



Course Catalog

2010-2011



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ABOUT US

San Diego College of Ayurveda was founded to promote wellness education via Ayurveda, an ancient system from India that helps balance mind, body through Vegetarianism, Vedic Meditation, Yoga, Therapy and Ayurvedic Herbs. Ayurveda believes FOOD is key, along with your psycho-somatic constitution of 'Dosha'.

And, the herbs, food, spices, exercise that a person needs are dependent on their unique dosha. In India, Ayurveda is given a medical science status. However, outside India, in most countries - it is viewed as an Complimentary Health System.

We are also starting ancient language Sanskrit, Ayurvedic Panchakarma, and Yoga Training at an affordable price, soon. We do this through Online and Virtual classes, Workshops, Seminars, and Distant Learning. By offering Online and Virtual Learning Environment, we keep our costs low. But, we still have small classroom sessions, that are 'optional' in different locations in Southern California. Student can choose to take the online virtual classes or simply come to our location.

We do not accept any federal funding, nor, give out financial aid. We are a private online training provider of Ayurveda, an ancient system of balancing your health through herbs, spices, cooking, meditation, yoga and seasonal cleansing.

In the coming months, we are beginning 500 Hour, 10 month, NAMA requirement 'Ayurvedic Wellness Practitioner' course, as per the NAMA curriculum. Registration must be done by September 30, 2011, for 10% discount. The classes will be 300 hours VIRTUAL ONLINE twice a week, and an 8 hour workshop in a classroom. 200 hrs completed by student in his or her own time.

Training is experiential and case based. Training delivery and methodology is blended, being Classroom, Distant and Web based. Student can pick and choose their own blend of WBT (Web Based Training and Classroom Based Training) for all other Ayurveda courses, except the 500 Hr practitioner course. We also aim to provide Internship programs, where students can pay off part of their fees by volunteering for us a few hours a week.

The teachers include, Monica Bhatia, Ph.D, CMT Ayurvedic Practitioner, Henry Groover, Sanskrit and Ayurveda Philosophy, Dr. Parmela Sawhney, M.D and Ayurvedic Diplomate, and online facilitators from India, that will log in from India to provide VIRTUAL classes. Most online facilitators from India are Ayurvedic Vaidyas and Practitioners in India.

Virtual Classrooms are very popular. They are very affordable. Yet, you get all the benefit of being in a presence of a teacher, and, its flexible. If you miss a class, you can always watch a recording, or do a make up class.

Classes are held at San Marcos, CA and other Southern California locations depending on the size of the group.. For big groups, we rent a hall in local community or private colleges for a day, in different locations.

Online facilitation is done by most of these accomplished and learning professionals. The courses are suited for new comers with an interest in Vedic Sciences, or will complement the practices of Herbalists, Yoga Teachers, Holistic Health Practitioners, Nutritionists as well as Physical Therapists or Massage Therapists. We have many TCM, RN also registering for workshops. Learn to mix your own herbs, massage oils, blends. Learn to heal by mixing spices, and food that compliment your dosha. Day workshops are also suited for self-learning about how to achieve a balanced health for yourself and your family.

Training Delivery and Methodology

Our goal is to 'spread Ayurvedic 'WELLNESS'. Balancing of mind, body and spirit through this ancient philosophy cum science. Hence, we are offering courses in a blended format. By using **Open source Learning Management** Formats like Moodle, we save costs and pass the savings to the student. The student picks and chooses their blend. A course is offered in a distant learning, online as well as classroom format. A Student can choose which one they want to do most, hence, keeping the costs low and quality high. San Diego 'Distant' Learning and ONLINE college not only provides certificate courses in yoga therapy, Ayurvedic Cooking, Ayurvedic Herbalism, Ayurveda as a preventive 'holistic' system to balance your mind and body, but also Free Seminars, Webinars, 50 Hr Intensives that are blended learning - Virtual and Classroom. Courses begin from 50 Hr Seminars or Virtual Class intensives upto 500 hours. Most of the courses are online. Workshops start from 8 hours upto 20 hours.

However, some have blended combination. For example, Introduction to Ayurveda Foundation course 100 hours, features 20 hours of Virtual online classes, 16 hours of optional classroom, and 4 hours of assessment. The rest of the course (60 hrs) is distant learning via Open Source Learning Platform. We use Moodle Open Source Learning and other Open Source technologies and pass the benefit to the student. Shorter courses are \$6 and hour. Longer courses are \$5 per hour.

COURSE CONTENT and Text Books

Course Content is based on Ancient Ayurvedic Scriptures and Texts by Charaka Samhita, Sushruta Samhita, as well as Astanga by Vagbhatta. However, we are sticking to the traditional format of learning and actually giving our own commentary by directly translating the Sanskrit verses. You get pre prepared ebooks and emodules, as well as workbooks and assignment books by the college. They are all downloadable. Other suggested textbooks are suggested for reading and reference are:

1. Secrets of Healing by Maya Tiwari,
2. Textbook of Ayurveda, Volume 1 and Volume 2 by Dr. Vasant Lad
3. Ayurvedic Medicine by Sebastian Pole
4. Comprehensive Ayurveda by Dr. David Frawley.
5. Yoga of Herbs by Dr. David Frawley

Commitment to going GREEN

We use organic herbs to teach herbology to student and do not like paperwork. Everything is online, classes are online. And, we would be happy if the assignments were done online. We have an online document collaboration module, where student submits assignment ONLINE,

neatly typed, and teacher corrects it online. It is a mutual collaboration. Saves paperwork, and trees. And, not traveling reduces the Carbon Footprint.

Refund Policy

100% of the course fees initially paid by student is refundable within 5 days. (As long as the student has not 'logged' in the course. If the student has logged in only, 50% of the course fee is refundable upto a month, from the day student got registered. This is because our ebooks and emodules are downloadable within a few hours). Non refundable after a month. However, credit can be given which can be used within a year to buy herbs, take another course, or at our online shipping. week. Please note, if the student has attended some virtual classroom sessions, price of those sessions will be deducted as well.

PRE REQUISITE

All Online Courses:

Admission requirements: All courses, more than 100 Hrs, require online 50 Hr Foundation Course in Ayurveda as a pre requisite, as well as a High School Diploma.

Classroom Requirements:

Panchakarma 100 hrs - Certified Massage Therapists, RN, or Holistic Health Practitioners or Students pursuing these courses.

Ayurveda Educator: 250 Hrs - High School Diploma and Foundat

Ayurvedic Practitioner 500 hrs - Associate Degree. Certified Massage Therapist, RN, Registered yoga Teachers, Holistic Health Practitioners, Tai Chi Instructors, Fitness Instructors, Tai Chi Students, Chefs. Students pursuing these above courses can also apply. Make up classes available,

FEES: 500 Hr course is \$5 per credit hr.(Total \$2500). There is a 10% discount, when the 500 hr course is paid in advance.

All ONLINE courses are \$ 6 per hour and Classroom is \$10 per hour for Classroom, when you 'take the courses' separately. If taken as a 'course, then, Ayurvedic Educator is *250 Hr course is \$1700 only. Books, herbs are not part of the fees. Must be bought separately from college or Amazon.*

WORKSHOPS - 20 HOURS or LESS

Course Title	Hrs	Course Description	Training Delivery	Certificate - Workshops	Fees
Foundation Course	20 hrs	What is Ayurveda? Preparation for other courses. Make Up classes.	Online. Virtual Classes.	Preparation Certificate for other courses	\$200
Self Healing for Women	8 Hrs	Herbs, Spices, Food, Yoga and Meditation for different Women, ages, doshas. Balance your monthly cycle, daily cycle through Ayurveda.	Classroom	8 Hr workshop participation Certificate.	\$80 + cost of herbs, material
Make your own Massage Oils	8 Hrs	Make different massage oils for different doshas.	Virtual Classroom, videos online	8 hr workshop Certificate	\$80 + cost of dvd and recipe book
Introduction to Ayurvedic Herbology	4 hrs	What are Ayurvedic Herbs? What is bio energetics of herbs. Recipes with herbs.	Virtual Classroom, videos online	Participation certificate	\$40 + cost of ebook
Introduction to Panchakarma	20 hrs	Introduction to Panchakarma, Theory, Abhyanga, Shirodhara,	blended	Participation certificate	\$500

Certificate Courses			Training Methodology
25 Hrs to 500 Hrs	Hours	Modules	
Introduction to Chakras (Chak101)	25 Hours	Introduction to Chakras. Pranic Healing and its connexion to Ayurveda. Peripheral Course.	Online and Distant Learning via Real Time Webcast, Whiteboard and Web Conferences. 5 Classroom Hours for Ayurvedic Therapies and Bodywork. Blended - \$250
Meditation (Mantra101)	25 Hours	History of Meditation and Mantras, Different Types of Meditation, Benefits of Meditation, Pranayama. Peripheral Course	Online and Distant Learning via Real Time Webcast, Whiteboard and Web Conferences. 6 hours available in classroom. Blended - \$250
Ayurvedic Tridoshas for Women. Self Healing for Women (ABT 101)	50 hrs	Tridoshas, Property, Herbs, Diets and Seasonal Cleansing foods. Subtypes of Kapha, Pitta and Vata. Specifically for the Doshas. Core Concepts.	Online - \$300. Blended Classroom and Online - \$500
Introduction to Vedic Astrology (IVA 101)	50 Hrs	Introduction to Vedic Astrology, Medical Astrology, Astrology and Ayurveda. Peripheral Course.	Online Virtual Live class option available. Blended - \$450. Online only - \$300
Bhagavat Gita & Sankhya Philosophy (Sankhya 101)	50 Hrs	Triguna, Chapter 17. Core Concepts.	Online. Virtual Classes. \$300
Ayurveda Yoga Therapy 101	50Hrs	Ayurveda and its connexion to Yoga, Bhakti Yoga, Ashtanga Yoga, Patanjali Sutras, Yoga for Kapha, Yoga for Pitta and Yoga for Vata. Peripheral Course (AYT 101)	Classroom ONLY - \$500
Ayurvedic Nutrition CAN 101	50 Hours	Ayurvedic Nutrition, Six Tastes, Western Nutrition versus Traditional ways of eating, cooking, and living. Balancing your body and mind through Nutrition. Eating for your 'dosha'	Online and Distant. Classroom available. Online Virtual Live class option available. \$500
Introduction to Panchakarma (PK 101)	100 Hrs	20 Hrs Introduction Panchakarma, - What is Nasya, Neti, Vamanam and Virechanam. Three stages of Detoxification according to Ayurveda. Abhyangam, Shirodhara, Basti, Pizhichil, Elakizhi, (Shiroabhyangam, Padabhyangam, Sarvangabhyangam, Mukhabhyagam, Abhyanga for Vata, Pitta, and Kapha).	Blended – 20 Hrs Classroom, 80 Hrs Online Virtual Live classes in presence of 'live' teacher. Done through webinars . \$500
Foundation Course in Ayurveda (IAH 101)	100IAH 101		Classroom Only - \$1000 Online Only - \$600

Ayurveda Module 2	100 Hours (AAP101)	What is Ayurveda, Ayurvedic Anatomy versus Western Anatomy, Tridoshas Kapha, Pitta and Vata, Sapta Dhatu, 24 Elements, Trigunas (Satva, Rajas, Tamas), Koshas, Chakras, Nadis, Introduction to Ayurvedic Concepts of Health and Disease, Introduction to Sankhya, Ayurveda as a Holistic Health System. Core Curriculum.	Online and Distant Learning via Real Time Webcast, Whiteboard and Web Conferences.
			Online: \$600 Blended: \$680
Ayurvedic Herbology 101	150 Hrs (Ahrb101)	What is Ayurveda, Ayurvedic Herbology versus Western Herbology. Sapta Dhatus, Rasa, Virya, Vipaka &Prabhav, 25 Different Ayurvedic Herbs and their uses, preparation in health, beauty and prevention of disease. Herbal actions and Indications, Herbs preparation and Usage, Medicated oils and Ghee, Preparation of basic Massage Oils and Herbal Formulas. Core Curriculum.	BLENDED Online 100 Hrs And Classroom 50 Hrs. Online Virtual Live class option available.
			Cost: - \$1100 (BLENDED) Online only - \$900
Ayurvedic Nutrition 201 (CAN 201)	200Dietetics	Introduction to Ayurvedic Health 102, Ayurvedic Herbology 101(50 Hrs), Ayurvedic Cooking, Ayurvedic	50 Classroom Hrs, 200 Hr, Online and Distant Learning via Real Time Webcast, Whiteboard and Web Conferences

			100 Hrs Online, Rest Blended - both classroom, web based, Clinicals and internship, externship included depending on Student's choice of specialization.
Ayurvedic Educator 101	IAH 102 (100hrs) Core course. Can choose Ayurvedic Yoga Therapy (50 Hours) and Clinical Ayurvedic Nutrition and/or Ayurvedic Herbology as a choice of specialization.		One peripheral subject of 25 hours required. Cost \$1700 Blended. Online Virtual Live class option available.
	250of specialization.		\$2500 if paid in installments of 10 months. \$ 2250, (10% discount) when paid within 3 months of starting the course.
Ayurvedic Wellness Practitioner	Ayurvedic Educator 250 hr curriculum + Ayurvedic Foundation course 100 hr curriculum + 100 hr peripheral		
	500 hrs courses + 50 hr Internship		
Upcoming <i>Courses</i> -2011			
Vastu and Feng Shui	100 hrs	TBD	\$600
Yoga (Classroom) Hatha Level 1	200 Hrs	TBD	\$2000

PAYMENT: Payment for each online/Distant Learning hour is - \$6 per hour.

Payment for each online hour is \$6 per Credit Hour. For 250 hr certification and above, it is \$5 per credit. Classroom (optional) - \$10 per credit hour. Some Virtual Classrooms are also \$10 per hour. (Depending on the course and the teacher)

The payment can be done in via Cheque, Cash, Credit Card or Paypal ONLINE.

100% of the Initial Payment paid by the student is returnable within 5 working days, 50% (of the first amount student paid) after 5 days until a month. Credits for refunds are given after a month, that can be utilized later for buying herbs or other courses.

There is NO financial aid available. It is a private school. However, we are listed with NAMA. And, our 500 Hr course does meet the NAMA requirement. Class size is 4-8 students per group.

Online Courses can be started at anytime. Student can leave the course, if there are any problems, if he or she informs us in advance. And, rejoin the course within 18 months. Their online records shall not be deleted. A student who is a no show, for 3 months, and does not pay the fees, will be suspended from the online system, till the fees is paid. We are a private college and reserve the right to admission. Student can be suspended for bad behavior or bad conduct. Workshops have flexible schedules and usually happen once a month. Online and live Webinars happen once a week. We suggest a broadband Internet Connexion, and a good desktop or a laptop, if you are planning to pursue an online course.

Application Form: (Can also be done online at San Diego College of Ayurveda)

Name:.....

DOB:.....Profession

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Email:

Driving Licence #.....

Education

Course Interest -Please choose the course code(s) –

(Example Ahrb101 for Ayurvedic Herbology 50 hrs)	

Payment Option – Flexible Payment Per

Month.....

Flexible Payment with Discount

Cheque Details.....

(Please make the cheque payable to SAN DIEGO COLLEGE OF AYURVEDA)

For credit card payment, please call 760-705-4291

Once, the payment is received, the enrollment number, username and password. E-book/modules as well as handouts shall be mailed or posted to you.

Signature:

(Please send photocopy of your high school diploma. For 500 hr course, see the student counsellor for documents.)