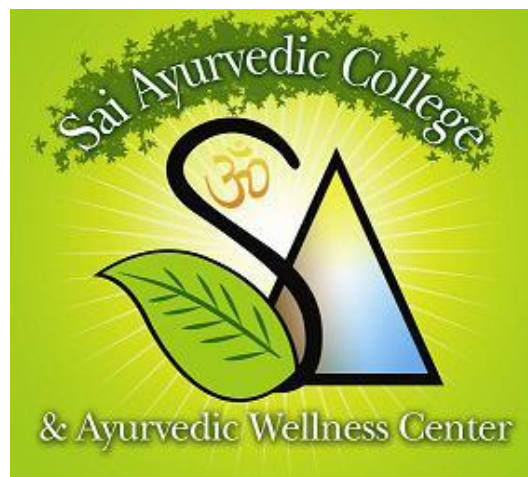


# SAI AYURVEDIC COLLEGE

& AYURVEDIC WELLNESS CENTER



## Academic Catalogue 2011-2012

**Sai Ayurvedic College  
& Ayurvedic Wellness Center**  
9000 S.W. 137<sup>th</sup> Avenue, Suite 220, Miami Florida 33186  
Telephone: (305) 380-0652

© 2011, Sai Ayurvedic College & Ayurvedic Wellness Center LLC

**Introduction**

**Calendar & Legal holidays**

**School terms and hours of operation**

**Governing Body: Officials & Faculty**

**Facilities**

**Admission Requirements**

**School Policies & Student Conduct**

**Attendance Policy**

**Leave of Absence**

**Unexcused absences, tardiness and make-up work**

**Termination for unsatisfactory performance/non-attendance/other reasons**

**Requirements for graduation**

**Grading system**

**Unsatisfactory performance/lack of progress**

**Academic probation**

**Conditions for re-entrance**

**Records retention & student access policy**

**Recognition of prior training & proration of tuition**

**Courses offered (title, content, hours)**

**Tuition & Fees**

**Policy relating to return of tuition**

**Policies relation to Veterans Benefits**

**Professional Affiliations & Status**

## **Introduction**

Welcome to Sai Ayurvedic College of Miami, Florida - the southeast's leading center for ayurvedic study, practice, treatment and research. Please take time to become familiar with our institution and get acquainted with the college, its associated Ayurvedic Wellness Center and its many academic and clinical offerings. We thank you for your interest and hope to make your acquaintance a rewarding one!

Ayurveda, the science of life, has brought true health and wellness to millions of individuals throughout the ages with simple changes in daily living practices. Incorporating just a few of these proven methods into your lifestyle can bring about radical changes in your life. This ancient art of healing has been practiced continuously for over 5,000 years. The principles of many natural healing systems now familiar in the West, such as Homeopathy and Polarity Therapy, have their roots in Ayurveda. Ayurvedic practices restore the balance and harmony of the individual, resulting in self-healing, good health and longevity.

## **Calendar & Legal holidays**

2011-2012 Academic Year (Spring/Summer term)

Registration Begins	January 1 <sup>st</sup> , 2011
Spring First Year Class Begins	April 16 <sup>th</sup> , 2011
Spring First Year Class Ends	March 18 <sup>th</sup> , 2012
Second Year Class Begins	May 7 <sup>th</sup> , 2011
Second Year Class Ends	April 8 <sup>th</sup> , 2012
Fall First Year Class Begins	September 10 <sup>th</sup> , 2011
First Year Class Ends	August 11 <sup>th</sup> , 2012

The College will be closed on the following public holidays:

January 1<sup>st</sup>: New Years Day  
January 19<sup>th</sup>: Martin Luther King Day  
February: Presidents' Day  
May: Memorial Day  
July 4<sup>th</sup>: Independence Day  
September: Labor Day  
November: Thanksgiving  
December 24<sup>th</sup> & 25<sup>th</sup>: Christmas Eve & Christmas

## **School terms and hours of operation**

There are two school terms yearly, a Fall/Winter term beginning in September and ending the following August, and a Spring/Summer term beginning in April and ending in March of each year.

The school office is open from Monday through Saturday, from 9:00am to 6:00pm. The school is open for the conduct of classes only on Saturday and Sunday, from 9:00am to 6:00pm.

### **Governing Body: Officials & Faculty**

The administration and faculty together comprise the College's Governing Council.

Administration:

President: Armando Tello

Vice-President & Director of Programs: Socorro Tello, C.A.P.

Faculty Representatives::

Aparna Bapat, BAMS, Principal Instructor (Academic Dean)

William A. Courson, BVS (Ayur), D.Ayur., C.H. (Dean for Institutional Development)

Jason W. Martin, BA, MA, PhD

Lina Turnes Lopez, A.V.S. (A), N.D.

Ashlesha Raut, BAMS, M.D.(Ayur), NC, BCIM

### **Faculty**

**Aparna Bapat, B.A.M.S.** has been a dedicated International Ayurvedic Specialist (Vaidya), consultant, and educator since 1990 and is a member of the Board of Directors, National Ayurvedic Medical Association (NAMA). She studied Ayurvedic medicine at the University of Pune, faculty of Ayurvedic Medicine & Surgery. She was a senior Lecturer at the College of Ayurveda in London, U.K. Dr. Bapat is the author of numerous articles on Ayurvedic medicine and related themes, has made multiple television appearances, and is one of the premiere lecturers, scholars and practitioners of Ayurveda in the West today.

**William A. Courson, C.H., BVS (Ayur), D.Ayur.** is administrative director of and an instructor at the New Jersey Institute of Ayurveda, of which he is a graduate. A retired accountant with a background in journalism, he has been a lifelong student of and writer on the themes of traditional healing, alternative medicine, spirituality and eastern and western alchemy. In addition to his role as an ayurvedic practitioner, he is a certified herbalist and Reiki Master in the traditional Usui lineage and has authored numerous professional and popular articles in these fields. He has taught professional level courses in all of these disciplines, and most recently trained aspiring physicians in Reiki at the University of Medicine & Dentistry of New Jersey (UMDNJ) Medical School. Bill is active in a number of professional organizations, is a member of the National Ayurvedic Medical Association's Educational Standards Committee and on the Indian Government sponsored Ayurveda-United States Advisory Council.

**Dr. Lina Turnes-Lopez, ND, AVS (A), CHt** received her degree in Doctor of Naturopathy from Clayton College of Nature Health. She has also received professional degrees in various alternative therapies such as an Associate in Vedic Studies from Sai Ayurvedic College and she is a Certified Hypnotherapist. As an Ayurvedic Practitioner her passion resides in creating custom herbal formulations and making medicated ghee. She developed the first Ayurvedic curriculum for one of the local colleges and has focused on nutritional and lifestyle changes. As Founder/Director of Ancient Synergy, Inc. she is currently focused in spreading recognition of Ayurveda through lectures and workshops to the general

public and health professionals. She has been personally involved with holistic medicine for over 10 years and in her own words, “Ayurveda is a science that benefits all – mind, body, spirit and nature

**Jason Martin, BA, MA, Ph.D., Cert.Hyp.** has an academic background in French and Comparative Literature with a concentration in the Arthurian Legends. A former university professor, he has been a teacher of yoga and meditation for many years and has extensive training in Gestalt psychotherapy and hypnosis. He has spent considerable time in the Peruvian Amazon working with master shaman Don Agustin Rivas-Vasquez, who has initiated him into the world of Amazonian shamanism. He maintains a private healing practice in Montclair, NJ.

**Ashlesha Raut, BAMS, MD (Ayur), NC, BCIM** is a Consulting Ayurvedic practitioner and Nutrition, Health Educator. She is a classically trained in Ayurveda M.D. from the prestigious Mumbai University in India with specialty in Rasashastra (Mineral Medicine) and Bhaishajya Kalpana (Ayurvedic Pharmaceuticals). Her expertise also includes research in Ayurvedic product formulation and branding for global markets. She was a Medical Director of L’amar Natural Products (a division of CIPLA India) and Ayurvedic Advisor for Pharmaceutical companies in India. Dr. Raut was awarded a prestigious “Shiromani Award” by Indian Board of Alternative Medicines for her contributions towards the alternative medicine in the industry. Ashlesha is a General member of NAMA (National Ayurvedic Medical Association – USA), Life time member of NIMA (National Integrated Medical Association-India), and Treasurer & Executive member of AHWS (American Hindu World Services organization). Dr. Raut has been practicing Ayurveda for more than a decade and has been an integral part of the global healing community with a mission towards providing a Holistic Path for Wellness and Optimal Health through Ayurveda and integrative medicine.

#### **Facilities:**

The College and its associated wellness center and clinic occupy approximately 1,700 square feet of space at Suite 220, 9000 S.W. 137<sup>th</sup> Avenue, Miami, Florida. Facilities are located on the second floor of a modern, air conditioned medical office building and all college premises are handicapped accessible (via elevator). Facilities consist of a lecture room, lounge, and consultation and treatment rooms.

#### **Admission Requirements**

All applicants must hold a high school diploma or GED certificate. All applicants must be fluent in verbal and written English. International students are advised that insufficient English skills may prohibit successful completion of the program. Although not required, some prior knowledge or study of Ayurveda, anatomy and physiology, hatha yoga, Sanskrit and other Vedic traditions will greatly enhance the student’s understanding of the program materials as will previous instruction in and/or practice of a healing art.

Students who are graduates of one year programs offered at another NAMA-approved ayurvedic institution may be permitted direct entry into our program's second year upon presentation of an official transcript and satisfactory performance on a comprehensive assessment examination. Others with analogous training may be considered for direct admission to the second year program at the discretion of the College on an individual basis in special circumstances.

## **School Policies & Student Conduct**

Sai Ayurvedic College Students are expected to:

- \* Treat students, faculty and staff of the college with civility and respect
- \* Represent themselves and any documentation that they may present to the college in an honest manner
- \* Respect college property and the activities conducted at college facilities or college-sponsored events, and Uphold College policies and all applicable laws. Sai Ayurvedic College students should expect the same degree of civility and respect from other students, faculty and staff.
- \* The College reserves the right to make changes to the contents of the catalogue at its sole discretion.

## **Scope & Definitions**

A student is a person admitted or enrolled at Sai Ayurvedic College. The college has an interest in student conduct, which occurs during a student's matriculation or enrollment at the college, including any breaks in enrollment permitted by college policy. Students are responsible for their own behavior and the behavior of their guests. The college does not normally pursue alleged conduct violations that occur away from College facilities or events, or that are not associated with the student's relationship with Sai Ayurvedic College. However, in situations when the safety of members of the college community may be endangered, the college may review such violations pursuant to the policy on student conduct.

## **College Regulations**

The following behaviors by a student, or any guest of a student, whether acting alone or with any other persons, violate the policy on student conduct:

1. Conduct that threatens or endangers the mental health, physical health or safety of any person or persons, or causes actual harm, including but not limited to physical harm or threat of physical harm such as physical abuse, sexual assault or coercion, harassment and intimidation, whether physical, verbal (oral or written) or nonverbal.
2. Dishonest conduct including plagiarism, forgery, alteration, fabrication, dishonesty or misuse of identification cards, records, grades, diplomas, college documents, or misrepresentation of any kind to a college office or official.
3. Disorderly conduct that interferes with the rights of others.
4. Intentional or reckless disruption or interference with the activities of the college or its members.

5. Theft of personal or college property or services, or illegal possession or use of stolen property.
6. Vandalism or intentional or reckless damage to personal or college property.
7. Unauthorized entry, use, or occupation of college facilities or the unauthorized use or possession of college equipment.
8. Illegal purchase, use, possession or distribution of alcohol, drugs, or other controlled substances.
9. Failure/refusal to comply with a reasonable request from a college official acting within the scope of his/her duties.
10. Unauthorized possession or use of firearms, explosive devices, fireworks, dangerous or illegal weapons, or hazardous materials. Interference with or misuse of fire alarms, elevators, or other safety and security equipment or programs, including but not limited to initiating, or causing to be initiated, any false report, warning or threat of fire, explosion or other emergency.
11. Violation of a condition or sanction imposed (or agreed upon) due to a violation of the policy on student conduct.
12. Violation of any federal, state or local law that poses a threat to the health, safety or well being of the college or its individual members.

Students are entitled to equal care and fairness in the application of the policy on student conduct. A student accused of a breach of student conduct and others in the college community have equally important interests. Thus, the college takes into account the interests of all parties in order to reach a fair resolution. Each party has the right to be informed of his or her rights through receipt of a copy of this policy. Each party has the right to receive relevant information and documentation, including information that is favorable to the student accused of a violation or that may indicate that he or she may not be responsible. Each party has the right to a meaningful opportunity to be heard and to respond to the information and documentation presented.

Sanctions applicable include reprimand (written or verbal), suspension and expulsion from the College.

### **Attendance Policy**

Regular and prompt attendance is required of all students at Sai Ayurvedic College. Accommodations are made for students who are absent because they are disabled or because of their religious beliefs. Each student who is absent from school because of disability or religious beliefs will be given an equivalent opportunity to make up any examination, study or work requirements which the student may have missed because of such absence on any particular day or days. No fees of any kind shall be charged for making such accommodations. Attendance at mid-term and final examinations on announced dates is mandatory.

Absences will be excused for extenuating circumstances only. Requests for the same must be made in writing and substantiated by supporting documentation, where appropriate. Records of such absences will be kept in the student's permanent record.

### **Unexcused absences, tardiness and make-up work**

Students are permitted two (2) excused absences (i.e., one Saturday-Sunday module) per year of the program, and all material covered in the student's absence must be made up in conformity with the instructor's direction. Students with more than two excused or unexcused absences are required to repeat their program of study.

In the event of an unexcused absence the student will be afforded a period of two weeks (i.e., 14 days) in which to request a retroactive excuse from attendance. Absent such a request, the student will be dropped from the program.

Students are expected to be punctual in reporting for class. A student more than 30 minutes late will be deemed to have missed one-half class day. A student more than one hour late will be deemed to have missed one day class day in attendance.

All make-up work for an absence must be completed and turned in to the class instructor within thirty (30) days following said absence.

Students must be present for all proctored examinations (i.e., mid-term and final examinations for the first and second years of the program) on dates to be selected by the College's administration in its sole discretion. Requests for examination re-scheduling may be considered by the College in its sole discretion.

### **Termination for unsatisfactory attendance, poor performance or lack of progress**

Upon reaching a total of two absences (four days, or eight half-days), excused or unexcused, the student will immediately be notified that they are placed on academic probation. Additional absences or tardiness will result in the students being dropped from the program for unsatisfactory attendance.

A student who fails to maintain a satisfactory average grade (see *grading system*, below) will be either (a) dropped from the program or (b) required to repeat their program of study. Evaluation of performance from module to module is based upon class attendance and the grade obtained upon returned homework assignments.

Students are permitted a period of two years (24 months) following completion of first year classes to submit completed extramural assignments required for graduation (this includes lifestyle coaching case reports, clinical case observations, support documentation for seminar and workshop attendance, presentations and outreach lectures, book reviews, etc.). After a period of two years if such requirements are left unfulfilled, the student will be withdrawn from candidacy for graduation.

### **Grading system**

- (A) Highest honors = 90-100%
- (B) High honors = 80-90%
- (C) Honors = 70-80%
- (D) Passing = 60-70%

Grades below 60% (F) are failing grades.

### **Requirements for graduation**

Students are subject to the graduation requirements that are in effect at the date when they first enroll at Sai Ayurvedic College. If graduation requirements are subsequently changed, students have the option of graduating under the later requirements.

Sai Ayurvedic College has considerably different academic expectations than those of other academic institutions, and it is important that students adjust to these new expectations early in their careers. As a professional school, Sai Ayurvedic College is not the end of the educational process but a foundation for a lifetime of continued learning and professional and spiritual growth. Therefore, two of the central goals of the College are to help students develop a sense of responsibility for their own learning and the ability to learn on their own.

Accordingly, Sai College's students spend much less time in class than they did in secondary school or most university programs but are correspondingly expected to do much more work outside of class than they did in other settings.

Students in each of the two years of the ayurvedic practitioner program should plan to spend about between 1.5 and 3 hours in study for every hour spent in class time (there are a total of 192 classroom clock hours comprising each year of the program). Stated in other words, students are responsible for learning a great deal of the material on their own outside of the classroom.

Students should expect that course material will be covered at a much more rapid pace than they have experienced before.

Students are expected to come to class ready to participate actively in the class session. After the conclusion of class, they are expected to have read the pertinent course manual in its entirety and to have completed assigned homework for the purposes of class discussion before the following class.

### **FIRST YEAR PROGRAM REQUIREMENTS (LEADING TO THE *CERTIFICATE IN AYURVEDIC HEALTH & WELLNESS COUNSELING*)**

Course Requirements:

- AY 101: Ayurvedic Philosophy and Foundations (Tarka, Sankhya and Siddhant) (16 clock hours)
- AY 102: Ayurvedic Anatomy & Physiology I (Sharir Vignyan) (16 clock hours)

AY 103: Ayurvedic Anatomy & Physiology II (Sharir Vignyan) (16 clock hours)  
AY 104: Ayurvedic Psychology (Manasa Vignyan) (16 clock hours)  
AY 105: Ayurvedic Nutrition & Food Science (Ahara Vignyan) (16 clock hours)  
AY 106: Ayurvedic Herbology I (Dravya Guna Vignyan) (16 clock hours)  
AY 107: Ayurvedic Prevention Science (Swastha Vritta) (16 clock hours)  
AY 108: Ayurvedic Pathology (Roga Nidan/ Vikruti Vignyan) (16 clock hours)  
AY 109: Ayurvedic Constitutional and Pulse Evaluation (Nadi Vignyan) (16 clock hours)  
AY 110: Ayurvedic Detoxification Program I (Panchakarma I) (16 clock hours)  
AY 111: Ayurvedic Management of Common Disorders (16 clock hours)  
AY 112: Ayurvedic Practice Management: Selected Topics in Ayurvedic Practice (16 clock hours)

1-Year Certificate program, total classroom clock hours: 192

Directed independent study:\* 240

(\*extramural reading/testing assignments)

Supervised client lifestyle coaching: 2 case reports (122 hours estimated time required)

Monthly Faculty-Student "Q&A Consultation" via participation in telephone conference (1 hour per session, 10 hours total; 1 question required per student per month)

Clinical case observation: 5 cases (20 hours estimated time required)

Production of Research Papers: 1 or 2 (70 hours estimated time required)

Attendance at extramural workshops & seminars: 8 hours' attendance

Classroom lecture presentations: 2 (10 hours estimated time required)

Extramural community outreach lectures: 2 lectures (10 hours estimated time required)

Preparation of professional book reviews/articles: 3 reviews (70 hours estimated time required)

Total hours, one-year program: 752

Students are permitted a period of 24 months following completion of first year classes to submit completed extramural assignments required for graduation (i.e., non-class attendance requirements). After a period of two years if such requirements are left unfulfilled, the student will be withdrawn from candidacy for graduation.

## **SECOND YEAR PROGRAM REQUIREMENTS (LEADING TO THE ASSOCIATE IN VEDIC STUDIES – AYURVEDA DEGREE)\*\***

\*\* Holders of an Associate's degree in a related discipline will be awarded the *Bachelor of Ayurvedic Studies* degree and holders of an appropriate Baccalaureate degree will be awarded the *Post-Graduate Diploma in Ayurvedic Studies*.

Course Requirements:

AY 201: Ayurvedic Subtle Therapies (16 clock hours)

AY 202: Introductory Yoga, Meditation & Pranayama for Ayurvedic Practitioners (16 clock hours)

AY 203: Ayurvedic Herbology II (Dravya Guna Vignyan II) (16 clock hours)

AY 204: Ayurvedic Herbal Formulations (Bhaishajya Kalpana) (16 clock hours)

AY 205: Ayurvedic Detoxification Therapy, Beauty Therapy and Marma Therapy II (16 clock hours)  
AY 206: Ayurvedic Protocols I – Respiratory & Digestive Systems (16 clock hours)  
AY 207: Ayurvedic Protocols II – Lymphatic, Blood & Skin Systems (16 clock hours)  
AY 208: Ayurvedic Protocols III – Muscular and Fat Metabolism Systems (16 clock hours)  
AY 209: Ayurvedic Protocols IV –Skeletal & Nervous Systems (16 clock hours)  
AY 210: Ayurvedic Protocols V – Reproductive System (16 clock hours)  
AY 211: Ayurvedic Protocols VI – Pediatric, Geriatric & Rejuvenative Protocols (16 clock hours)  
AY 212: Ayurvedic Protocols VII - Ear, Nose, Throat, Eye & Brain Protocols (16 clock hours)

2-Year Degree program, total classroom clock hours: 384

Directed independent study:\* 480

(\*extramural reading/testing assignments)

Supervised client lifestyle coaching: 122

Monthly faculty-student telephone conference consultations (1 hour per session, 10 hours total)

Clinical case observation: 20

Attendance at extramural workshops & seminars: 8

Production of Research Papers (1): 70

Classroom lecture presentations: 10

Extramural community outreach lectures: 10

Preparation of professional book reviews/articles: 70

Clinical intensive in India (or elsewhere as arranged): 200 classroom (+ additional 120 self-study)

Total hours, two-year program: 1,504 Hours

Completion of the second year of the program awards a degree in ayurveda, which is deemed a practitioner-level credential. Graduates may utilize the title of 'Ayurvedic Practitioner' upon completion.

Students who are graduates of one year programs offered at another NAMA-approved ayurvedic institution may be permitted direct entry into our program's second year upon presentation of an official transcript and satisfactory performance on a comprehensive assessment examination. Others with analogous training may be considered for direct admission to the second year program at the discretion of the College on an individual basis in special circumstances.

## **Leave of Absence**

### General Leave of Absence

A Voluntary Leave of Absence is a type of withdrawal. A Voluntary Leave of Absence or any other form of Withdrawal indicates that a student has been permitted an exception from continuous registration. In general, a Voluntary Leave of Absence will be requested prior to the beginning of a semester although the College recognizes that emergency circumstances may give rise to requests to withdraw from a term-in-progress.

### Medical Leave of Absence or Medical Withdrawals

A student who must interrupt study temporarily because of physical or psychological illness may request a Medical Leave or Withdrawal from their program of study. The medical or mental health professional who has been providing treatment to the student will, with the student's written consent, confirm in writing that a Medical Leave is warranted due to the student's health problem.

#### Military Leaves of Absence

Any student who is a member of the National Guard or other reserve component of the Armed Forces of the United States or of a state-organized militia called to active duty will be granted a Military Leave of Absence for the period of active duty and one year thereafter.

Upon return from a Military Leave of Absence, the student will be restored to the educational status attained prior to being called to duty without loss of academic credits earned, scholarships or grants awarded, or tuition or other fees paid prior to the commencement of active duty.

#### Other Leaves of Absence

The College's administration may recommend a Voluntary Leave of Absence for other compelling reasons for students who find it necessary to interrupt study temporarily. At the discretion of the college, supporting documentation may be requested from the student to substantiate such a request.

#### **Academic probation**

Academic probation is a trial period in which a student is given a period of time to improve unsatisfactory grades or prohibited conduct. The student will be monitored closely for changes in grades or other pertinent indices. After a trial period, if the student's performance does not improve, the student will be dropped from the program. If during the period of academic probation the student's performance improves sufficiently, the probationary period is terminated.

Students are placed on academic probation if their cumulative grade falls below passing (60.0%) for more than one module. Students are also placed on academic probation if their "term" or semester (3 months/modules) average falls below passing, or 60.0%, for one semester.

For students whose cumulative average grade is below 60.0%, the probationary period is one semester during which time the student must return to good standing by raising their cumulative average to Passing (60.0 to 70.0%) by the end of the probationary semester. If students do not raise their overall average to at least 60.0% by the end of the semester, they will be subject to dismissal from the program. Students dismissed from the program for unsatisfactory progress may petition for re-admission after the elapse of one year (two terms).

#### **Courses offered**

Each of the following courses of the one-year and two-year ayurvedic practitioner training programs is offered as an intensive, 16-hour course on one weekend (Saturday and Sunday, 9:00am to 6:00pm) monthly.

*AY 101: Ayurvedic Philosophy and Foundations (Tarka, Sankhya and Siddhant)*

This course introduces students to the 5,000 year old tradition of Ayurveda, its aims and objectives, basic principles, concepts of health and disease, methods of examining patients, and treatment methods. Students will gain a solid foundation in the science, history, and philosophy of Ayurveda. They will be introduced to the concepts of individual nature and dosha imbalance as the basis for diagnosis of health and disease, as well as the pancha mahabhuta theory. (16 clock hours)

*AY 102: Ayurvedic Anatomy & Physiology (Sharir Vignyan)*

A lecture discussion of the ayurvedic conception of anatomy; the inner, central and outer pathways; the dhatus, kalas, and doshas. Topics dealt with include classification of various agni, their characteristics, constitutional status versus present health state, and types of tissue/dosha interactions; gross digestion and tissue microdigestive processes; sapta dhatus and tissue differentiation (16 clock hours)

*AY 103: Ayurvedic Anatomy & Physiology II (Sharir Vignyan)*

A lecture discussion of the ayurvedic conception of anatomy; The srotas and energetic anatomy (chakras, koshas and nadis). Includes an in-depth treatment of ayurveda's physiological conceptions, focusing on the doshas, agni (digestive capacity), prakruti versus vikruti, and traits of optimal versus pathological functioning of biological systems.

*AY 104: Ayurvedic Psychology (Manasa Vignyan)*

This course comprises a detailed discussion of the principles of ayurvedic psychology and mental hygiene - manas vidya. Topics dealt with include the structure and functioning of the mind, processes of mentation (dhi, dhruti and smruti), ego-gratification via the senses vs. long term survival (preya vs. shreya), habituation, mental constitutions, mental health vs. pathology, etc. (16 clock hours)

*AY 105: Ayurvedic Nutrition & Food Science (Ahara Vignyan)*

This course is an in-depth approach to the ayurvedic science of food and nutrition. Ayurveda has always viewed the diet as a 'first line of defense' in supporting optimal health. In ayurveda's view, diet is the best preventive and, when applied sufficiently early on, the most effective means to ensure the avoidance of disease. Topics dealt with include classification of various types of food, their properties and characteristics, constitutionally appropriate vs. inappropriate diets, food compatibilities and incompatibilities, and the specific uses of foods in the treatment of disease. (16 clock hours)

*AY 106: Ayurvedic Herbology I (Dravya Guna Vignyan)*

This is an introductory course in Ayurvedic Herbology. Students are exposed to the correct, appropriate, effective, safe, ethical and legal use of a limited selection of herbs. The course includes the study of qualities, actions, effects, applications, indications and contra-indications, toxicity and dosage of a selection of Ayurvedic herbs as dietary supplements in the process of conducting Ayurvedic lifestyle education and consultations. Students are introduced to a limited number of therapeutic approaches. (16 clock hours)

*AY 107: Ayurvedic Prevention Science (Swastha Vritta)*

This course introduces the student to Ayurvedic recommendations for creating healthy lifestyles, daily and seasonal routines, yogic cleansing practices and self-care. Students will also learn therapies focusing on the five senses. (16 clock hours)

*AY 108: Ayurvedic Pathology (Roga Nidan/ Vikruti Vignyan)*

This course examines the disease process in Ayurvedic medicine, including Ayurvedic anatomy and physiology, the cause of disease, formation of tissues, and stages and classification of disease. Students will learn the process of constitutional analysis. (16 clock hours)

*AY 109: Ayurvedic Constitutional and Pulse Evaluation (Nadi Vignyan)*

An introduction to the physical assessment of the patient on the basis of Darshan (observation), Sparshan (auscultation and palpation) ) and Prashna (interrogation) comprising: overview of Rogipareeksa & Rogapareeksha; The Patient as a whole; temperament, Discipline & habits, Digestive capacity and Intelligence; Hereditary traits, Emotional set, Economic status & concerns, Social/familial support system, Desire to heal, Constitutional types; Prakriti; Vikriti; Observation of the Dhatus; Observation of the Upadhatus; Quality of the Tissues (Sara); Compactness of the Body (Samhanana); General Stature and Physical Proportionality (Pramana); Physical Strength (Vyayama Shakti); Adaptability (Satmya); Digestive Capacity (Ahara Shakti); Rate of Aging (Vaya). Prasna (Interrogation); Ashtavidha pariksha (Eight-fold" Ayurvedic examination): Examination of the complexion; Examination of the eyes; Examination of the speech and voice; Examination of the tongue. Examination of the stool; Examination of the urine; Examination of the pulses (survey) (16 clock hours)

*AY 110: Ayurvedic Detoxification Program I (Panchakarma I)*

This course is an in-depth approach to the ayurvedic detoxification strategies and modalities. Ayurveda's sophisticated and highly effective detoxification theories and therapies remain among its most distinctive features, and among its least understood facets in the Western world. Topics dealt with include palliative (shamana) and radical cleansing (shodhana) measures as determined by the client's condition and ayurvedic protocols. (16 clock hours)

*AY 111: Ayurvedic Management of Common Disorders*

This course is a detailed and practical discussion of widely-available and simply applied remedies (i.e., "home remedies") that might be utilized in treating everyday ills and injuries. Commonly used herbs, spices, oils, foods and topical applications will be among the topics dealt with. (16 clock hours)

*AY 112: Ayurvedic Practice Management / Ayurvedic Colloquium*

This course comprises a survey of issues of interest to aspiring practitioners, including, illustratively, legal, ethical and commercial aspects of practice development, ayurveda and public health, ayurveda and environmental issues, pain control in ayurvedic practice, etc. (16 clock hours)

*AY 201: Ayurvedic Subtle Therapies*

This is a study of the vedic roots of such energy therapies as Reiki, Jin Shin Jyutsu and Pranic healing; origins, methodologies and applications, and their vedic progenitors. Energetic anatomy, including the koshas, chakras and nadis. Developing sensitivity to subtle energetic imbalances, blockages and

deficiencies. Treatment protocols, mental-emotional healing, and distance healing. There will be discussion covering the basic aspects of the subtle therapies as they are employed in Ayurveda, including chakra, crystal and color therapies and the use of mantra, yantra and mudra. (16 clock hours)

*AY 202: Introduction to Yoga, Pranayama & Meditation for Ayurvedic Practitioners*

A survey of Yoga, ayurveda's sister science, along with meditation and pranayama (breath regulation) from the point of view of the contributions of these disciplines to ayurveda's therapeutic armamentarium. (16 clock hours)

*AY 203: Ayurvedic Herbology II (Dravya Guna Vignyan II)*

Additional methods of herbal; preparation (medicated oil, medicated ghee, routes of administration, times of administration, compounds, dosages, herbs for external application); Mineral, metallic, and gemstone medicinal preparations; Survey of Current Western Pharmacology (drugs, toxicities & contraindications) in relation to Ayurvedic materia medica; Select topics in Ayurvedic pharmacology; Further select topics in Ayurvedic herbal medicine. (16 clock hours)

*AY 204: Ayurvedic Herbal Formulations (Bhaishajya Kalpana)*

Commonly used multiple-herb formulations (Chandraprabha, Goksuradi Gugglu, Hingvastak, Kaishore Gugglu, Shilagit, Sitopaladi, Triphala, Trikatu, and Yograj Guggulu, inter alia); Herbs and herb formulations classified by actions & systems affected (alternatives, astringents, bitters, diaphoretics, diuretics, emmenagogues, demulcents, expectorants, nervines, antispasmodics, stimulants, tonics, soporifics, sudorifics, relaxants, analgesics, antipyretics, antiparasitics & anthelmintics, antibiotic herbs, carminatives, laxatives & purgatives, digestives). Management of the Doshas; Management of Aam; Detoxification (16 clock hours)

*AY 205: Ayurvedic Detoxification Therapy, Beauty Therapy and Marma Therapy II*

This course continues coverage of ayurvedic detoxification strategies and modalities focusing on the three phases of panchakarma: purvakarma (preparatory procedures), paschatkarma (virechan, vamana, nasya, basti and raktamoksha) and uttarakarma (after-care procedures) in both in-patient and out-patient environments. (16 clock hours)

*AY 206: Ayurvedic Protocols I – Respiratory & Digestive Systems*

A participatory lecture examining the ayurvedic etiology, diagnosis, prognosis and therapeutic modalities for kaphaja, pittaja and vataja forms of respiratory and digestive disorders involving the dhatus and pranavaha, anavaha and purishavaha srotas. Aam and nirama conditions. (16 clock hours)

*AY 207: Ayurvedic Protocols II – Lymphatic, Blood & Skin Systems*

A participatory lecture examining the ayurvedic etiology, diagnosis, prognosis and therapeutic modalities for kaphaja, pittaja and vataja forms of lymphatic, blood and dermatologic disorders involving the dhatus and rasavaha, raktavaha ad ambhuvaha srotas. Sama and nirama conditions. (16 clock hours)

*AY 208: Ayurvedic Protocols III – Muscular and Fat Metabolism Systems*

A participatory lecture examining the ayurvedic etiology, diagnosis, prognosis and therapeutic modalities for kaphaja, pittaja and vataja forms of muscular and fat metabolism disorders involving dhatus and the mamsavaha and meddavaha srotas. Ama and nirama conditions. (16 clock hours)

*AY 209: Ayurvedic Protocols IV –Skeletal & Nervous Systems*

A participatory lecture examining the ayurvedic etiology, diagnosis, prognosis and therapeutic modalities for kaphaja, pittaja and vataja forms of respiratory and digestive disorders involving the dhatus and asthivaha and majjavaha srotas. Ama and nirama conditions. (16 clock hours)

*AY 210: Ayurvedic Protocols V – Reproductive System*

A participatory lecture examining the ayurvedic etiology, diagnosis, prognosis and therapeutic modalities for kaphaja, pittaja and vataja forms of male and female reproductive disorders involving the dhatus and shukhravaha, artavavaha, rajavaha and sthanyavaha srotas. Ama and nirama conditions. (16 clock hours)

*AY 211: Ayurvedic Protocols VI – Pediatric, Geriatric & Rejuvenative Protocols*

This course is an in-depth approach to the ayurvedic diagnosis, treatment and management of disorders of the infant, child, adolescent and elder, as well as 'swasthavritta' and preventive measures for the optimization of health in the very young as well as the elderly. Topics dealt with include classification and recognition of various types of disorders, diagnosis and prevention and treatment utilizing ayurvedic therapeutic protocols. The use of revitalization, reviralization and rejuvenation therapies in geriatric cases will be discussed as well. (16 clock hours)

*AY 212: Ayurvedic Protocols VII - Ear, Nose, Throat, Eye & Brain Protocols*

This course will treat in detail the ayurvedic diagnosis, treatment and management of disorders of the eyes, ears, nose and throat as well as psychiatric disorders of organic origin and involving the shukhravaha and manovaha srotas. Topics dealt with include classification and recognition of various types of disorders, diagnosis and prevention and treatment utilizing ayurvedic therapeutic protocols. (16 clock hours)

### **Extramural Requirements**

In addition to the classroom hours required by each program, very substantial non-classroom directed and extramural study and participatory events are required for successful completion of the one- and two-year programs. These are detailed above under first and second year program requirements (pp. 9-10) and are subject to change at the College's discretion. Students are permitted a maximum period of 24 months following completion of first year classes to submit completed extramural assignments required for graduation (i.e., non-class attendance requirements). After a period of two years if such requirements are left unfulfilled, the student will be withdrawn from candidacy for graduation.

### **Conditions for re-entrance**

There is a one year waiting period for any student who has been involuntarily dismissed from the College before re-entrance may be considered. The student must notify the College's director in writing of his/her intent to seek re-admission and meet with the director or the director's designee at which

time he will present his reasons for seeking to be re-admitted, which will be decided upon by the Director of the director's designee.. Decisions are final in all matters.

### **Records retention & student access policy**

The following periods of retention for specific records are established by the College (ACT = during student's active enrollment; PERM = permanent retention):

Conduct Records.....	5 years
Student Advising Files.....	ACT + 4 years
Program Files.....	10 years
Letters of Recommendation.....	PERM
Student Publications (1 copy).....	PERM
Orientation Guides (1 copy).....	10 years
Publications.....	10 years
Event Forms.....	ACT + 1 year
Teacher Credential Records.....	PERM
Student Files.....	PERM

### **Record Access & Confidentiality**

The right of access to information in a student's educational records is governed by federal law known as the Family Educational Rights and Privacy Act (FERPA).

The right of access to other information, such as medical or counseling records, is governed by applicable state and federal laws.

As a general rule, students attending an institution, regardless of age, have a right under FERPA to control disclosure of information from their educational records. In cases where a student may be a danger to himself/herself and/or others, the College may notify a parent or legal guardian. Students, parents, and guardians are notified about FERPA at New Student Orientation.

A variety of methods are used to ensure the confidentiality of students' (paper) educational records including: keeping all sensitive and confidential information in a secured environment. In general, students' educational records are not released without written permission from the student.

### **Recognition of prior training & proration of tuition**

Students who have completed all or a portion of a course program offered by another institution may, on a case-by-case assessment basis, have certain modules of the College's program waived with an equivalent pro-ration of tuition. In order to qualify for such waiver, the student must have:

- a. Completed coursework with a substantially identical substance to the curriculum offered by the College;
- b. Offer documentary evidence of such completion; and,

- c. Have completed said coursework within the ten (10) years prior to requesting said waiver.

Students who are graduates of one year programs offered at another NAMA-approved ayurvedic institution may be permitted direct entry into our program's second year upon presentation of an official transcript and, when required by the College, satisfactory performance on a comprehensive assessment examination. Others with analogous training may be considered for direct admission to the second year program at the discretion of the College on an individual basis in special circumstances. In such cases, achievement of a minimum score of 60% on a comprehensive assessment examination is required for direct entry into the second year.

### **Tuition & Fees**

Tuition for the program, paid in advance, at present totals \$5,500.00 annually. In addition, three installment payment arrangements are available. If selecting one of the installment payment options (monthly, quarterly or semiannual installments), a \$500.00 nonrefundable class reservation deposit (applied toward tuition at culmination of program) and nonrefundable \$35 registration fee is due at the time of enrollment.

- A. Deposit of \$500 upon registration. If paying in full, \$5,000 due the first of the month in which the class commences.
- B. Deposit of \$500 upon registration. If paying in 2 installments, a payment of \$2,800 is due the first of the month in which the class commences. The second and final payment of \$2,300 is due within 3 months of the first payment on the first of that month. (\$5,600 per year).
- C. Deposit of \$500 upon registration. If paying in quarterly installments, the first payment of \$1,450 is due the first of the month in which the class commences. The next two installments will be of \$1,450 each and the last installment will be a payment of \$950. Payments are to be made quarterly (every three months – Sept, Dec, March, June on the first of month. (\$5,800.00 per year)
- D. Deposit of \$500 upon registration. If paying in 12 monthly installments, a payment of \$500 is due the first of the month in which the class commences and thereafter \$500 on the first of each month for 11 months. The deposit will be applied to the last month of the program. (\$6,000.00 per year).

Tuition of \$5,500.00 per year is payable upon acceptance into the program. Payments can be made by either by cash, credit card or checks made payable to Sai Ayurvedic College.

Maintenance of a current and satisfactory account standing is required for continued enrollment in the program, graduation and for the issuance of transcripts.

Tuition and fees are subject to change upon publication and notice.

### **Policy relating to return of tuition**

Refunds are available to registered students who withdraw from the Sai Ayurvedic College of Miami upon written notice to the Director of the College. Refunds will be based on the following schedule:

(a) Written notice given within 3 days of submitting enrollment agreement, 100% of payments made less the non-refundable class reservation deposit of \$500.00 plus \$35.00 registration fee will be returned within thirty (30) days of said notice.

(b) Written notice given after 3 days of submitting enrollment agreement but before the third class of the program, each class given will be paid to the College at \$500 each. The non-refundable class reservation deposit of \$500.00 plus \$35.00 registration fee will not be returned.

(c) Notice given after the third class of the program has begun, no refund will be given. Student remains liable for the outstanding balance of the program tuition that they enrolled in.

No amount will be refunded if payment is not current. No refunds will be applied for future courses.

### **Policies relating to Veterans Benefits**

Sai Ayurvedic College has certain legal obligations to the Department of Veterans Affairs relating to veterans attendance and the maintenance of a standard of academic progress.

With respect to attendance, excused absences will be granted for extenuating circumstances only. Such absences will be substantiated by entries in student's files.

Students are permitted two (2) excused absences (i.e., one Saturday-Sunday module) per year of the program, and all material covered in the student's absence must be made up in conformity with the instructor's direction. Students with more than two excused or unexcused absences are required to repeat their program of study. Students called to active duty will be excused for the period of such duty in excess of the two excused absences referred to above.

In the event of an unexcused absence the student will be afforded a period of two weeks (i.e., 14 days) in which to request a retroactive excuse from attendance. Absent such a request, the student will be dropped from the program in the event of a second absence within a 6-month period. Early departures, class cuts, tardy reporting for class, etc., for any portion of a class will be counted as an absence of one-half class day (if up to 30 minutes late/early) or one class day (if over 30 minutes late/early). Students are expected to be punctual in reporting for class. The student's attendance record will be maintained in the veteran's file for USDVA and SAA audit purposes.

With respect to academic performance, students receiving VA educational benefits must maintain a cumulative grade point average (CGPA) of 60.00 (Passing) each term. If a student's CGPA falls below 60.0 at the end of any term he/she will be placed on academic probation for a period not to exceed two terms of enrollment. .

If the VA-supported student continues to achieve less than a 60.0 CGPA at the end of the second consecutive term, veterans' educational benefits will be terminated. A VA-supported student whose benefits have been terminated on account of unsatisfactory performance may petition the College to be re-certified after achieving a CGPA of 60.0.

### **Academic Status**

Sai Ayurvedic College is a private, post secondary degree-granting institution recognized by the Florida Department of Education and Florida Commission on Independent Education as exempt from licensure under the authority of Florida State Statutes, Section 1005.06 and is an approved Continuing Education Provider.

Sai Ayurvedic College is approved as a professional school of ayurveda by the National Ayurvedic Medical Association.

Sai Ayurvedic College is approved for the payment of Veterans Educational Benefits by the Florida State Department of Veterans Affairs and the federal Veterans Administration.

**Sai Ayurvedic College of Miami**

9000 SW 137<sup>th</sup> Avenue – Suite 220. Miami, FL 33186

Telephone: (305) 380-0652 or (305) 726-5003 • Email: ctello@saiayurvediccollege.com

[www.saiayurvediccollege.com](http://www.saiayurvediccollege.com)

“Sai Ayurvedic College of Miami is a private, post secondary degree-granting institution recognized by the Florida Department of Education and Florida Commission on Independent Education under the authority of Florida State Statutes, Section 1005.06”

**Application for Admission / Enrollment Form, 2011-2012**

Applications are accepted throughout the year. Only a limited number of students are accepted. **Admissions are processed on a ‘first come first served’ basis.** If the course is full, students will be put on a waiting list for the next course.

Individuals completing the first year of the 2-year program will be awarded the distinction of “Certified Ayurvedic Health & Wellness Consultant.”

Individuals completing both years of the 2-year program will be awarded the Associate of Ayurvedic Studies degree in Ayurveda (holders of an Associate’s degree in a related discipline will be awarded the Bachelor of Ayurvedic Studies degree and holders of an appropriate baccalaureate degree or higher will be awarded the Post-Graduate Diploma in Ayurvedic Studies.

Last Name \_\_\_\_\_ First \_\_\_\_\_ M \_\_\_\_\_  
Address \_\_\_\_\_ Apt. # \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone (cell): (\_\_\_\_\_) \_\_\_\_\_ (Home): (\_\_\_\_\_) \_\_\_\_\_  
Fax (\_\_\_\_\_) \_\_\_\_\_ E-mail \_\_\_\_\_  
SS# \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Date of  
Birth \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Profession \_\_\_\_\_

**1. Educational History.**

School	Major	Degree/Diploma	Year Graduated

2. Professional work and experience.

Work & Experience	Location	Date

3. What attracts you the most about Ayurveda? Please provide a brief answer.

4. Briefly explain why you want to become an Ayurveda Practitioner

## CERTIFICATION & ACKNOWLEDGEMENT

I certify that all the information on this application to the Sai Ayurvedic College of Miami is true and correct. I understand that any false or misleading information will void this application. I understand and agree that Sai Ayurvedic College of Miami does not guarantee employment or take responsibility for employment or a career in the field of Ayurveda, or any health related field, upon completion of the course. I also understand and agree that Sai Ayurvedic College of Miami is not responsible for actions of students and graduates in their Ayurvedic career. I certify that I have the ability to finance my education.

I understand and acknowledge that whichever payment program is selected below, the offering of an installment payment plan is intended merely as a convenience to me and in no way impacts upon my obligation to pay the entire program's tuition unless written notice of withdrawal from the program is made to the Director:

(a) Written notice given within 3 days of submitting enrollment agreement, 100% of payments made less the non-refundable class reservation deposit of \$500.00 plus \$35.00 registration fee will be returned within thirty (30) days of said notice.

(b) Written notice given after 3 days of submitting enrollment agreement but before the third class of the program, each class given will be paid to the College at \$500 each. The non-refundable class reservation deposit of \$500.00 plus \$35.00 registration fee will not be returned.

(c) Notice given after the third class of the program has begun, no refund will be given. Student remains liable for the outstanding balance of the program tuition that they enrolled in.

No tuition will be refunded if payments are not current, nor may refunds be applied to future courses.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

### **Application Process:**

**Step 1:** Complete the Application Form in its entirety.

**Step 2:** Submit the Application Form along with Application Fee of \$35 plus \$500 deposit to: Attn: Ms. Cookie Tello, Director, Sai Ayurvedic College, 9000 SW 137<sup>th</sup> Avenue, Suite 220 - Miami, Florida 33186

**Step 3:** Tuition for the program, paid in advance, totals \$5,500.00 annually (plus registration fee, \$35.00)

**A \$500.00 nonrefundable class reservation deposit (applied toward tuition at culmination of program) is due at the time of enrollment.**

A variety of payment arrangements are available, including:

- 12 (twelve) monthly payments of \$500.00 per month. Payments due on the 1st of every month thereafter (\$6,000.00 per year).
- 4 (four) installment payments of \$1,450.00 each (\$5,800.00 per year).

- 2 (two) installment payments of \$2,800.00 each (\$5,600.00 per year).
- 1 (one) payment of \$5,500.00 for one year.

Payments can be made by cash, major credit cards (Visa or MasterCard) or checks made payable to Sai Ayurvedic College.

Payments are due the first day of each month starting with the first month of class with no grace period. A \$25.00 late fee will be charged for delayed payments. A \$40.00 service fee will be charged on all checks that are returned unpaid.

Notification of withdrawal must be made in writing to the Director of the College, Cookie Tello.

**Please check below the payment plan selected for one year:**

- Deposit of \$500 upon registration. If paying in full, \$5,000 due the first of the month in which the class commences.
- Deposit of \$500 upon registration. If paying in 2 installments, a payment of \$2,800 is due the first of the month in which the class commences. The second and final payment of \$2,300 is due within 3 months of the first payment on the first of that month. (\$5,600 per year).
- Deposit of \$500 upon registration. If paying in quarterly installments, the first payment of \$1,450 is due the first of the month in which the class commences. The next two installments will be of \$1,450 each and the last installment will be a payment of \$950. Payments are to be made quarterly (every three months – Sept, Dec, March, June on the first of month. (\$5,800 per year)
- Deposit of \$500 upon registration. If paying in 12 monthly installments, a payment of \$500 is due the first of the month in which the class commences and thereafter \$500 on the first of each month for 11 months. The deposit will be applied to the last month of the program. (\$6,000)

Payments can be made by either by Cash, Check or Credit Card. Please make your checks payable to Sai Ayurvedic College.

I authorize Sai Ayurvedic College to automatically process my tuition payment on the first of each month on my credit card account provided below:

Total of Payment: \$ \_\_\_\_\_

Method of Payment: Check Payable in US Dollars \_\_\_\_\_ Master Card \_\_\_\_\_ Visa \_\_\_\_\_

Card Number: \_\_\_\_\_

Exp. Date: \_\_\_/\_\_\_/\_\_\_

Last three digits code on the back of card: \_\_\_\_\_

Postal Zip code where you receive your Credit Card statement \_\_\_\_\_

Name as it appears on the card: \_\_\_\_\_

Signature: \_\_\_\_\_