



# Become an Ayurvedic Practitioner or Educator

Next classes begin September 2009,  
meeting one weekend per month for 10 months

Certified Ayurvedic Practitioner (CAP) is Kanyakumari's designation for our 2-year plus Internship (650 hour) Clinical Ayurveda training program, meeting the highest national standards in the U.S. set by the National Ayurveda Medical Association (NAMA) and nation-wide standards among the leading Ayurveda schools and colleges. Certification as a CAP allows graduates to begin a private practice, join an established multi-disciplinary holistic health center, teach, counsel and assist the public in integrating Ayurveda into their health management and lifestyle. Practitioners with this certification have the highest level of training recognized in the U.S. and currently are able to practice entirely in private practice.

Our Year One program consists of 300 credit hours and focuses on the philosophy and fundamental principles of Ayurveda. Successful completion of the Year One program certifies graduates as Certified Ayurveda Educators (CAE), allowing graduates to provide public education regarding the basic tenets of Ayurveda, and assisting individuals in integrating an Ayurvedic lifestyle. CAE's provide only education, but refer clients to a Certified Practitioner for panchakarma, herbal recommendations, comprehensive examination and healthcare analysis, etc. Students may opt to stop at this level of certification, or may go on to our Year Two plus Internship program to become certified practitioners.

Our Year Two plus Internship follows graduation from the CAE level training and consists of 350 credit hours combined (at least 50 credit hours of actual supervised internship training). This level of training results in the CAP certification discussed above as a full Practitioner. Year Two is designed to teach future practitioners clinical concepts of Ayurveda as it applies to particular bodily systems and particular manifestations usually referred to as "disease". During Level II training, practitioners are fully trained in taking complete Ayurvedic intake examinations, pulse and tongue diagnosis, making appropriate herbal recommendations according to the person's condition, the qualities of the herbs suggested, and knowledge of any symptoms and body systems involved. Practitioners are trained to confidently provide a Summary of Findings to clients during a follow up visit and follow patients independently as a Practitioner upon graduation. Completion of a college-level Anatomy & Physiology course is a prerequisite for graduation as a CAP.

The Internship portion of the CAP training program involves bringing your own clients (a minimum of 10 new patients and at least 25 follow-up visits) for evaluation and specific recommendations and ongoing monitoring from an Ayurvedic perspective. Considerable time is also spent in group settings with other interns to discuss case management and make presentations to fully equip graduates as instructors of all material covered during their training program. The internship portion of the training program is very flexible in scheduling hours. In some cases, students may be approved for field internship programs under the supervision of other certified practitioners and instructors in other geographical areas. The internship also includes panchakarma instruction to give students advanced experience in herbal preparations, tonification and reduction therapies and panchakarma modalities.

# Syllabus & Curriculum Overview

## *Ayurveda Year One Course Outline:*

- Weekend I: Introduction. History & Philosophy of Ayurveda  
Weekend II: Ayurvedic Anatomy & Physiology I. Doshas & Subdoshas. Ayurvedic Evaluation: Prakriti & Vikriti  
Weekend III: Ayurvedic Nutrition  
Weekend IV: Ayurvedic Anatomy & Physiology II: Digestion, Agni, Ama, Digestive herbs & spices.  
Weekend V: Dinacharya: Ayurvedic Lifestyle Management Part I  
Weekend VI: Dinacharya: Ayurvedic Lifestyle Management Part II  
Weekend VII: Ayurvedic Anatomy & Physiology III: Dhatus, Srotamsi, Ayurvedic Pathogenesis  
Weekend VIII: Ayurvedic Herbalism  
Weekend IX: Ayurvedic Psychology. Subtle Anatomy & Psychospiritual Evaluation  
Weekend X: Panchakarma Theory

## *Ayurveda Year Two Course Outline:*

- Weekend I: The Digestive System  
Weekend II: Respiratory System  
Weekend III: Urinary & Male Reproductive System  
Weekend IV: Cardiovascular & Circulatory System  
Weekend V: Female Reproductive System  
Weekend VI: Nervous System  
Weekends VII-X: Clinical Case Studies & Research

## *Year One Dates:*

September 18-20, 2009  
October 16-18, 2009  
November 13-15, 2009  
December 4-6, 2009  
January 8-10, 2010  
February 5-7, 2010  
March 5-7, 2010  
April 16-18, 2010  
May 14-16, 2010  
June 4-6, 2010

## *Year Two Dates:*

September 11-13, 2009  
October 9-11, 2009  
November 6-8, 2009  
December 11-13, 2009  
January - No class  
February 12-14, 2010  
March 12-14, 2010  
April 10-11, 2010-  
Internship Weekend  
May 1-2, 2010-  
Internship Weekend  
June 12-13, 2010-  
Internship Weekend

Required textbooks for the Ayurveda Year One and Year Two programs include the California College of Ayurveda's textbooks; Dr. Vasant Lad's Textbooks of Ayurvedic Medicine, Volume I & II; and our own handouts and published materials.

The tuition for Ayurveda Year One course is \$3800 and Ayurveda Year Two course plus internship is \$4800. Sallie Mae student loans are available. A \$100 non-refundable registration fee and \$200 deposit must be paid in order to reserve a student's enrollment space.

Classes meet once per month, Friday from 5-9pm, Saturday & Sunday 8:30am-5pm. Students are expected to spend approximately 7 hours per week on homework and studying outside of class. Teaching includes gurukula style (knowledge passed down directly through teacher to student) and many small group activities, discussions, student presentations and hands-on experientials. There are routine quizzes to assure that graduates have a good grasp of all material covered before being certified.