



Joyful Belly School of Ayurveda Course Catalog

North Carolina College of Natural Medicine - Volume #4, Issue #3 08/27/2022



Welcome Message

Welcome. Today is the beginning of a whole new experience, a new way of looking at yourself and others. As you take your first step in your professional training in the field of Ayurveda. You are embarking on a journey that will lead to higher levels of health and happiness for you and your community.

Throughout its centuries of practice, Ayurveda has allowed individuals to both prevent disease and recover from illness, naturally. While rooted in tradition, the science continues to evolve and remain relevant in modern life. Ayurveda is at the forefront of the global wellness industry, which continues to grow at a record breaking rate.

Our rigorous courses will teach you how to apply this ancient wisdom in a modern context, and challenge you on every level. You will learn the necessary skills to work independently with clients and establish yourself as a leading professional in the field of integrative health care.

Seasoned health professionals and dedicated enthusiasts alike will enjoy the discoveries they will make through these immersion programs in Ayurvedic knowledge. Our presentations include hands-on, practical exercises to help you experience the healing effects of Ayurveda directly.

So go ahead, get inspired! We eagerly welcome your participation in this dynamic, challenging, and supportive learning environment.

I look forward to meeting you!

Warm Regards,

John Immel

Director, Joyful Belly Ayurveda

Table of Contents

Welcome Message	2
Table of Contents	3
Our Programs: Fundamentals of Ayurvedic Medicine: Ayurveda Health Counselor Program (AHC)	6
Ayurveda Theory	6
Clinical Theory	7
Clinical Practicum	8
Clinical Practicum Guidelines	8
Business Administration of Your Clinic	8
Type of Skill to be Learned	9
Approximate Duration of Time	9
Our Programs: Master Ayurvedic Digestion & Nutrition (MID)	9
Digestive Tract Pathology	9
Theoretical Foundations	10
Clinical Practicum	10
Type of Skill to be Learned	11
Approximate Duration of Time	11
Our Programs: Ayurvedic Herbalist: Advanced Strategies, Formulas, & Pharmacology	11
Who Should Apply?	12
Type of Skill to be Learned	12
By the end of the program you will be able to:	12
By the end of this program you will know:	13

Career Outcomes	13
Approximate Duration of Time	14
Modes of Delivery	14
Licensing & Accreditation	14
North Carolina	14
Ayurveda as an Unlicensed Field	14
Character Strengths Coaching as an Unlicensed Field	15
AHC	15
MID	15
CAH	16
VPC	16
Teaching Faculty & Staff	16
Program Coordinator	17
Teacher Bios	17
John Immel	17
Mary Thompson	17
Vanashree Belgamwar	18
Jeremy Anderson	18
Susan Bass	18
Alissa Page	18
Linton Beckum	19
Rachael Harper	19
Natalie Immel	19
Student Support	20
Governing Body: Board of Directors	20

Reserved Rights of Joyful Belly Ayurveda:	20
Calendar	20
Start / End Dates	20
Class Times (Eastern Time)	21
Legal Holidays Observed:	21
Policy/Regulations – Re: Enrollment	21
Enrollment Dates	21
Application Policy	21
Specific Entrance Requirements/Course(s)	22
AHC	22
MID, CAH	23
VPC	23
Course Audit	23
Policy/Regulations – Re: Standards of Progress	23
Grading System	23
Minimum Satisfactory Grades	24
Make Up Work / Tardiness	24
Conditions for Expulsion or Suspension for Unsatisfactory Grades or Progress	25
Interruptions for Unsatisfactory Grades & Attendance	25
Interruptions for Non-payment	25
Standards of Conduct	25
Disciplinary Actions	26
Appeals	26
Reinstatement After Dismissal	26
Policy/Regulations – Re: Leave	26

Absences / Missing or Cutting Class	26
Requests for a Leave of Absence	27
Tuition & Detailed Schedule of Costs	27
Tuition	27
Books / Supplies	28
Activities (All Programs)	28
Statement Re: Progress Records Kept & Furnished to the Students (Transcripts)	29
Financial Aid	29
Policy/Regulations – Withdrawals & Refunds	29
Withdrawing from the Program	29
Refund of Unused Portions of Tuition, Fees, etc.	29
Description of Facilities (general)	30
Credit Hours/Credit Hour Equivalent	30

Our Programs: Fundamentals of Ayurvedic Medicine: Ayurveda Health Counselor Program (AHC)

Become an Ayurveda Health Counselor through this certificate program that teaches you the fundamentals of Ayurvedic medicine. Master the art of clinical Ayurveda as you apply practical knowledge of diet, lifestyle, and herbs to lead your clients to new health and vitality. This rigorous course presents the fundamentals of the body, health and disease from an Ayurvedic perspective. It ensures you have the Ayurvedic training necessary to work independently with clients and establish yourself as a leading professional in the field of integrative health care.

Topics include the following. For more information see the [course outline](#) and [scope of topics](#) covered.

Ayurveda Theory

These lectures provide an in-depth, unique, and practical understanding of Ayurveda's foundational concepts.

- Ayurvedic anatomy
- Dhatus

- Digestion
- Dinacharya
- Dosha
- Elements
- Guna
- Introduction
- Malas
- Management of Dosha
- Qualities of Tissues
- Srotamsi
- Subdoshas
- Tastes
- Philosophy

Clinical Theory

This segment will also cover how to interview and assess the client effectively using the Ayurvedic methods of examination. You will learn the Ayurvedic understanding of the disease process (samprapti) as well as a comprehensive list of the causes of disease.

Concepts presented in this section include:

- 7 Forms of Palliative Therapy
- Agni & Digestion
- Trividha Pariksha
- Ashtavidha Pariksha
- Dashavidha Pariksha
- Diet
- Dinacharya / Ritucharya
- Herbs
- Meeting with Clients
- Nidana
- Samprapti
- Senses
- Specific Therapies

Students will develop keen observation skills and acumen using Ayurvedic methods of trividha pariksha and dashavidha pariksha. Specifically, students will learn how to assess:

- Tongue
- Stool
- Urine
- Pulse
- Anatomical shape and form

- Eyes
- Skin
- Nails

A key component to clinical assessment is self assessment. Throughout the program you will develop your body awareness through:

- Food & cooking experiments
- Herb experiments
- Body Awareness Exercises

Clinical Practicum

The culmination of the course is your preparation to work with clients. All aspects of meeting with a client including paperwork, [intake forms](#), legal concerns, note taking, structuring a session, following up, and keeping records will be covered. Students will learn how to take blood pressure & read the pulse and how to use this information clinically.

In phase 2, you will meet with or observe clients in at least 82 personal encounters, with supervision by one of our experienced practitioners. Supervision will be entirely online. Students will also complete another 56 unsupervised, informal assessments.

- Students will meet with 2 Ayurveda practitioners as a client
- Students will meet with classmates for 8 consultations as client, and 8 consultations as student counselor
- Students will observe 30 consultations in the live classes
- Students will find clients on their own to complete an additional 25 consultations, to be reviewed in 5 phone calls with a teacher.
- Students will observe 5 other students present their cases for an additional 25 case reviews.

Clinical Practicum Guidelines

- Students must complete 75% of year 1 lectures and 75% of year 1 homework assignments before meeting with clients
- Consultations should last 60-90 minutes only.
- Do not give recommendations to your client until the client case has been reviewed by a supervisor
- Clients must sign the intake form before you are authorized to meet with them.

Business Administration of Your Clinic

- Common legal guidelines for practice
- Client management and forms
- Marketing & promotion

- We provide all students with a functional online clinic after graduation

Type of Skill to be Learned

1. Assess organ and tissue health in the body of your clients through visual and behavioral cues. You will be able to articulate how imbalances within organs translate to observable signs and symptoms on the surface of your client's body. In a practical, scientific way you will be able to demonstrate Ayurvedic principles to your clients through concrete examples.
2. Analyze the roots of your clients' imbalances. Your client will emerge from consultations with you having a whole new understanding of their body and ability to navigate health challenges in their diet and lifestyle no matter what their environment and circumstance.
3. Improve the quality of life for your clients using Ayurveda's unique application of diet and lifestyle for wellness, pointing your clients towards easy, elegant solutions they can review to improve vitality.

Approximate Duration of Time

456.9 Contact Hours - Ayurvedic Fundamentals

180.33 Contact Hours - Clinical Practicum

637.23 Total Contact Hours

253.42 Non-Contact Hours - Assignments

890.65 Total clock hours including all course material & homework over a 2 year period

Our Programs: Master Ayurvedic Digestion & Nutrition (MID)

Digestive Tract Pathology

Become a leader in integrative health care by enrolling in this comprehensive course in Ayurvedic digestive tract pathology and Ayurvedic nutrition. Through this online course you'll become confident in your knowledge of digestive tract health and wellness remedies, and how Ayurveda uses food and herbs as medicine. This rigorous program uses a hands-on approach so that you experience the knowledge directly. The material you learn in this program can be used to enhance your career and clinical skills in digestive health to the point of mastery.

Presentations include a week-by-week walk through of disorders of the digestive tract. This portion of the program will cover all major digestive tract disorders from bad breath to hemorrhoids. A partial overview of topics includes:

- Mouth - Appetite, anorexia, bulimia, etc.
- Stomach - Burping, acid reflux, ulcers, nausea, weight loss, etc.
- Liver / Pancreas - Enzyme deficiencies, gallbladder, etc.
- Small intestine - Leaky gut, allergies, celiac, intolerances, gas, etc.
- Colon - Constipation, appendicitis, diverticulitis, etc.
- Cleansing protocols including enema, purgation, and other detox regimes

Lecture content is based upon Ayurvedic literature, our personal clinical experience, and the testimony of our clients. We integrate innovations from other traditions wherever possible, including Chinese medicine, Western medicine, Western herbalism and other modalities such as massage therapy, yoga, and western psychology. At the end of each lecture you will not only understand the physical disorder but also the personality and emotional patterns associated with it. For each pathology, you will be presented with a combination of:

- Etiology, risk factors, signs, symptoms, diagnosis, prognosis
- Pathogenesis and development from a Western perspective
- Enumerate Ayurvedic patterns of imbalance underlying the disorder
- Ayurvedic as well as Western treatment protocols
- Diet, lifestyle, herbs, yoga, & cleansing remedies
- Psychological and emotional factors

Theoretical Foundations

- Ayurvedic model of digestion & nutrition
- Ayurvedic pharmacology for the digestive tract
- Doshas, gunas, tastes in the digestive tract
- Yoga for digestion, other important topics
- The effects of metabolism, blood, & stress on digestion
- Other miscellaneous topics

Clinical Practicum

You will meet with or observe clients through case studies and personal encounters, including:

- 30 Live webinar classes discussing digestive cases & clinical assessment
- 4 Buddy Consultation Personal Encounters as a client, and 4 as a student practitioner
- 5 Clinical Personal Encounters
- Food & Herb Experiments
- Body Awareness & Case Studies

- Treatment Protocol Writeup

Type of Skill to be Learned

1. You'll develop your body awareness to improve your experience of your digestive process in each of the tissues in your digestive tract. You'll know what is happening to the food in your digestive tract every step of the way. You'll be able to correct imbalances in digestion through natural remedies.
2. You'll know how to apply the principles of ayurveda and awareness of your body to know the pharmacological effects of foods, just through taste and your experience of digesting the food.
3. You will be able to teach this body-centric approach to your clients, showing them how to make better food choices guided by actual digestive and nutritional experiences.
4. You will gain effective techniques to address a wide range of digestive concerns with clients as well as practical skills to effectively coach clients in achieving their health & wellness goals

Approximate Duration of Time

313 hours presentations & live online classes

241 hours clinical practicum

554 clock hours total including all course material & homework over an 11 month period

Our Programs: Ayurvedic Herbalist: Advanced Strategies, Formulas, & Pharmacology (CAH)

The incredible abundance and diversity of herbs provides natural medicine for innumerable ailments. As they shift the body's vital energies and biochemistry, each herb unlocks unique experiences of the healing relationship between us and the natural world we are surrounded by. Herbs are thus **essential in the training of a master clinician**.

In this clinically focused, rigorous course on the medicinal use and pharmacology of herbs, you will learn the incredible language of healing with herbs. As the **most advanced course in herbal energetics (biocharacteristics)** - this program will give you unparalleled training in clinical herbal strategies from Ayurveda, Chinese, and Greek Medicine (the roots of Western herbalism).

You'll explore classical formulas and the materia medica of hundreds of herbs using natural, active learning methods. Every step of the way, this course will supplement ancient intuition with modern accuracy and advancements in phytochemistry. As

you learn to heal others, you will also **gain subtle body awareness, increase your vital energy, and discover herbs** that not only reduce disease, but are a perfect fit to your body type.

Every community needs a master herbalist who can support clients with insight and accuracy. Herbs remain the chosen medicine of 2/3 of the world. As community understanding of health & wellness grows, herbalism has become a rapidly growing field (see [career options for herbalists](#)). Enroll now to become the master herbalist in your community. Soon you will be blending formulas, seeing clinical patterns emerge, and gaining the expertise to heal those around you, naturally.

Who Should Apply?

- Ayurvedic professionals, from health counselors to BAMS graduates, seeking to up-level their clinical practice of herbs.
- Herbalists who want to excel at formulations and take herbal energetics (*biocharacteristics*) to a whole new level
- Naturopaths, nutritionists, nurses, yoga teachers, massage therapists, and other health & wellness professionals who want a solid foundation in clinical herbal strategies.
- Any student seeking [Ayurveda Practitioner Level Certification](#).

For applicants lacking a background in a health & wellness related field, please contact admissions@joyfulbelly.com for eligibility to enroll.

Type of Skill to be Learned

By the end of the program you will be able to:

- Build clinically effective herb formulas drawing from herbal strategies and perspectives in Ayurveda, Chinese Medicine, and Western herbalism.
- Address pathology in each organ system of the body.
- Build individualized herb formulas for each constitution with the right energetics (biocharacteristics).
- Assess the medical benefits (pharmacology) of new herbs you encounter, using the principles you've learned from the course, along with your direct experience using your 5 senses.
- Assess phytochemistry in a clinical setting, and analyze herb research, ensuring the herbs you select are an exact fit to the disorder, with scientific evidence.
- Make herbal products, poultices, skin rubs, medical oils, tinctures, infusions, and more.

- Start seeing clients and educating them about herbs, formulas and medicine to improve their health & wellness, with the same legal qualifications as a health coach.

By the end of this program you will know:

- Clinical herbal strategies from Ayurveda, Chinese Medicine, and Western Herbal traditions.
- 125 herbs and formulations from the Ayurvedic materia medica in detail, including botany, growing conditions, phytochemistry, energetics (biocharacteristics) and clinical use (pharmacology). We will use an experiential, intuitive teaching model so that the information you learn will be living rather than encyclopedic.
- Extensive knowledge of Western herbs, herbal actions, and their clinical use.
- The essential herbs of Chinese Medicine.
- The main organic compounds of phytochemistry, and their effects on the body, improving your accuracy in the clinic.
- Basic botany and identification of plants.
- Legal considerations and laws surrounding a clinical herbal practice and medicine making.
- Tasting and sampling 42 herbs and Ayurveda formulas to enhance discovery & experiential knowledge of herbal energetics (biocharacteristics).
- In-depth herb-body awareness experiments each week to master intuitive learning of herbs.
- 33 live in class herbal consults, 18 private clinical consultations
- Herbal medicine making - Formulating your own herbal medicines in your kitchen.
- Herb-drug interactions and contraindications.

Career Outcomes

Graduates will use the program to advance in their current careers, as well as in new professional settings. Here are some examples:

- Clinical Herbalism
- Develop Herbal Products
- Herbal Products Retail, Marketing, and Sales
- Teaching + Herbal Education
- Herbal Writing + Blogging
- Herbal Research
- [& more...](#)

Approximate Duration of Time

368.08 Instruction Hours - Herbal Strategies, Formulations, & Pharmacology

88 Clinical Hours - Supervised & Unsupervised

49 Lab Hours - Herb Experiences / Field work

505 clock hours total including all course material & homework over a 10 month period.

Modes of Delivery

Each week will include live discussions held via Zoom - a free online meeting software. We will send you the login information as well as a Zoom tutorial after registration.

- Ayurveda courses: Meet 3 times a week
- Virtue Psychology Course: Meets 1 time a week

Live classes will be collaborative, facilitated by the teacher using the Student Folder on google drive. To facilitate student teacher interaction for each class, the teacher will create a blackboard file in the student folder for the week of the classes.

All pre-recorded presentations, course materials, homework, attendance and fees will be visible via the student's course download box housed on the Joyful Belly website.

The Facebook group is a private group for members in the program to share their experiences, ask questions, and report problems. It is also the primary location where we will post announcements, address technical support issues, and general questions about the course. Please direct all questions to this group for the benefit of others.

Licensing & Accreditation

North Carolina

Joyful Belly School of Ayurveda is licensed by the state of North Carolina.

Ayurveda as an Unlicensed Field

Joyfulbelly is 1) certified by the American Association of Biocharacteristics Clinicians (AABC), 2) an accredited school of AADP, 3) a member of the National Association of Ayurveda Schools & Colleges (NAASC), and 4) recognized by AAPNA. However, Ayurveda is still an unlicensed profession and unregulated in the United States, including the state of North Carolina. This means that certification by 3rd parties is not required to practice Ayurveda in the United States and does not affect your legal scope of practice.

As Ayurveda is unregulated, graduates of this program are not considered to have graduated from an accredited or pre-accredited program and may not rely on accreditation or pre-accreditation for professional licensure or other purposes. Students enrolled in this program are not eligible to participate in federal grant and loan programs. Legally, Joyful Belly Ayurveda can provide no assurance that 3rd parties will certify students on the basis of taking this course.

Even those who have counselor status through these agencies are still only educators in the eyes of the law. Only a qualified, licensed medical doctor can diagnose, prescribe or treat disease. Legally, you will be able to listen to people's health concerns and educate them on the Ayurvedic perspective and approach to those concerns including diet, lifestyle and herbs.

Please seek legal advice if you have questions about your scope of practice after graduating. Laws vary by state and country. Students are responsible for checking local laws to ensure they are in compliance with scope of practice.

Transfer of credits earned at Joyful Belly Ayurveda to other colleges/universities, including those with regional accreditation, is at the discretion of individual institutions.

Character Strengths Coaching as an Unlicensed Field

Similarly, character strengths coaching is an unlicensed field. Only a qualified mental health counselor can diagnose, prescribe or treat mental illness.

AHC

Upon graduating from the AHC program, Joyful Belly will award you a Certificate of Completion at the Ayurvedic Health Counselor level.

- Students are eligible for certification as an Ayurveda Health Counselor and a Biocharacteristics Clinician through the American Association of Biocharacteristics Clinicians (AABC), as a Registered Ayurvedic Health Counselor (RAHC) through the Association of Ayurvedic Professionals of North America (AAPNA), and as a health coach through the American Association of Drugless Practitioners (AADP) after passing their board exam. Please contact Joyful Belly for specific requirements if you plan to see certification by any other 3rd party organization.

MID

Students who successfully graduate from the MID program will be awarded a Certificate of Completion at the Ayurvedic Nutrition & Digestive Health Coach level.

- Students are eligible for certification as an Ayurveda Digestive Health Coach, and a Biocharacteristics Digestive Health Coach through the American

Association of Biocharacteristics Clinicians (AABC). Students are eligible for additional certifications through the Association of Ayurvedic Professionals of North America (AAPNA) as an Ayurvedic Food Consultant, and through the American Association of Drugless Practitioners (AADP) as a health coach. However, this certification is not required. Joyful Belly is a recognized school of AAPNA and accredited by AADP.

CAH

Students who successfully graduate from the CAH program will be awarded a Certificate of Completion at the Clinical Ayurvedic Herbalist level.

- Students in good standing and who complete all course materials will receive a 500 Hour certification as a Clinical Ayurvedic Herbalist. This certification enables you to legally see clients.* Students are also eligible for certification as a *Clinical Ayurvedic Herbalist* through AABC, and as a **health coach** through AADP after passing their board level exam. Once you have completed 400 hours of at-home clinical experience, AABC will also certify you as a [Biocharacteristics Herbalist](#). This course is required for those who are seeking an **Ayurveda Practitioner level certification** at Joyful Belly.

VPC

Students who successfully graduate from the VPC program will be awarded a Certificate of Completion demonstrating their professional qualifications as a character strengths coach and will be eligible to start meeting with clients. They will have completed the first year of a projected 3-year track to becoming an advanced mental health coach and virtue counselor. Certification will be through the North Carolina College of Natural Medicine.

Students who lack clinical training should seek training in clinical professionalism before meeting with clients on a 1-1 privately.

Teaching Faculty & Staff

- John Immel
- Mary Thompson et al on Class Recordings
- Vanashree Belgamwar
- Jeremy Anderson
- Linton Beckham
- Alissa Page
- Susan Bass
- Reuben Slife
- Rachael Harper
- Natalie Immel

Program Coordinator

- Rachael Harper (See teacher bio below)

Teacher Bios

John Immel

Drawing on years of research and clinical experience specializing in digestive disorders, John Immel directs the Joyful Belly [School of Ayurvedic Diet & Digestion](#). He is the founder of Joyful Belly, an educational Ayurvedic health care website, and oversees the Joyful Belly Clinic.

John holds a bachelor's degree in mathematics from Harvard University. He first discovered Ayurveda while working on a public health project in Bangladesh. His interest in Ayurveda and digestive tract pathology was inspired by a complex digestive disorder acquired from years of international travel.

Using ingredients familiar from his childhood, John created thousands of Ayurvedic recipes for the average American, published on Joyful Belly. Joyful Belly proves Ayurveda is a practical way to improve everyday health & wellness. His simple, direct and familiar approach has helped thousands on their journey to health. John recently published, "Explore Your Hunger: A Guide to Hunger, Appetite & Food" with co-author Natalie Immel.

Mary Thompson

Mary Thompson is an experienced educator and a heart-centered mentor to Ayurvedic practitioners. Having taught Ayurveda for over twenty years, she continues to find joy in supporting her students and clients to explore new realizations and adopt self-care practices that result in greater satisfaction in day-to-day life.

Never far from the classroom, she continues to prepare curriculum and recordings for Joyful Belly.

Vanashree Belgamwar

Vanashree holds a BAMS degree (Bachelor's of Ayurvedic medicine and surgery) from the Maharashtra university of health sciences, India. She has also been extensively trained in Nadi Pariksha (Ayurvedic Pulse diagnosis). She has been practicing Ayurveda since 2012. Her goal has always been to globalize Ayurveda so people all over the world can benefit by this ancient science. Vanashree taught Ayurvedic pulse diagnosis at the Minnesota Institute of Ayurveda and also hosts

workshops around the twin cities on various topics on Ayurveda. She is the owner of Vanashree Ayurveda LLC and also has a Youtube channel that educates people on how Ayurveda can help to live a healthy lifestyle.

Jeremy Anderson

Jeremy Anderson is a Clinical Ayurvedic and Pancha Karma Specialist, Master Teacher, Outdoor Educator and Nature Guide. She is also a Certified Massage Therapist through the Phillips School of Massage. She maintains her own practice, Inspired Life with Jeremy Ann Anderson, in Truckee, CA, where she offers consultations, Ayurvedic body therapies, workshops, and Nisarga Chikitsa (Nature Therapy). She has introduced Nisarga Chikitsa to her Ayurveda practice through customized Nature Immersion Therapy Retreats to foster a deep connection with nature as a prescription for healing. Jeremy's mission is to help spread the light of the profound science of Ayurveda through education and experiential learning.

Susan Bass

Susan Bass is an Ayurvedic Practitioner and Ayurvedic Yoga Therapist who is the Founder and Director of the Sarasvati Mission and the Sarasvati Institute of Ayurvedic Yoga Therapy. She has been training people in the Vedic traditions for over 16 years. In addition to training teachers at her own school she is also Adjunct Faculty in the Master of Science in Ayurveda at the National University of Natural Medicine. Susan has taught Ayurveda at OHSU Medical School, University of Portland School of Nursing, Nike International and International Association of Yoga Therapy.

AP, E-RYT 500, Adjunct Faculty, NUNM

Alissa Page

Alissa is an Ayurvedic Practitioner living in the foothills of Northern Colorado. Her interests in natural and herbal medicine began when she was a teen, hanging out after school at the local herb shop.

Alissa got her undergraduate degree in theatrical design from Carnegie Mellon University. It was here that she fostered her love of the arts and studied the lives of people and cultures, from all times and places. Before finding her way to Ayurveda, Alissa worked as a bread baker for 21 years.

Linton Beckum

Linton is an Ayurveda Health Counselor and teacher assisting individuals and families with improving their nutrition and up-leveling their lifestyle practices with the principles of Ayurveda. He acquired a Bachelor of Arts in Anthropology from the University of Georgia while focusing his research and studies in various wisdom

traditions, natural medicine practices, ethnobotany and healing systems from around the world.

Before starting his Ayurveda career, Linton worked as a sales representative and educator for natural product companies for over 11 years. His passion is to share the simple wisdom of nature and its rhythms, cycles, and qualities. He feels that through the deep understanding of nature and our relation to her a more abundant and balanced quality of life may be birthed. Linton and his family have found healing from the wisdom of Ayurveda and have chosen to live a life in service to health, healing, and happiness.

Rachael Harper

Rachael is an Ayurveda Health Counselor specializing in mental health and trauma. She is program manager for all Joyful Belly courses and runs a yoga studio in the Charlotte, NC area. She began studying Ayurveda informally in 2009. After years of healing herself and teaching Ayurveda to her yoga students, she committed to formal study with the Joyful Belly School of Ayurveda and is a graduate of Joyful Belly's 2 year Ayurveda Health Counselor course.

Her practice in Ayurveda and as a Thai Yoga Therapist allow her to focus on her true passion - authentic and meaningful connection with her community.

Natalie Immel

Natalie Immel received her 600 hour certification in Ayurveda at the Asheville School of Massage and Yoga, and received her 500 hour certification through the Master Ayurvedic Nutrition and Digestion Program at Joyful Belly Ayurveda. She specializes in cleansing and detoxification therapies, and is well versed in western nutrition. She earned her undergraduate degree in Religious Studies at Vassar College where she graduated Phi Beta Kappa with honors. Natalie used the principles of Ayurveda to heal from severe anorexia which at one time left her hospitalized. She now offers her insights to help other young women find freedom from eating disorders. Natalie is fluent in Swedish. She enjoys quilting, her prayer life, discovering new recipes and experimenting with health food.

Natalie's published works include [Explore Your Hunger](#).

Student Support

- Students have 24/7 access to the course Chat group which is monitored by the teachers, school administrators and student support staff.
- Additionally students have the personal phone numbers of the director, school administrator and student support staff in case of any emergencies

- Students are welcome to make an appointment with the director, school administrator and / or student support staff to address any questions or concerns they have throughout the program.

Governing Body: Board of Directors

Joyful Belly Ayurveda is a family-run organization. Our board of directors includes:

- John Immel
- Natalie Immel

Reserved Rights of Joyful Belly Ayurveda:

Joyful Belly Ayurveda reserves the right to make changes to the policies, procedures, fees, courses, academic calendar, schedules, syllabi, or any other provisions in its catalog, other publications or website, subject to program needs, certification or accreditation requirements, and state and federal laws and regulations. Changes are made in order to improve effectiveness and educational quality. Although every effort has been made to ensure accuracy and completeness, students are advised that changes may be made at any time without prior notice. This catalog does not constitute a contract between the student and Joyful Belly Ayurveda. Students must meet the requirements in the catalog current at the time of their initial enrollment, along with any revisions to the catalog made by Joyful Belly Ayurveda.

Calendar

Start / End Dates

Course	Start Date	End Date
MID	2nd Tuesday in October	4th Tuesday in August
AHC	Last Tuesday in August	2 years from start date
CAH	Last Tuesday in August	2nd week of June
VPC	4th Monday in January	2nd Monday in December

Class Times (Eastern Time)

Class times are specifically chosen for convenience domestically and to allow international students to attend at least 1 live class per week. Recordings will be provided so that you may attend each call asynchronously.

AHC 1st Year, CAH	Tue 12-1:30pm	Wed 1:15-2:45pm	Thu 7-8:30pm
AHC 2nd Year	Wed 7-8:30pm	Thu 12-1:30pm	Fri 12:15-1:45pm
MID	Tue 7-8:30pm	Wed 12-1pm	Fri 11am-noon
VPC	Mon 12-1:30pm		

Legal Holidays Observed:

The school is generally closed on weekends and Mondays. The school is also usually closed for these holidays:

- Thanksgiving week
- Christmas / New Year: 3 weeks starting the week before Christmas
- Winter Break: Week of Valentine's Day
- Spring Break: Week before and after Easter Sunday
- Week after Memorial Day
- AHC - Summer Break lasts for 8 weeks starting the 3rd Week in June
- MID - Summer Break lasts from the 3rd Week in June until the 3rd week of July.
- VPC - Summer Break lasts for 7 weeks starting the 3rd Week in June

Policy/Regulations – Re: Enrollment

Enrollment Dates

Enrollment for all programs ends on the start date.

Application Policy

After registering, students must submit an application agreement along with the following items together. To send your application, you will first email a scanned copy of the items below to study@joyfulbelly.com. Then, mail a physical copy of these items to Joyful Belly Ayurveda, Inc.; % John Immel; PO Box 1474; Asheville, NC 28802.

Here is the list of items you must send:

- Copy of high school transcript, copy of high school equivalency, copy of community college or university transcript, or notarized attestation with verifiable documentation of why any such student was not able to obtain academic transcripts due to lost or otherwise unavailable records due to fire or natural disaster

- Your type-written one-page response to the three essay questions in the application
- Personal resume/cv, including (a) job experience and (b) education.
- A current photo
- Each page of the student application and enrollment agreement must be completed in full, signed, and sent using the two methods outlined above.

Note: You must submit either the \$600 registration fee or make the first payment on your monthly payment plan for your application to be reviewed. Students who fail to submit an application are not entitled to a refund of the initial \$600 registration fee. Registration fees will be refunded if Joyful Belly denies you admission.

Acceptance into the program is based upon review of your application, phone interview and/or on your responses to the 3 essay questions. Joyful Belly School of Ayurveda does not discriminate based on employment, admissions, testing, financial aid or any other means on the basis of gender, race, nationality, religion, age, or disability, in accordance with all applicable federal, state and local laws. Joyful Belly School of Ayurveda reserves the right to decline admission to anyone it determines is not suited for successful completion of its programs. Once the maximum number of students has been accepted, subsequent approved applications are placed on a waiting list. Please be sure that you are fully committed for the entire program and that you have the financial capability to pay for all tuition, books and materials, and the living expenses required to sustain yourself during your participation.

Specific Entrance Requirements/Course(s)

Our student body is one of the greatest assets of this program. Primarily, we accept students who are determined to succeed and make a good name for Ayurveda. We screen for students who are self-motivated, disciplined, and excited to participate. That is why we created a demanding program - gear up for excellence!

AHC

There are no prerequisites for entry in the Ayurveda Health Counselor Program (AHC).

MID, CAH

Generally, professional experience in a health and wellness related field is required. Your field could be massage therapy, yoga, herbalism, a medical degree, or perhaps you are an Ayurveda practitioner. If you do not have professional experience, you may still be accepted at the sole discretion of the Director if you can demonstrate your commitment to earnest self-study prior to enrollment.

Students will receive an application packet after registration. At its own discretion, the school may schedule an interview with the student. Joyful Belly reserves the right to deny a student entry into the program for any reason.

VPC

There are no prerequisites for entry in the Virtue Psychology Course (VPC).

Course Audit

Auditing a course allows a student to take a class without the benefit of a grade or credit for a course. A student who audits a course does so for the purposes of self-enrichment and academic exploration. All course audits at the school are based on availability of class space and must be approved by the Director.

An auditor is considered a passive learner and may not do consultations, submit papers, or take examinations, but is expected to attend classes with reasonable regularity and do some classwork. Auditors must be respectful of the privilege of auditing a class by allowing credit students primary access to teachers and class question/answer time. Students auditing courses are expected to follow the attendance policy in order to participate in hands-on group activities and classroom assignments.

The school does not issue academic credit for audited classes. Audited courses are not counted for Satisfactory Academic Progress purposes. All course prerequisites must be met. Courses with clinical content may be audited by degree-seeking students on a limited basis. The cost of attendance as an auditor is the same as regular course tuition.

Policy/Regulations – Re: Standards of Progress

Grading System

Completion of all exams and assignments is required to earn your certification, and ensure you are getting the most out of the program. Unless you complete all homework, we cannot vouch for your level of competency and will not be able to certify you at the end of the program.

The following grade indicators are used to measure academic performance: P=Pass, F=Fail,. Any incomplete work is graded as a Fail. Students must earn a P on all assignments to graduate from the program.

Minimum Satisfactory Grades

On exams, a grade of 70% or greater is considered passing. Students who fail an exam must re-submit incorrect answers to ensure a passing grade. Students must pass all assignments to graduate.

Make Up Work / Tardiness

Life events and general business may prevent you from completing assignments on time. When this happens in a non-self paced program, please complete the current week's assignments before completing any makeup work. Please send an email to study@joyfulbelly.com as soon as you are aware of your inability to submit an assignment on time.

Students may request an extension on assignments no later than 2 weeks in advance. Extensions are granted or refused at the discretion of the administration / teacher. Cumulatively, extensions may not exceed 2 months in any school calendar year.

If homework is failed, the student must follow instructions for resubmitting failed homework in the Classes and Homework document. If a paper or special assignment is failed, the student must make arrangements with the grader to complete work to the grader's satisfaction; this may include additional outside makeup work and one on one teacher tutorials (at the teacher's published consultation rate) and/or grading fees.

You will be assessed an \$8 administrative and grading fee for each unexcused late or failed worksheet or homework. You will be assessed a \$30 fee for each failed paper, or paper submitted late. You will be assessed a \$50 fee for each notice of plagiarism, or unexcused late exam. Note: These fees double for any makeup work submitted after the end of the course. Payment of late fees are due monthly when tuition payments are due. Payment of all grading fees is required to receive your certificate.

You have until 90 days after the course ends to submit any makeup work, unless noted otherwise. Late fees and acceptance of any work submitted after the 90 day period will be determined on an ad hoc basis at the discretion of the school.

If students are late on 10 or more assignments in any calendar year, staff reserves the right to expel the student from the program.

Conditions for Expulsion or Suspension for Unsatisfactory Grades or Progress

Interruptions for Unsatisfactory Grades & Attendance

Students with greater than 10 unexcused failed, missing or late assignments may be dismissed from the program at the sole discretion of the Director. Additionally, if the program is not completed in due time, the student will be dismissed from the school.

Interruptions for Non-payment

Please keep your payment information current. Monthly tuition payments are billed on or around the 7th of each month. Payment of any late or makeup fees are due at that time. If students are late on any payments, they will be assessed a \$15 late fee for that month.

Access to course materials may be suspended, and/or the student warned, placed on probation indefinitely, suspended, or dismissed at any time due to non-payment.

Standards of Conduct

Students are expected to conduct themselves in a way that supports the mission and community of the school. Personal and professional integrity are essential. Students may be warned, placed on probation indefinitely, suspended, or dismissed for violations that include (but are not limited to) the following:

- Attending classes or practicing Ayurveda under the influence of drugs or alcohol
- Accepting any form of compensation for Ayurveda services provided as a student
- Physical harm or threat of physical harm to anyone
- Harassment of any kind which goes beyond the boundaries of protected free speech and would likely cause violence or unrest
- Loss of personal civility including shouting, personal attacks, or insults, displays of temper (such as character attacks on social media)
- Theft or damage of the school's or another student's property
- Academic dishonesty, including plagiarism, cheating, or misrepresenting the work of others' as one's own
- Failure to maintain safety regulations and appropriate hygiene
- Sexual activity or advances in a clinical setting
- Poor academic performance
- Failure to adhere to the Student Agreement
- Failure to fulfill tuition obligations

Disciplinary Actions

Students may be removed or blocked from any online groups or class without notice.

Before any additional disciplinary measures are taken with a student, the Director will inform the student of the situation, and give the opportunity for student input before deciding upon a course of action.

- A written warning may be issued to inform the student that he or she may face more serious consequences if he or she does not fulfill specific requirements to keep compliance with school policies, procedures, or student conduct policies.
- A student placed on probation may continue in the program on a conditional basis. The length and conditions of the probation are at the discretion of the Director.
- When a dismissal is issued to a student, he or she must cease all participation in the program. If a student fails to meet the terms and conditions of probation, he or she will be dismissed.

Appeals

A dismissal may be appealed. Within one week of the notification of the dismissal, a student wishing to file an appeal must provide the Director with a written explanation for the appeal, as well as any new or relevant information pertaining to the original determination of dismissal. The Director will review the information, conduct further interviews if necessary, and decide to let the dismissal stand or change the dismissal to probation. The Director will grant this decision within two weeks of the appeal request.

Reinstatement After Dismissal

At the time of dismissal, the student will be notified if reapplication would be welcome as well as the conditions the student would be required to meet before being considered for readmission. If the student chooses to re-apply and is accepted, he or she will be notified of the course and financial requirements at that time.

Policy/Regulations – Re: Leave

Absences / Missing or Cutting Class

Recordings will be provided for classes if you cannot attend. If you are absent for a class, you must listen to the recording and answer the corresponding recording worksheet. Students who leave class early will be marked absent.

Unless you attend all required classes, or fill out the recording worksheet, we cannot vouch for your level of competency and will not be able to issue your certification of completion at the end of the program.

Note: Students seeking additional certifications from 3rd parties may be required to attend a certain number of some hours live.

Requests for a Leave of Absence

Under certain circumstances a leave of absence may be granted by the director. To request a leave of absence, please email study@joyfulbelly.com with details. All decisions regarding leave, including the new time frame that the program must be completed, are at the sole discretion of the Director.

Tuition & Detailed Schedule of Costs

Tuition

AHC **\$6,399** tuition + **\$600** registration fee payable over a 2 year period. Note: the tuition portion of your payment breaks down to \$3,199.50 per year.

- Tuition and registration fees may be paid using the monthly payment plan found on the course page.
- Or, students who pay the \$600 registration fee and year 1 tuition within 7 days of the calendar date of registration receive a \$125 scholarship toward their year 1 tuition. Students who pay their year 2 tuition before the start of classes in year 2 will receive a \$125 scholarship towards their year 2 tuition.
- Year 2 tuition billing starts at the end of Year 1 in July, the halfway point in the program. Year 2 tuition is \$3,199.50 minus any discount scholarship you received.

CAH **\$3,899** tuition + **\$600** registration fee.

- Tuition and registration fees may be paid using the monthly payment plan found on the course page.
- Or, students who pay their tuition within 7 days of the calendar date of applying will receive a \$250 scholarship towards tuition.

MID **\$3,899** tuition + **\$600** registration fee.

- Tuition and registration fees may be paid using the monthly payment plan found on the course page.
- Or, students who pay their tuition within 7 days of the calendar date of applying will receive a \$250 scholarship towards tuition.

VPC **\$1,599** tuition + **\$600** registration fee.

- Tuition and registration fees may be paid using the monthly payment plan found on the course page.

- Or, students who pay their tuition within 7 days of the calendar date of applying will receive a \$250 scholarship towards tuition.

Add 1 year extension to any course - **\$850 tuition**

- Adds an additional year to the due date of each assignment.
- Student will have access to course materials another year.
- Acceptance is contingent upon approval from the director.

Graduation from the program is contingent upon full payment of all tuition.

Books / Supplies

We can assist with domestic as well as international suppliers.

For the Ayurveda Health Counselor Program (AHC):

- Books - \$251.39
- Herb kit - \$79.99
- Lifestyle kit - \$74.99
- Food Experiments - \$100

For the Ayurveda Herbalist Course (CAH):

- Books - \$450.64
- Herb kits - \$313.28

For the Master Ayurvedic Digestion & Nutrition Program (MID):

- Books - \$101.39
- Herb kits - \$120
- Food experiments - \$100

For the Virtue Psychology Program (VPC):

- Books - \$59.88

Activities (All Programs)

- AHC, VPC - 2 consults - \$180
- MID - 1 consult - \$90

Note: Clients pay \$30 to the Joyful Belly Clinic per supervised appointment with the student.

Statement Re: Progress Records Kept & Furnished to the Students (Transcripts)

Current students have continual access to their grades and attendance via their download box. Alumni may obtain transcripts through the following process:

1. Pay the \$35.00 transcript fee, by going to the link:
 - a. [Student Transcript Request - Ayurvedic Diet & Recipes](#)
2. We will send you a form requesting a copy of your transcript / diploma.
3. Send completed form to study@joyfulbelly.com.

Financial Aid

Scholarship applications are reviewed & granted on a first come first served basis.

Apply for a Scholarship::

- [Mastering Ayurvedic Digestion & Nutrition \(MID\) Scholarships](#)
- [Fundamentals of Ayurveda: Health Counselor Course \(AHC\) Scholarships](#)
- [Fundamentals of Virtue Psychology \(VIP\) Scholarships](#)

Policy/Regulations – Withdrawals & Refunds

Withdrawing from the Program

To withdraw from the program, students must send study@joyfulbelly.com an email to schedule a phone meeting to process their withdrawal, and fill out the student withdrawal form which will be provided at the time of your phone meeting.

After withdrawal, and if approved for re-enrollment / reentrance at the sole discretion of the school, students may re-enroll anytime within one calendar year for an \$80 re-application fee. When a student re-enrolls:

1. The tuition balance paid will be credited toward future tuition.
2. The student will resume the course at the week of withdrawal (not the week of the last assignment completed).
3. Total tuition will be tuition at the time of re-enrollment. This means that students may be subject to program changes and tuition increases and are not guaranteed any discounts that may have been previously offered.

Refund of Unused Portions of Tuition, Fees, etc.

Registration fees (the first \$600) are non-refundable unless your application is denied by the School. Late payment fees, fees for review of makeup work, and all the books and equipment purchased are non refundable. Students will receive a full refund of tuition paid (after registration fee) if the student withdraws or is

discontinued before the first day of class, or if the school cancels the class. The student will receive a seventy-five percent (75%) refund of yearly tuition if the student withdraws within the first twenty-five percent (25%) of the period of enrollment for which the student was charged. Thereafter, the student will not receive a refund. Students who are dismissed are not entitled to a refund.

A copy of a guaranty bond securing prepaid student tuition is on file at Joyful Belly's main office at 184 W Chestnut; Asheville, NC 28801.

Description of Facilities (general)

Classes are generally conducted online.

Equipment Requirement: Students must have a laptop or a desktop computer, a webcam, a headset, and reliable internet access with internet speeds up to 3.1 Mbps - 6 Mbps to participate in the distant learning online course. In addition, students must have basic computer skills including word processing. Students do not need to buy or download any software. However, students may be required to download a free web application to login to live classes via their computer, smartphone, or tablet.

Credit Hours/Credit Hour Equivalent

We do not grant credit hours for our programs. For students transferring to this program from another program, transfer credits will be given on an individual basis at the sole discretion of the Director of the school