

Course Catalogue

Kripalu®

SCHOOL OF AYURVEDA

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OVERVIEW

Āyurveda's Healing System

Āyurveda, India's traditional system of medicine, is thousands of years old and is often called the oldest continuously practiced healthcare system in the world. Āyurveda is a natural, complementary healing modality designed to help us realize our true Self.

What makes Āyurveda so special is that it illuminates your innate curiosity about the interconnectedness between the mind, the body, the senses, and the spirit. Following your circadian rhythms is at the heart of Āyurveda. The tools this practice offers can help you find whole health through the development of seasonal eating and sleep habits, daily care of your sense organs, yoga and meditation, and connecting with nature.

Kripalu's Approach to Āyurveda Education

At the Kripalu School of Āyurveda (KSA), we empower every student to live your fullest life through the cultivation of nourishing practices that foster vitality and well-being; and if your aim is to work with clients, we then support you in counseling and guiding clients to reach their fullest living potential. KSA trainings are academically robust and experientially grounded, engaging you to grow into greater health and knowledge.

Foundations of Āyurveda can be taken as a standalone immersion or as the first 200 hours of our 300-Hour Āyurvedic Yoga Teacher Training and/or 650-Hour Āyurveda Health Counselor program. The Āyurvedic Health Counselor program prepares graduates to guide clients toward balanced health. The 300-Hour Āyurvedic Yoga Teacher Training is for 200-hour-certified yoga teachers who want to enhance their classes or one-on-one sessions with Āyurvedic principles.

School of Āyurveda Trainings

There are several tracks available in the Kripalu School of Āyurveda:

200-Hour Foundations of Āyurveda teaches you how to embody the wisdom of Āyurveda through daily and seasonal self-care and nourishment. This training offers an immersion into Āyurveda, and it can be taken as a standalone program. It also is a required component of the 300-Hour Āyurvedic Yoga Teacher Training track, and it is the first of the two-part 650-Hour Āyurvedic Health Counselor certification.

300-Hour Āyurvedic Yoga Teacher Training is for you if you are a 200-hour-certified yoga teacher who wants to enhance your classes and one-on-one yoga sessions with Āyurvedic principles. To complete this certification, you will combine The Foundations of Āyurveda program with two additional 300-Hour Yoga Teacher Training modules including Uniting Yoga and Āyurveda: Balancing the Doshas and either Guiding Meditation for Transformational Yoga Teaching: Exploring the World Within or Teaching Pranayama: Essential Practices for Yoga Teachers.

650-Hour Āyurvedic Health Counselor Certification requires you to first complete the 200-Hour Foundations of Āyurveda program. Once you have successfully completed the required Foundations of Āyurveda program, you are eligible to seek enrollment in the second part of the certification track, the 450-Hour Clinical Training in Āyurveda program. This training prepares you to build a clinical practice and guide clients toward balanced health by using nourishment for increased vitality, incorporating lifestyle changes and daily routines to foster self-care and wellness, and implementing stress and energy management practices to build resilience.

Advanced Studies in Āyurveda offers continuing education programs for alumni of the Āyurvedic Health Counselor training who are looking to deepen your knowledge in a particular area of focused study while meeting field-specific PACE requirements set forth by the National Āyurveda Medical Association.

CURRICULUM

Course Summary

Course Number	Course Name
Part 1: 200-hours Foundations of Āyurveda	
AY 100	Introduction to Yoga
AY 101	Dinacaryā Āyurvedic Lifestyle Training
AY 102	Āyurvedic History and Philosophy
AY 103	Āyurvedic Anatomy and Physiology I
AY 104	Introduction to Saṁskṛta
AY 106	Psychology from an Āyurvedic Perspective
AY 107	Foundations Homework and Home Study
AY 105	Āyurvedic Digestion and Nutrition I
KE 100-I & II	Communications
Part 2: 450-Hours Clinical Training in Āyurveda	
AY 200	Deepening Yoga
AY 201	Āyurvedic Anatomy and Physiology II
AY 202	Etiology and Pathology Diseases from an Āyurvedic Perspective
AY 203	Āyurvedic Herbology
AY 302	Introduction to Āyurvedic Therapies & Pañcakarma Theory
AY 303	Āyurvedic Pulse Diagnosis & Clinical Assessment
AY 400	Clinical Intakes and Case Studies
AY 401	Ethics and Business Management
AY 402	Sattvāvajaya Chikitsa
AY 404	Advanced Digestion & Nutrition
AY 405	Female Reproductive Health
AY 406	Diversity, Equity & Inclusion Sensitivity Training

COURSE LEARNING OUTCOMES

PART 1: 200-Hour Foundations of Āyurveda

Āyurvedic History and Philosophy | AY 102

Learning Outcomes:

1. Understand the beginnings/history of Āyurveda
2. Recognize the names and authors of Bṛhat Trayī
3. Ability to define the six schools of Indian Philosophy
4. Have a working knowledge of Sāṃkhya philosophy and how to practically apply to life
5. Demonstrate a working practice of the 8 limbs of yoga including the 5 yamas and niyamas
6. Incorporate empowered feedback and conscious communication into personal and professional interactions
7. Describe sattva, rajas, and tamas (the 3 states of the mind), and develop practices to support mental balance.

Dinacaryā Āyurvedic Lifestyle Training | AY 101

Learning Outcomes:

1. Be able to name the vāta, pitta and kapha times of day
2. List practices appropriate to the vāta, pitta and kapha times of day
3. Cultivate a daily routine around wake times and sleep times
4. Practice mindful eating
5. Understand theory of sense care and how to practically apply to own life
6. Understand best times of day for movement practices
7. Understand best times of for contemplative practices
8. Demonstrate knowledge of a food routine around how and when to eat

Āyurvedic Digestion and Nutrition | AY105

Learning Outcomes:

1. Create seasonal food lists
2. Create doṣa balancing food lists
3. Ability to recreate simple Āyurvedic dishes and digestive aids presented in classroom at home
4. Identify the six tastes, the taste elemental composition and which tastes to favor for each season or doṣa constitution
5. Recount the 3 stages of digestion and which of the six tastes are digested at each stage
6. Identify the 4 states of agni
7. Recognize physical and mental causes and signs of āma
8. List the seven dhātus in English and Saṁskṛta
9. Identify qualities (guṇas) of foods
10. Able to use spices in cooking to increase digestibility of foods including:
 - Ajwain
 - Asafoetida
 - Black pepper
 - Cardamom
 - Cinnamon
 - Clove
 - Coriander
 - Cumin
 - Fennel
 - Fenugreek
 - Garlic (powdered and fresh)
 - Ginger (powdered and fresh)
 - Mustard
 - Nutmeg
 - Sesame
 - Turmeric

Foundations Homework and Home Study | AY 107

Learning Outcomes:

1. Integrate the material learned in the Zoom classroom
2. Supported study of material in preparation of quizzes and exams

Introduction to Yoga | AY 100

Learning Outcomes:

1. Memorize the 8 limbs of yoga
2. Memorize the 5 yamas and niyamas
3. Apply yamas and niyamas to personal practice
4. Be able to apply the Āyurvedic theory to personal yoga practice
5. Acquire the foundation to cultivate a home yoga practice as part of dinacarayā

Ayurvedic Anatomy and Physiology | AY 103

Learning Outcomes:

1. Ability to recite the 20 guṇas in English and Saṃskṛta
2. Demonstrate understanding of the guṇas of each of the three doṣas
3. Identify the elemental compound, location, function, dysfunction and simple tools to balance the doṣas
4. Introductory comprehension of prakṛti and vikṛti.
5. Identify, location, function, dysfunction and simple tools to balance the five sub types of each of the three doṣas

Psychology from an Āyurvedic Perspective | AY 106

Learning Objectives:

1. Define Sattvāvajaya
2. Practice methods to cultivate a sattvic mind
3. Experiment with self-inquiry, meditation, breathing, and mantra to boost sattva
4. Identify yogic theory and practices to increase sattva
5. Identify practices that are Santarpana (lightening)/Apatarpana (building)

Introduction to Saṃskṛta | AY 104

Learning Outcomes:

1. Ability to properly pronounce Saṃskṛta vocabulary in KSA program
2. Rudimentary recognition of Saṃskṛta alphabet
3. Memorize and recite śloka in KSA manual as designated by KSA faculty
4. Correctly pronounce, spell, and define Saṃskṛta vocabulary

Communications | KE 100-I & II

Learning Outcomes:

1. Grasp the theory of conscious communication
2. Demonstrate ability to actively listen
3. Demonstrate ability to reflect back what was heard
4. Ability to translate these teachings into working with future clients and actively listening and reflecting to them as part of clinical dialogue

PART 2: 450-Hour Clinical Training in Āyurveda

Deepening Yoga | AY 200 Learning Outcomes:

1. Establish 8 limbs of yoga into daily practice
2. Apply 5 yamas and niyamas to conducting a clinical practice
3. Deepen Āyurvedic theory to personal yoga practice
4. Personal yoga practice as self-care to center oneself before working with clinical clients
5. Grow home yoga practice as part of dinacarayā
6. Ability to center a client during a clinical consult, and recommend simple breathing and meditation practices to clients manas chikitsa.

Āyurvedic Anatomy and Physiology II | AY 201

Learning Outcomes:

1. Identify the seven dhātus in English and Saṃskṛta
2. Identify each mala and upadhātu for the 7 dhātus
3. List the mūla, mārga, and mukha of each srotāmsi
4. Explain the details of the 3 ways which dhātus are formed
5. Define the 3 main malas and their importance to health
6. Define the 2 types of ojas: para and apara
7. Recognize clinical signs of ojas depletion
8. Ability to name practices to support healthy ojas production

Etiology and Pathology Diseases from an Āyurvedic Perspective | AY 202

Learning Outcomes:

1. Grasp the theory of nidāna pañcaka as a basis for understanding client imbalances
2. Ability to understand saṁprāpti and then apply this theory clinically
3. Memorize the signs of increased and decreased doṣa
4. Recognize the signs of the 3 main causes of disease and apply clinically

Āyurvedic Herbology | AY 203

Learning Outcomes:

1. Introductory level of pulse assessment of self and client's prakṛti and vikṛti
2. Knowledge of aṣṭavidha parīkṣā in English and Saṁskṛta.
3. Practically apply the aṣṭavidha parīkṣā as means of conducting a client intake.
4. Ability to recognize when a client needs a referral to a Western medical provider by acknowledging vital signs out of the norm according to the American Heart Association. This does not include diagnosing but recommending only.
5. Create a referral list of providers for client use.

Clinical Intakes and Case Studies | AY 400

Learning Outcomes:

1. Execute the theory of the 8-fold clinical exam into practical experience.
2. Accurately complete a clinical intake assessment using Āyurvedic theory.
3. Complete a case-study write up for each client using format provided by the Kripalu School of Āyurveda.
4. Provide appropriate and effective diet and lifestyle recommendations to clinical clients.
5. Present clinical case study to class and faculty

Ethics and Business Management | AY 401

Learning Outcomes:

1. Students will have clear understanding of how to keep ethical boundaries with clients.
2. Create referral list
3. Create a simple website
4. Understand scope of practice not only under NAMA standards, but their state/ local requirements.

Sattvāvajaya Chikitsa | AY 402

Learning Outcomes:

1. Learn how to identify sattva, rajas and tamas in the mind of a client through observation of narration and actions.
2. Implement resiliency and positivity practices in client consultations
3. How to communicate with clients that small changes made over long periods of time create lasting impact.
4. How to begin again when clients lose sight of Āyurveda practices
5. Ability to teach clients sattva increasing lifestyle practices
6. Deep listening

Advanced Digestion & Nutrition | AY 404

Learning Outcomes:

1. Recognize debilitated agni in a client
2. Recognized signs of āma in a client
3. Recognized signs of oral, vaginal and gut dysbiosis
4. Recommend foods, recipes and formulas to support agni and digest āma

Female Reproductive Health | AY 405

Learning Outcomes:

1. Recognize imbalanced qualities of vatā, pitta and kapha in menstrual cycle
2. Apply opposites to provide relief of menstrual discomfort
3. Share with clients how to use herbs, teas and lifestyle to support women's reproductive health

Diversity, Equity & Inclusion Sensitivity Training | AY 406

Learning Outcomes:

1. Participants will recognize and begin to define DEI and LGBTQ+ terms
2. Participants will be able to reflect on own diverse identities and how that shapes their lens (understand)
3. Participants will start to use their own identities to cultivate awareness and sensitivity with clients of diverse backgrounds (apply)
4. Students will be able to identify and recognize bias and stereotypes in their circles
5. Participants will leave with at least one best practice to incorporate into their business or work with clients in the future to make their practice of Āyurveda more inclusive
6. Participants will be able to practice true allyship versus performative allyship

FACULTY & STAFF

The Kripalu School of Āyurveda takes great pride in our diverse faculty. Each of our teachers comes with a deep study and practice of Āyurveda, including a variety of the following qualifications:

- Bachelor's of Āyurvedic Medicine and Surgery degree or equivalent
- At least five years of study with Āyurveda scholars
- An active Āyurveda clinical practice and/or teaching in Āyurveda for a minimum of five years
- In some instances, KSA director has approved highly qualified adjunct faculty members without the above credentials to teach content within their specialized area of expertise
- Many of our faculty have additional backgrounds in yoga, Chinese medicine, and Western health-care, adding depth and integrative perspectives to their teaching.



Dr. Rosy Mann, BAMS, a faculty member of the Kripalu School of Ayurveda, brings more than 30 years of experience as an Ayurveda doctor specializing in women's health. Trained under the guidance of renowned Ayurveda physicians in India, she received a bachelor of Ayurveda medicine and surgery degree with distinction in 1994 from Guru Nanak Dev University in Amritsar, India. Dr. Rosy is one of the founding faculty of the Kripalu School of Ayurveda and has dedicated her life to upholding the integrity of the Ayurveda curriculum.



Jyothi Bhatt is an Ayurvedic specialist, yoga therapist, and massage therapist. She completed a five-and-a-half year Ayurvedic medical course in India, after which she received a bachelor's degree in Ayurvedic medicine and surgery. At her college's Ayurvedic specialty hospital, Jyothi managed numerous cases with panchakarma, botanical medicine, and diet and lifestyle counseling. She weaves all of these modalities together in her clinical practice and educational workshops.



Larissa Hall Carlson, MA, E-RYT 500, has over 25 years of teaching experience and is known as a leading educator in the field of optimal performance. Certified by the National Ayurvedic Medical Association and Yoga Alliance, Larissa serves as a Lead Faculty member for the Kripalu Schools of Yoga and Ayurveda and guides teacher trainings across the globe. She previously served as Dean of the Kripalu School of Ayurveda and is the cocreator of two popular online courses with Yoga Journal, Ayurveda 101 and 201. She specializes in training elite level musicians, executives, teachers, artists, and athletes in all aspects of mindful living. A passionate writer, Larissa's rich teachings and exceptional knowledge of yoga, Ayurveda, and mindfulness can be found in Yoga Journal, The Washington Post, Men's Journal, Shape, More, Elephant Journal, InStyle, Prevention, and MindBodyGreen.



Scott Blossom is a traditional Chinese medical practitioner, Shadow Yoga teacher, and Ayurvedic consultant. He has been studying yoga for more than 24 years and teaching for 17. His primary teachers are Shandor Remete, founder of Shadow Yoga, and Dr. Robert Svoboda, Ayurvedic physician and scholar.



Dr. Anusha Sehgal, BAMS, MD, is a classically trained Ayurvedic physician with over 20 years of experience in education, clinical practice, and research. She has a master's degree in Ayurvedic pharmaceuticals and has contributed to significant research regarding the safety and efficacy of Ayurvedic products. She is the president of Boston Ayurveda Inc. and lead faculty in the Advanced Ayurveda Practitioner Training (AAPT) and the Ayurveda Doctor programs. Dr. Sehgal is also adjunct faculty at multiple schools of Ayurveda, the former editor in chief of the Ayurveda Journal of Health, and the founding Chair of the National Ayurvedic Medical Association Certification Board (NAMACB).



Erin Casperson is Lead Kripalu Faculty and the director of the Kripalu School of Ayurveda. As an Ayurvedic Health Counselor and Ayurveda yoga teacher, Erin loves to share how ancient wisdom of yoga and Ayurveda is practiced in modern day life. An enthusiastic and heartfelt teacher and student, she has continued her studies in Ayurveda both at Kripalu and in India. What Erin has come to most appreciate about the practices of Ayurveda, yoga, and mindfulness is the inquiry into how simplicity of daily practices done over long periods of time generate enormous internal transformation. A student of planet earth and the universe, she spends as much time outdoors as possible walking the path in her backyard, gardening, or navigating the New England woods—even summiting all 48 4,000 foot mountains in New Hampshire. Erin invites others to develop awe and wonder of our natural habitat.



Kate O'Donnell is the author of four books on Ayurveda cooking, lifestyle, and women's health, including bestseller *The Everyday Ayurveda Cookbook*. Kate has been studying Vedic arts for over 25 years. She is an international presenter, senior yoga teacher, and the founder of The Ayurvedic Living Institute, an online community space for Ayurveda education.



Dr. John Douillard, DC, CAP is a globally recognized leader in the fields of natural health, Ayurveda, and sports medicine. He is the creator of LifeSpa.com, the leading Ayurvedic health and wellness resource on the web with more than 11 million views on YouTube and more than 130,000 newsletter subscribers. LifeSpa.com is evolving the way Ayurveda is understood around the world, with thousands of articles and videos published weekly.



Claudia Welch, a doctor of Oriental medicine, an Ayurvedic practitioner, and international speaker, is the author of *Balance Your Hormones*, *Balance Your Life: Achieving Optimal Health and Wellness Through Ayurveda*, *Chinese Medicine and Western Science* and *The Four Qualities of Effective Physicians: Practical Ayurvedic Wisdom for Modern Physicians*. She explores how the tools of Eastern medicine can apply to women's health and today's reality.

CONTACT INFORMATION FOR SCHOOLS STAFF

To reach one of the Kripau School's Staff listed below,
please email kripaluschools@kripalu.org

- Audry Hebrig- Admissions Coordinator
- Rachel de Simone- Academic Manager
- Erin Casperson- Director

NAMAC RECOGNITION

The Kripalu School of Āyurveda is one of the first schools in the US to enter into NAMAC-Āyurvedic HealthCounselor Accreditation Candidacy.

Candidacy status is granted to programs that have satisfied eligibility requirements and show substantial compliance with the Council's accreditation standards and policies at a level that is reasonable for the program's stage of development. Programs may remain in candidacy for a maximum of three years as they prepare for the initial accreditation review.



NATIONAL AYURVEDIC MEDICAL
ACCREDITATION COUNCIL

RECOGNIZED AYURVEDIC
HEALTH COUNSELOR PROGRAM

ADMISSIONS & REGISTRATION

Admissions Requirements

The Kripalu School of Āyurveda and Kripalu Center for Yoga & Health do not discriminate on the basis of race, color, religion, national origin, gender, age, marital status, disability, or sexual orientation.

Applicants for all Kripalu School of Āyurveda programs must

- Be at least 18 years of age
- Display English-language competency
- Have received a high school diploma or GED
- Exhibit the ability to contribute to a safe and cohesive learning environment
- Demonstrate physical, mental, and emotional preparedness to fully participate in all required aspects of the program.

The Kripalu certification programs have an intensive schedule and curriculum that is physically, mentally, and emotionally demanding. To be admitted, you must demonstrate medical and mental health and readiness to fully participate in the demands of the program. Additionally, you must be able to support the group learning process and may be denied if it is determined that your participation would in any way compromise a safe and cohesive learning environment. (The Kripalu Schools Admissions Committee may require your medical provider to furnish a note confirming the training is suitable for your capabilities.)

If you are participating in online or hybrid program format you must have the following:

- Access to reliable internet
- Computer or tablet with Zoom capabilities and camera
- Computer or tablet with word processing capabilities (Microsoft Word or Google Docs- no PDF's or Apple Pages)

Additional Admissions and Certification Requirements

200-Hour Foundations of Āyurveda:

- Previous exposure to Āyurveda and an interest in developing a personal Āyurveda practice.

300-Hour Āyurvedic Yoga Teacher Training

- Minimum of two years of experience practicing yoga
- Successful completion of a 200-hour yoga teacher training from a Yoga Alliance-registered school. You must provide proof of completion with either a copy of your 200-hour certificate or a copy of your RYT-200 Yoga Alliance registration card.

650-Hour Āyurvedic Health Counselor Training

- The 650-Hour Āyurvedic Health Counselor program consists of two parts: the 200-Hour Foundations of Āyurveda program and the 450-Hour Clinical Training in Āyurveda program. Acceptance into the 450-Hour Clinical Training in Āyurveda program is dependent upon successful completion of the Foundations of Āyurveda program.

Once you have met all the academic, attendance and participation requirements for successful completion of the Foundations of Āyurveda 200-Hour training, you are eligible to apply for the 450-Hour Clinical Training in Āyurveda training. After we receive your completed application, please give 2-4 weeks to receive an acceptance decision.

If you wish to enroll in the second part of the AHC program's Clinical Training in Āyurveda more than 2 years after you complete Foundations of Āyurveda, you will need to fill out a new application and complete an entrance exam to ensure content retention.

Application Policy for Matriculation into the Kripalu School of Āyurveda Health Counselor Program from External Foundations of Āyurveda Programs

Phase One:

If you have taken a 200-hour Foundations of Āyurveda program somewhere other than Kripalu, please email kripaluschools@kripalu.org and complete the following steps:

- Attach a copy of the Fundamentals/Foundations of Āyurveda certificate and transcripts
- Complete the online application for the 450-Hour Clinical Training in Āyurveda training

- If you are approved for phase 2 after review of application and transcripts, you will need to complete an entrance exam

PHASE TWO:

Applicants will be emailed a PDF copy of the Foundations of Āyurveda Manual and exam outline to prepare for the entrance exam. Applicants will need to take the Foundations of Āyurveda Final Exam as an entrance exam. Once a date and time is arranged, applicants will be sent a digital copy of the exam and given 2 hours to complete the exam.

PHASE THREE:

Once all above criteria are met with satisfaction student will be informed by email of acceptance into the program through the Kripalu Schools Admissions Coordinator.

Costs (Tuition and Fees)

Kripalu's NAMAC-recognized 650-Hour Āyurvedic Health Counselor Certification consists of two parts: 200-Hour Foundations of Āyurveda and the 450-Hour Clinical Training in Āyurveda.

- Tuition for 200-Hour Foundations of Āyurveda is \$2,954* + accommodations and meals (for on campus portions of the training)
- Tuition for 450-Hour Clinical Training in Āyurveda is \$5,901* + accommodations and meals (for on campus portions of the training)

**note- tuition prices may increase in future training dates*

Required Books:

In addition to the complimentary manual students receive on the first day of training, the following texts are required for this training.

200-Hour Foundations of Āyurveda:

- The Everyday Āyurveda Cookbook: A Seasonal Guide to Eating and Living Well, Kate O'Donnell
- Āyurveda and the Mind, David Frawley
- Textbook of Āyurveda, Volume 1: Fundamental Principles, Vasant Lad

450-HOUR CLINICAL TRAINING IN ĀYURVEDA

- Textbook of Āyurveda, Volume 2: A Complete Guide to Clinical Assessment, Vasant Lad
- Astanga Hrdayam (3-volume set)
- The Everyday Āyurveda Guide to Self-Care, Kate O'Donnell
- Advanced Pulse Reading Course, by Dr. John Douillard (Link will be sent for special student rate upon completion of Foundations of Āyurveda)

Additional Fees

A portion of the training is to participate in kitchen practicum sessions. This will include making teas, spice blends, Āyurveda inspired meals, digestive aids, and home remedies. Although you are not required to purchase each item for the sessions, participating to your capacity enhances the learning experience. Because KSA cannot fully account for costs of items and what a student already has in their pantry, we estimate an additional \$75-\$150 total fee may be incurred in purchasing items to participate in kitchen practicums over the course of several months.

Housing and Meals

Please note that tuition does not include housing accommodations or meals for on-campus portions of the training. If you are registering for a program that includes on-campus components, you must also register for housing accommodations. Please visit Kripalu's accommodations page for more information on housing options and costs.

Travel

Travel fees to the Kripalu Center are not included in tuition, housing or meals fees. All travel fees to and from Kripalu for on campus portions of the training are the responsibility of the student.

Scholarships

Kripalu Schools are committed to supporting individuals interested in enhancing their life and realizing their full potential through yoga, yoga therapy, Āyurveda, and mindful outdoor leadership regardless of background or financial status. Scholarships are made possible by the generous support of Kripalu's patrons and donors. Financial assistance is offered when funding is available.

Currently, limited scholarships are available for certain Kripalu School of Yoga 200-Hour Yoga Teacher Trainings, Kripalu School of Āyurveda 200-Hour Foundations of Āyurveda, and Kripalu School of Mindful Outdoor Leadership Level 1 certification. Scholarships are not currently available for 300-Hour, 450-Hour, 800-Hour, or 1000-Hour tracks within Kripalu Schools.

Scholarship applications will be reviewed, and preference will be given to applicants who demonstrate financial need and/or are BIPOC candidates who will expand access to yoga, Āyurveda, and mindful outdoor nature experiences in historically underserved communities. If you are interested in applying for a scholarship, please notify kripaluschools@kripalu.org, and we can confirm whether scholarship slots are available for your desired training. Once accepted into a training, you can complete the Kripalu Schools Scholarship Application Form. (Scholarship applications will not be processed without prior program acceptance.) Please note that scholarships are limited and awarded on a rolling basis. Thus, those that apply early are given the best chance of securing any available financial support.

Payment Policy

For information about our payment, cancellation, and refund policies, **[click here](#)**.

Cancellation/Withdrawal Policy

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EDUCATIONAL PHILOSOPHY: PARTICIPATING IN A LEARNING COMMUNITY

The Kripalu Values

Kripalu is dedicated to upholding the core values at the heart of our mission: Inquiry. Presence. Integrity. Service. Practice. Compassion. Our values have shaped us and continue to guide us toward the future.

INQUIRY. We look within to ask ourselves who we are, where we came from, and what we hope to achieve. Inquiry allows us to contemplate our history and to reflect upon our journey to where we are today. Swami Kripalu taught that all contemplative practices are designed to foster what he called self-observation without judgment. Through self-observation, we look within and ask ourselves who we are, how we show up, and how we want to move ahead.

PRESENCE. Present-moment awareness is at the foundation of mindfulness and yoga. When we are fully present, we can actively engage with the truth of our experiences, and the truth of who we are. The first inhabitants of the land on which our retreat center sits, the Stockbridge-Munsee Tribe, model presence by how they live, attuned to the cycles of the seasons and with deep reverence for all living things in the natural world. As stewards of the land, we aim to honor the presence of these original inhabitants.

INTEGRITY. The integrity of our teachings—and the integrity of those who embody them—carried us through a challenging period when revelations of misuse of power led Kripalu to transition from a guru-centered ashram (1972–1994) to a secular nonprofit educational center. We live in integrity by acknowledging our vulnerabilities as well as our strengths, honoring the wisdom within, and engaging with others with honesty, respect, and nonjudgmental awareness.

SERVICE. Kripalu’s mission—to empower people and communities through the transformative wisdom and practice of yoga—is rooted in service. Service is an uplifting tool for personal growth, and Kripalu has a rich history of philanthropy and volunteerism, dating back to the Jesuits, who lived on this property from 1922–1970, and continuing to the Kripalu ashram and our present-day community. In the spirit of service to others, Kripalu offers scholarships to make

our offerings—through our schools and programs such as RISE—available to as many people as possible.

PRACTICE. Practice not only connects us to specific methodologies, but also to our innate wisdom. As the largest center for yoga and holistic learning in North America, Kripalu specializes in practices that address all levels of the self—the body, the mind, the heart, and the soul. Kripalu has been training yoga teachers for more than 40 years; the Kripalu Schools also provide empowering certification programs in Āyurveda, Integrative Yoga Therapy, and mindful outdoor leadership.

COMPASSION. Compassion is Kripalu’s namesake. Swami Kripalu (1913–1981) was a yoga master renowned not only for the depth and dedication of his practice but also for his humor and heartfelt approach to self-exploration. Kripalu translates as “compassion” or “one who is compassionate.” Swami Kripalu’s approach to the teachings of yoga helped make them applicable to contemporary life. Through compassion, we embody our values, and with compassion we embrace everyone who comes through our doors seeking a welcoming environment for connection, learning, and retreat.

Kripalu’s Equity Agreements

1. Locate yourself within your truth, context, and physical/mental/emotional body.
2. Practice mutual care and responsibility.
3. This is a brave space, not a safe space. Be willing to do things differently and experience discomfort.
4. Seek heart connection, centering relationships over outcome.
5. Expect and accept non-closure. Trust the process.

Scope of the Trainings

650-Hour Āyurvedic Health Counselor Program

You begin the 650-Hour certification two-part track by taking the 200-Hour Foundations of Āyurveda training. Upon successful completion, you will then apply for entrance into the 450-Hour Clinical Training in Āyurveda, where you will learn to build a clinical practice and pursue a meaningful career in Āyurveda by using diet and lifestyle practices to improve your client’s health and well-being. Upon graduation from the 450-Hour Clinical Training in Āyurveda program, you will be Kripalu certified as a 650-hour Āyurvedic Health Counselor (AHC) and eligible to sit for NAMA’s national AHC exam.

200-Hour Foundations of Āyurveda Program

The Kripalu School of Āyurveda has been offering education in Āyurveda practices and principles for 20 years. In our thoughtfully designed 200-Hour Foundations of Āyurveda course, you will experience a dynamic, comprehensive exploration of the philosophy, theory, and practices of Āyurveda. This robust program is deeply beneficial whether you are interested in studying Āyurveda for personal enrichment or seeking a solid base from which to eventually further your studies through professional certification.

The intention of the Foundations of Āyurveda program is to support students in developing a personal Āyurveda practice that results in you feeling more connected to yourself, others, and seasonal rhythms, while giving you the confidence to integrate this ancient wisdom into your daily life.

The integrated curriculum of Foundations of Āyurveda is derived from the ancient texts of classical Āyurveda, presented in a modern manner accessible and relevant to contemporary students. Our faculty teaches from years of practice and experience—they are dedicated to inspiring students to access the truth of themselves, even in this fast-paced world. By connecting back to the elements, nature, and Āyurvedic science and philosophy, you will have the opportunity to make a significant change in your life while gaining some of the essential tools, knowledge, and framework to positively influence those around you.

The 200-Hour Foundations of Āyurveda Curriculum

DISCOVERING THE BUILDING BLOCKS OF THE DOSHAS AND TISSUES

Dive into the three doshas, 15 subdoshas, and seven tissues as you learn the functional integrity of their interplay in maintaining physical health.

FOOD AS MEDICINE

Discover how seasonal eating is the cornerstone of health. This course offers interactive cooking classes, and explores the six tastes in Āyurveda, the stages of digestion, and how spices can support robust digestion.

SELF-CARE AND DAILY LIFESTYLE PRACTICES

Each time of the day and season calls for specific practices and self-care routines that support optimal health. Discover nourishing ways to cleanse the sense organs, support restful sleep, and reduce stress for improved health and resilience.

THE ROOTS OF ĀYURVEDA

Āyurveda is rooted in Vedic philosophy, which originated in India thousands of years ago. Discover how these ancient teachings can guide our lives today and help us connect to our true nature.

ĀYURVEDA AND THE MIND

According to Āyurveda, when we are born, we possess the natural expressions of innocence, curiosity, and connection. When we cultivate these three main qualities of the mind, we can achieve clarity. This course not only investigates Āyurvedic psychology, but also examines the importance of practices such as meditation, pranayama, and mantra in helping us recognize the habits of our minds.

SANSKRIT

Sanskrit has been said to be “yoga for the mouth and the brain.” According to Āyurveda, Sanskrit improves memory and exercises neural pathways. As Sanskrit is the original language of the practices you will be exploring, familiarity with it is necessary for the true integration of Āyurvedic knowledge. In this course, you learn basic Sanskrit, including the alphabet and pronunciation.

ĀYURVEDA-INSPIRED YOGA PRACTICE

Āyurveda and yoga are often called sister sciences, and they have been designed to be practiced together. Yoga and Āyurveda seek to balance the flow of vital force, prana, in our bodies. The proper flow of praṇa is essential for sukha, which literally means “good space” but is more commonly described as a state of good health and happiness. Living a wholesome lifestyle, eating a balanced diet, and practicing asana, pranayama, and meditation are the principal means of establishing sukha. Integrating Āyurveda into your yoga practice can help you learn to skillfully adjust your daily sadhana to be a balancing agent for your constitution. (If you are a yoga teacher looking to integrate Āyurveda further into your teaching as well as your personal practice, check out Kripalu’s Yoga Alliance recognized 300-Hour Āyurvedic Yoga Teacher Training, for which Foundations of Āyurveda is a required component.)

For those interested in Foundations of Āyurveda as the first portion of the two-part 650-Hour Āyurvedic Health Counselor Certification, this experiential curriculum will ground you in a personal practice while providing you with the fundamental building blocks to succeed in the certification’s second part—450-Hour Clinical Training in Āyurveda.

450-Hour Clinical Training in Āyurveda Program

Take part in an integrated curriculum designed to hone your skills so you can build a thriving holistic-health practice. This training is an exciting exploration of lifestyle tools that can help you feel more connected to yourself, others, and seasonal rhythms, while giving you the confidence to bring this ancient technology to your clients, students, friends, and family. Participate in our teaching methodology, which provides a unique mix of didactic education and experiential sessions. Continue to practice the teachings in your own life through at-home study assignments and clinical practice in between sessions and discover your own natural rhythms and sources of wisdom.

The 450-Hour Clinical Training in Āyurveda Curriculum

ĀYURVEDIC PHYSIOLOGICAL SYSTEMS, CHANNELS, AND TISSUES

Building upon the qualities, doshas and subdoshas, this program helps the Āyurvedic Health Counselor deepen their exploration of Āyurvedic anatomy and physiology, with a focus on the tissues and the channels. Tissues are the body's building blocks, and tissue formation is dependent on balanced nutrition and healthy digestion. The channels of the body, known as srotamsi, are the connective links, pathways, and energy "rivers" between the organs.

OPTIMIZING DIGESTIVE STRENGTH

Āyurveda teaches that health begins with a well-functioning digestive system. Optimizing digestive strength from an Āyurvedic perspective means exploring how to evaluate someone's digestive capacity, the properties of food, how to create individualized food plans, how to encourage proper movement in the digestive tract, and how food transforms into sustainable energy for the body and mind. Following the National Āyurvedic Medical Association scopes of practice, the Āyurvedic Health Counselor will show you how your spice cabinet can become your medicine cabinet by highlighting spices that enhance digestive strength, soothe excess heat, and boost appetite.

THE DAILY ROUTINE AS A PREVENTIVE PRACTICE

Building on the daily practices learned in Foundations of Āyurveda, the Āyurvedic Health Counselor program explores how to inspire clients to implement Āyurveda into everyday life. From an Āyurvedic perspective, whole health is fostered by aligning with the natural circadian rhythms that follow the seasons, the time of day, and the time of life. We examine this through sense-care tools such as the neti pot, nasya oil, and tips on building a healthy relationship with technology. You will also

learn how to build rhythm into your day, and your clients', so that daily routines support improved vitality.

HEALTH COACHING SKILLS

The Āyurvedic Health Counselor program is a clinical program designed to prepare you to support individual and group clients in making sustainable shifts in lifestyle and nutrition for improved health and wellness. Students in the Āyurvedic Health Counselor program receive mentorship and supervised practicums in developing clinical skills and conducting Āyurvedic health consultations. Learn how to assess a client's health needs and goals, listen to their concerns and questions, respond within your scope of practice, and offer recommendations for diet and lifestyle changes that follow Āyurvedic principles and work to restore balance.

ETIOLOGY AND PATHOLOGY: THE ROOT CAUSE OF DISEASE

Āyurveda is unique because it addresses the root causes of imbalance rather than just eliminating symptoms. According to Āyurveda, every imbalance has a story of where it began, how it travels, and finally how it expresses. Using the eightfold clinical evaluation and a clinical narrative to uncover the root of an imbalance allows the opportunity to help a client achieve vitality.

ĀYURVEDA AND THE INNER WORKINGS OF THE MIND

Building on the Āyurveda and the Mind curriculum in Foundations of Āyurveda, this section dives deeper into understanding mental well-being through an Āyurvedic lens. You explore the gunas of the mind and how to support emotional balance with nourishing daily routines, food, and nervous system care. Guidelines on when it is best to refer a client to a mental-health specialist are also addressed.

GUIDING THE CLIENT IN MEDITATION AND PRANAYAMA

In this course, you explore meditation and breathing practices to reduce stress and support the client in developing resiliency. Discover the science behind how breath affects the mind and the nervous system and learn accessible meditation practices to support inner exploration.

RESPONSIBILITY AGREEMENT

This agreement sets out the terms and conditions through which the Kripalu School of Āyurveda (KSA) will conduct the training and assess my eligibility for completion. It also details my responsibilities as a KSA student and clarifies the supports available to help me fully participate and successfully complete the training.

Learning Methodology

Āyurveda is meant to be learned through direct experience and engagement. Whether you enroll in an on-campus program, online program, or a hybrid program, our programs are meant to be attended live and require active participation in class, and through learning integration assignments. Āyurveda is not meant to be passively consumed, but rather engaged with actively. We feel strongly that the exchange of ideas and the direct experience that comes from attending class and applying Āyurveda to your life are at the core of the curriculum.

Programs within the Kripalu School of Āyurveda are thoughtfully designed to scaffold learning. The curriculum is delivered in a manner that builds knowledge over time, and assignments are meant to support adult learners in consolidating knowledge and transforming the wisdom of Āyurveda into an intuitive framework for promoting wellness.

The Kripalu School of Āyurveda acknowledges that Āyurveda is one of the oldest systems of medicine in the world. It is a vast body of knowledge, and we intend for our programs to be steps along the path of lifelong learning. Learning Āyurveda takes time. We do not eat the fruit the same day we plant the seed, but with tending, the seeds we plant now will bloom into a beautiful garden. We invite all students to trust that knowledge will grow over time as you keep studying, practicing, engaging, and living with the practice of Āyurveda. It is often the inquiry that shapes us, not only the answers.

Community Learning Agreements

As participants, faculty, and staff, we co-create a learning community guided by the following Community Learning Agreements:

- **Be present** - We commit to being present with each other and treating this learning community as a sacred space.
- **Hold space** - We aim to hold space for each other and ourselves, and to show up authentically and with open hearts.

- **Honor Privacy** - We encourage vulnerability by respecting confidentiality, and do not share stories outside of this group that are not ours to tell.
- **Respect individual experience** - We are all at different points in our journey, and we all learn in different ways. We commit to respecting each other's learning process and practice supporting each other as we grow and develop.
- **Use "I" statements** - We share our own thoughts, feelings, and experiences and do not assume that others share our experiences. We do not generalize, and refrain from talking about "people," "we," or "you."
- **Share space** - We recognize that participation comes in many shapes and sizes. We aim to invite people in to the conversation. We commit to sharing space and stepping up or stepping back so all can participate.
- **Reflection before action** - We prioritize asking questions, including of ourselves, before giving answers or rushing to solutions. We monitor our own use of declarative statements of "absolutes" and use language that seeks connection and expands conversation.
- **Offer support** - We aim to create a learning container to support our individual and collective growth. We celebrate each other's successes and support each other through challenges.
- **Communicate** - We support each other in developing clarity around our needs and communicating how and when we need support.
- **Own our impact** - We are aware that we affect each other. We recognize that our good intentions might sometimes have a negative impact. If we learn this has happened, we take responsibility for our impact and use the experience as an opportunity to learn and grow. We prioritize people and process over product.
- **Prepare for discomfort** - We know discomfort is inevitable and seek to "lean into" that discomfort in a way that is respectful of our nervous system. We prioritize strategies that will provide grounding and support so that we have a foundation to explore and to meet challenges with openness and curiosity.
- **Enjoy the process** - We are able to laugh (always with and not at) and learn when things do not go as planned. We aim to have fun.
- **Stay committed** - We commit to being present and to practicing self-care so that we can remain engaged throughout the program.
- **Sit with the questions and be patient with the process** - We are aware that these topics are vast and multi-layered, that we are all in a continuous process of learning and growing, and that our learning will compound over time. We believe everyone here is a teacher and a student.

- **Find joy in imperfection** - We recognize that learning can be messy and imperfect. We aim for practice, not perfection, and we find joy in unlearning the habits of perfectionism.
- **Do not make assumptions** - We are mindful not to assume that others identify the same way or believe the same things we do. We take care to consider other viewpoints and seek first to understand.
- **Be aware of our language** - We are aware of the power of language and are conscious not to use language that could be harmful, particularly in regard to identities, including but not limited to race, gender, gender identity, sexual orientation, ability, socioeconomic status, nationality, and religion.
- **Honor tradition** - We honor the ancient wisdom and teachings of Āyurveda and aim to be vehicles for sharing that knowledge with others in ways that are accessible and respectful of tradition.

*Inspired by the work of A. Michael and Conger, UPENN GSE, Dr. Scott Blossom, Dr. Jamie Washington, and all our teachers.

Student Responsibilities

I understand that the curriculum is designed to create an optimal educational experience for the majority of students. While specific content, activities, or experiences may not be of personal interest or benefit to me, I understand that they have relevance for the group and toward my education as a professional. Accordingly, I agree to support the group learning process to the best of my ability and personally participate as explained below.

I understand that the study of Āyurveda involves discussing and exploring a philosophy of life and belief systems that may be different from my own. I acknowledge that Kripalu Center for Yoga & Health is not requiring me to adopt this philosophy or change my beliefs in any way, and that I alone am free to choose what I want to think or believe. I further acknowledge that the perspectives presented by KSA faculty are not necessarily reflective of the views of Kripalu Center for Yoga & Health.

Along with health theory, Āyurveda includes a wealth of experiential practices that fosters balance and well-being, including but not limited to diets, hands-on healing techniques, and practices such as yoga postures, breathing exercises, and meditation. I understand that these kinds of practices, especially when combined with Āyurvedic theory, can foster healing and also produce non-ordinary states of awareness. I further understand that Kripalu Center for Yoga & Health and its staff cannot possibly be aware of every student's inner state or personal needs, and

that I, alone, must monitor my response to these experiential activities and discern what is safe and beneficial for me.

In addition to physical practices, I understand that Āyurveda and yoga also involve a focused process of inner exploration and inquiry. During my time as a KSA student, I will be encouraged and challenged to take a measure of personal risk and go beyond habitual comfort zones and perceived limits. I acknowledge that only I can know what my true boundaries and limits are, and that it is up to me to uphold these boundaries for myself.

For the duration of my time as a student of KSA, I acknowledge that I can limit or stop my participation in any experience at any time. Although my attendance and attention in each session is required to receive a certificate of completion, my personal participation is not required, and if I feel threatened or unsafe in any way it is my responsibility to speak to a staff member, or simply take myself out of an experience.

Supports

The KSA program includes the following components to support me in maintaining and deepening my physical, emotional, and mental well-being during the training.

Sharing: There is time available in almost every session to speak relevant thoughts, express feelings, ask questions, and share insights with others. The length of time allocated to sharing may be defined by time boundaries, which we will honor in order to support the group learning process.

Co-listening and conscious communication: These techniques foster closer bonding with other students and help build skills in nonjudgmental listening, developing rapport with others, and self-sufficiency through learning how to create support for one's process of healing and integration. Some opportunities for practicing these techniques are built into the curriculum, and students are also encouraged to use these methods in their ongoing interactions with fellow students and staff.

Mentorship: Faculty and staff in the Kripalu School of Āyurveda are here to support you in your learning. We offer regular office hours, including virtual office hours during online and hybrid programs, to answer questions, clarify concepts, and help you to develop successful systems to support your learning.

Sādhana: The regular practice of yoga postures, breathing exercises, and meditation, especially when combined with the philosophical principles of Āyurveda and yoga, are designed to stimulate profound healing and growth on every level. These experiences and the ability to integrate them are the foundation

for students enrolled in the full program and especially in the 300-Hour Āyurvedic Yoga Teacher certification.

Established support systems: Students are encouraged to maintain their existing contact with loved ones and any support offered by healthcare providers or others during their Āyurveda training. Students are expected to not change or discontinue any prescribed medication without a doctor's approval.

Creating systems for academic success

Students are encouraged to develop systems that will support their academic success. This includes:

- Prioritizing class time by reserving all class times in your work and personal schedule and not planning other activities during class time.
- Creating a dedicated space in your home for learning.
- Recording all class times, assignment due dates, and review sessions in a planner or calendar, and setting automatic reminders.
- Scheduling time in your calendar each week to study, read, and complete learning integration assignments.
- Taking advantage of office hours and review sessions.
- Forming study groups with classmates.
- Reviewing notes and class materials, making flashcards, or developing other study guides.
- Proactively communicating with faculty and staff when you need support.
- Requesting reasonable accommodations, excused absences, or assignment extensions in advance when emergent or unavoidable conflicts arise.

Technology Requirements

WHAT WILL I NEED TO TAKE AN ONLINE TRAINING?

Online classes are held via Zoom video calls, and students must have access to a reliable internet connection and a computer or tablet to support active participation in an online classroom (e.g. computer, webcam, computer mic and speakers, and Zoom app). Word processing capabilities via Microsoft Word or Google Docs are also required.

HOW WILL THE TRAININGS BE SHARED?

All sessions of the training will be held by Zoom video call. Links, passwords, and more information will be shared once you are registered in the training.

ARE ONLINE PROGRAMS LIVE OR DELIVERED ASYNCHRONOUSLY BY RECORDING?

Online programs are taught almost completely live, and students are expected to be present and participate during Zoom video calls. Recordings of classes will also be saved in an online video library for students to review when studying. Students will have access to these videos for 30 days after the completion of the training.

Online Classroom Etiquette

CREATE A LEARNING SPACE

- Please find a dedicated space for your home classroom.
- Tell your friends and family that you are in school and treat session time and space like you are in a classroom setting.
- Make sure you have a supported seat, but please do not get so comfortable that you get sleepy or lose focus.
- Have water and other supportive supplies nearby.
- Have your KSA manual and your preferred tools for taking notes accessible during training.

ONLINE CLASSROOM ETIQUETTE

- Your display name must include the first and last name we have on file so that we can take attendance. (Please note this does NOT need to be your legal name; if you'd like us to update the name we have on file, please let Morgan Bowman know and we will update our records).
- To foster a more inclusive learning community we ask that you please add pronouns to your display name. Here is a resource if you would like to learn more about the use of pronouns: <https://tinyurl.com/4py3b9ht>
- Please keep your videos on. This will help us build community and stay engaged.
- Please keep your audio on mute unless you are speaking to minimize feedback and audio disruptions. If you accidentally become unmuted, a KSA staff will kindly mute you.
- If you need to carry and move your device, or take a bathroom break, please turn off your video and mute your audio.
- We recommend that you attend class from a home or office space rather than while walking or driving. If you are moving, please turn off your video and let the facilitators know.
- Please be on time and be actively present during each session.

- Do not divide your attention between class and other media (emails, calls, texts, social media, etc.). Place your devices on airplane mode.
- We will make use of small-group breakout rooms, the chat feature, and the raise hand feature for asking questions.
- Please wait for the Q&A session to ask questions. Write questions down as they come. Often times those questions are answered in the sessions.

ZOOM SCREEN OPTIONS

- If you select Speaker View, you will see the person currently speaking in a large view at the center of the frame. This will place the other participants in small tiles at the front or side of your screen. You can choose to minimize the small tiles if you prefer.
- Speaker View may be less distracting when listening to lecture or during sadhana.
- If you select Gallery View, you will see all participants in medium-sized tiles on your screen. This screen option may be helpful during group discussions so you can see when your classmates raise their hands, and work together to know when to speak and how to manage the flow of conversations.
- Please make sure that your zoom name reflects your preferred name and pronouns. You can edit your name by going to “manage participants.” Click the three dots next to your name and select “rename.”

QUESTIONS & CHAT

- Please reserve your questions until the faculty open time for questions. Often the questions are answered as the teaching unfolds. Practice being present by listening and writing down thoughts and questions. Sit with the questions and observe how your question shifts as you continue to engage with the material presented.
- During Q&A time, questions may be asked by raising your hand virtually. If you select “manage participants,” you will see an option to raise your hand, and a hand icon will appear next to your name. You can also find this feature at the bottom of your screen under Reactions.
- Please keep in mind that Q&A times are to support your academic experience and are not meant to serve as personal health consultations. If you have a specific health concern, please schedule a consultation with an Āyurvedic or allopathic provider.
- The chat will be restricted to Faculty and Staff. Please be mindful that using the chat is similar to having a side conversation during a live presentation. It is

difficult to be present for multiple conversations at once. Additionally, if you have a question, it is likely that your peers would also benefit from hearing the answer. Please reserve the chat for urgent matters, and ask questions live during the Q&A portion of class.

Policies

ATTENDANCE

Kripalu School of Āyurveda trainings are meant to be completed live and your active participation is necessary in order to receive a Certificate of Completion.

To receive a certificate of completion, you must be present live for a minimum of:

- 100% of all in-person, on-campus instruction
- 90% of all synchronous online instruction*

* We expect you to avoid scheduling other personal or professional commitments during KSA class times. If unavoidable or emergent situations arise that prevent you from attending a specific class time, you must request an excused absence from the KSA Program Coordinator in advance. You are required to make-up missed online classes by watching the video recordings stored in the KSA Video Library. On-campus portions of trainings are not recorded and cannot be made up. Please know that students who repeatedly miss classes may not be awarded a Certificate of Completion.

Homework Policy

Please reserve 5 – 10 hours per week of time outside of class for studying, reading, experiential learning, and learning integration assignments. The intention behind these assignments is to help you integrate your learning, and to provide a direction for your self-study. We also hope to build rhythm to your learning by weaving the thread of Āyurveda into your lives through regular touch points. Swami Kripalu said, “To read uplifting books or listen to spiritual discourses is good. But to practice even a little is of the utmost importance. The profound meaning of yoga [and Āyurveda] is understood only by those who study it through regular and systematic practice. The day you start to practice, your true progress will begin.” We hope you will begin to practice Āyurveda so that your study is embodied and learned through direct experience.

Learning Integration Assignments in both the 200-Hour Foundations of Āyurveda and the 450-Hour Clinical Training in Āyurveda programs include monthly assigned readings, experiential practices, written reflections, and assessments, as well as a comprehensive final examination. In the 450-Hour Clinical Training in Āyurveda

program, students will also complete a research paper and participate in a clinical education program that includes client consultations, written case studies, and case presentations.

Students are expected to complete all assignments by their due dates. It is your responsibility as a student to keep track of assignment due dates and to reach out in advance to request an extension if extenuating circumstances prevent you from completing an assignment by the due date.

Assignments submitted by their due date are eligible for up to full credit. A one week grace period will be provided for all assignments (with the exception of the final exam), after which assignments will no longer be accepted for review or course credit. If there is an emergency that prevents you from completing your assignment by the extended due date, you must contact the Academic Manager to develop a support plan.

To receive a certificate of course completion, you must earn at least 70% on the final exam, and your cumulative course grade must total a minimum of 70%. Students enrolled in Part 2: Clinical Training in Āyurveda must also submit a research paper and demonstrate clinical competency via case studies and presentations in order to be awarded certification as an Āyurvedic Health Counselor.

Audit Policy

Kripalu School of Āyurveda programs are meant to be immersion programs that require active, live participation. We designed the programs to be taught live, and the assignments are an important component of engaging with the curriculum. We feel strongly that the exchange of ideas and the direct experience that comes from attending class and applying Āyurveda to your life are at the core of the curriculum. As such, we do not offer an option to audit our programs, and do not allow students to participate in our programs asynchronously.

Payment Policy

For information about our payment, cancellation, and refund policies, **click here**.

Cancellation/Withdrawal Policy

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Graduation Requirements

- Be present and attentive in class

- Demonstrate professional behavior and ethical conduct
- 100% participation in all on-campus portions of training and at least 90% live attendance in all online portions of training.
 1. All requested absences must be approved in advance by the Program Coordinator.
 2. Excused absences from online components of training must be made up within one week by watching the class recording.
- Satisfactorily complete all homework assignments by their due dates.
- Earn at least 70% on the final exam.
- Receive a cumulative grade for all assignments of at least 70%.
- Students enrolled in Part 2: Clinical Training in Āyurveda must also demonstrate clinical competency via case studies and presentations in order to be awarded certification as an Āyurvedic Health Counselor.
- Students enrolled in the 300-Hour Āyurvedic Yoga Teacher Training must demonstrate teaching competency and successfully complete the following modules (in any order, provided they are completed within five years:
 1. 200-Hour Foundations of Āyurveda
 2. Uniting Yoga and Āyurveda Module
 3. One of the following electives
 - Teaching Pranayama – Essential Practices for Yoga Teachers or
 - Guiding Meditation for Transformational Yoga Teaching – Exploring the World Within
 - These modules can be taken in any order but must be completed within five years. However, for maximum curricular benefit, it is recommended that you start with Foundations of Āyurveda.
- Successful completion of any of the above programs will be determined by the Kripalu School of Āyurveda, at its sole discretion, based on demonstrated command of the skills necessary to meet the requirements listed above.

NAMA Certification Anatomy & Physiology Requirement (for the Ayurvedic Health Counselor Training)

As part of the National Āyurvedic Medical Association certification requirements and eligibility to sit for the NAMA Board Exam, you must complete 4 credits of college level anatomy & physiology or equivalent. One online option to explore is Straighterline for A&P parts 1 and 2. Lab not required.

Certificate of Completion

I acknowledge that not every student who is accepted, pays tuition, and participates in the KSA program is guaranteed to receive a certificate of completion. I understand that successful completion of the program depends upon successfully meeting all graduation requirements and receiving approval from the Director. Upon completion of the 200-Hour Foundations of Āyurveda training, I understand that I may not be approved to continue on for Part 2 of the Āyurvedic Health Counselor program (Clinical Training in Āyurveda) or Āyurvedic Yoga Teacher certification. I understand that I may be required to engage in further studies, testing, or demonstrations of my abilities, and, if so, there may be additional costs entailed in order to take part in these studies or activities. Even after the completion of these additional steps, I acknowledge that I still may not meet the requirements to continue toward certification if KSA determines that I have not demonstrated the understanding, competencies, and abilities required to be a professional working in the healthcare field and interacting with clients in a way that safely and effectively brings them the benefits of Āyurveda. As a student, I have a right to appeal this decision with the Chief Learning Officer, whose decision shall be final. I understand that KSA will assess the requirements listed below through a consistent set of standards applied to students, which include an attendance policy, review of homework assignments and papers, and the grading of group projects, tests, and examinations.

FOR 300-HOUR ĀYURVEDIC YOGA TEACHERS:

Successful completion of the Kripalu Yoga Teacher Certification will be determined by the Kripalu Schools, at its sole discretion, based on demonstrated command of the skills necessary to teach a Kripalu Yoga class and meeting all Kripalu Schools requirements. After certification, any complaint about a Kripalu Yoga teacher's unethical behavior will result in a thorough investigation as deemed necessary by the Chief Learning Officer. Certified Kripalu Yoga teachers or Āyurveda Health Counselors who are found to have violated the Kripalu Schools Code of Ethics may have their certification revoked or have other conditions placed upon their legal ability to use the Kripalu name.

Students in the training program are required to adhere to the program guidelines as stated above and in the Enrollment Agreement, the Kripalu Responsibility Agreement, and the Kripalu Schools Ethics Agreement. These requirements are designed to create safety while maintaining a professional atmosphere. Failure to adhere could result in denial of certification.

Social Media and Posting of Photographs and Videos

Kripalu recognizes that a portion of its guests wish to photograph or record aspects of their program experience to post on social media sites such as Facebook and Instagram. In order to protect the privacy of others, Kripalu requires that all guests agree not to post or publish any photographs, video, or audio recordings of other individuals without their permission. I understand that I am solely responsible and potentially liable for any harm or damage caused by my online activity relating to Kripalu.

Professional Behavior and Ethical Conduct

Professional behavior and ethical conduct create an environment that promotes a safe, high-quality student experience and engenders a constructive learning environment. The following are guidelines for professional behavior and ethical conduct:

- Maintain cleanliness and a neat appearance, and dress appropriately for class.
- Listen respectfully to students and teachers during group activities and personal sharing.
- Respect the cultural and religious differences of others.
- Remain truthful in verbal and written communications.
- Communicate differences in opinion and good-faith criticism respectfully, in the appropriate forum.
- Be on time for class and meetings.
- Keep shared student information confidential.

Use of the Name “Kripalu”

The name “Kripalu” is a registered trademark of Kripalu Center for Yoga & Health. Kripalu has the legal right and responsibility to control the use of the name Kripalu to ensure the integrity of its teachings. Upon successfully completing Foundations of Āyurveda, students who are obtaining a 300-hour Āyurvedic Yoga Teacher Training certificate are granted a license as a “Certified Kripalu Yoga Teacher” to use the term “Kripalu Yoga” to describe their yoga classes. In addition, certified teachers may refer to Kripalu as the source of their yoga training in promotional pieces.