask participants to remain seated. All are welcome to participate, however not required. We ask that you observe silence during these times.
• Arriving late: should you arrive while chanting is going on, a classroom monitor will request that you wait outside until chanting is finished.
• End of session: We ask that you wait to rise from your seat until Vasant Lad has left the classroom before breaks start or at the end of class.

**During Class**
We want to ensure that our classroom environment is a place of respect, learning, and transmission. Below are some ways that we can all contribute to this space.

**Questions:**
Inquiry is a valuable part of the learning process. To help the instructor stay in the flow and move through the curriculum, we ask that questions be held until the instructor asks for them.

Please refrain from asking questions regarding your personal health, jyotish chart, etc. as this takes valuable time from the whole group and is not appropriate for the setting. Please keep questions relevant to the session’s topic.

**Breaks:**
Regular breaks will be offered during seminars and intensives. We ask that you refrain from approaching Vasant Lad or instructors to allow them space for rest.

**Seating:**
For your comfort, we provide back jacks as well as folding chairs. Please feel free to use a bolster, pillow, blanket, and any other support item we offer to make yourself comfortable. Be mindful to keep aisles clear for everyone’s safety.

**End of Seminars & Intensives**

**Earning a Certificate**
• Tuition for class must be paid in full
• 100% attendance required for all sessions (be sure to sign in/scan in for each session)

**While on Campus**

**Consultations:**
• Due to a demanding schedule, Vasant Lad no longer takes personal consultations, unless part of a 5-day Panchakarma program.
• Appointments can be made with both student and senior practitioners at The Ayurvedic Center for Healing, Life, and Longevity.
  • Appointments are made on first come, first served basis
  • Contact: 505.291.9698 ext. 131 to make your appointments

**Library & Student Lounge:**
Located in the Main Building, lower level, our library and student lounge are available for use Mondays-Fridays from 9am-6pm.

You are able to store and warm your food in the lounge.

Our library is equipped with books, computers, and printers for your use. Feel free to peruse our collection or use the space to relax.

**WiFi:**
WiFi is available all throughout campus. Please ask a class monitor for login information. Reminder that electronic devices are not to be used while class is in session.

**Book Store:**
Feel free to visit our book store located in the Main Building right by the Front Desk. You can purchase various Ayurvedic textbooks, herbs, oils, and other merchandise. Vasant Lad’s Siddha Soma Supreme line of Ayurvedic products can also be purchased here.

**Students Attending Summer Intensives**

**Monday Morning Clinical Observation Sessions:**
As part of the curriculum during Intensives, Monday morning class sessions are set aside for observing Vasant Lad’s clinical assessment of his Panchakarma clients. Please arrive 15 minutes early for these sessions dressed in casual business/professional attire (see notes in “Attire” section).

The Ayurvedic Institute takes client confidentiality very seriously. It is expected that all information revealed by the client to Vasant Lad and the class be held in strictest confidentiality. Intensive participants are required to not speak of these intakes outside of the class session, as is standard professional practice in any health care or counseling modality.
Frequently Asked Questions

How do I register for a seminar, webinar, or intensive?
Registration can be done online at www.ayurveda.com or by phone. Please call our Front Office team for any questions at 505.291.9698 ext. 0. Please note that full payment is due at the time of registration.

Are there any prerequisites to attend?
Our programs are a chance to learn about different aspects of Ayurveda without any prior knowledge required. For more information, please reach out to our Front Office at 505.291.9698 ext. 0.

Will I get CEUs for attending?
Our seminars and intensives are recognized by the National Ayurvedic Medical Association (NAMA). They are approved for NAMA PACE CEUs. You may submit your certificate of completion to other professional organizations for CEUs.

Are there any discounts available to me?
A 10% discount is offered to the following people:
- Senior Citizens (60+)
- Alumni of The Ayurvedic Institute
- Members of The Ayurvedic Institute*

Current, full time students at The Ayurvedic Institute receive a 20% discount.

For more information on how to become a member of The Ayurvedic Institute, please call the Front Office at 505.291.9698 ext. 0

Note: Institute Members can use their discount to purchase seminars, webinars, and intensives for family members.

Can I get a refund for my seminar, webinar, intensive purchase?
Cancellations made 30 calendar days prior to the seminar start day will receive a full refund minus a $50 cancellation charge.

Cancellations made less than 30 calendar days from the seminar start date will forfeit 50% of the full tuition (non-transferable)

Can I purchase a recording of the seminar, webinar, or intensive after it is completed?
Yes! Audio recordings are available to participants at a discounted rate. Please call the Front Office at 505.291.9698 ext. 0 to purchase.