

Spirit Path Ayurveda Catalog and Student Handbook

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Mission Statement

The mission of Spirit Path Ayurveda Education is to provide exceptional Ayurveda Education and to encourage the growth of Ayurveda in the United States.

At Spirit Path we serve with open hearts, promoting compassion and understanding towards every person. We care for the earth and honor the individual connection to nature. We give back to our communities by empowering patients with the understanding of how to maintain health of the body and peace of mind.

Course Overview, Educational Philosophy and Objectives

Spirit Path Ayurveda Certified Ayurveda Practitioner program meets the highest level of educational standards approved by the National Association of Ayurvedic Medicine (NAMA). This course leads the student through all of the foundational knowledge of Ayurveda and includes an internship program preparing graduates for a rewarding career as a Certified Ayurveda Practitioner upon completion of all requirements.

Upon completion of classes and internship requirements, graduates will be comfortable evaluating any patient that walks through the door in terms of the Ayurvedic constitution (Prakriti), imbalance (Vikruti), and designing an appropriate treatment protocol to bring the three doshas (Vata, Pitta, and Kapha) back into balance. The treatment protocols will include use of dietary recommendations, lifestyle changes, herbal formulas, aromatherapy, color therapy, body therapies, mantra therapy, meditation, exercise, Pancha Karma, daily routines, plus creative support in other areas such as journaling, music, etc.

Education at Spirit Path Ayurveda focuses on the integration of concepts, successful completion of projects, and proper evaluation of patients. Students are graded on a pass/fail basis, and given several opportunities to show proper comprehension of the material.

The objective of Spirit Path is to graduate the highest-quality Ayurvedic practitioners in the United States. Ayurveda is best understood through classroom integration and use of the material at home. Homework assignments always include personal integration of concepts and making positive lifestyle changes. Students experience the process of self-healing and are therefore better equipped to share the knowledge with patients.

Join us for an unforgettable journey into the sacred knowledge of Ayurveda.

Level 1 Ayurveda Health Counselor starting February 2014

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Facilities (Location and Description)

Classes are held at:

Spirit Path Yoga Studio and Wellness Center

4007 Old Seward Hwy, Suite 100

(Gallerie North Center)

Anchorage, AK 99503

Tel: (907) 334-9642

Fax: (907) 337-0493

E-mail: info@spiritpathyoga.com

Mailing address:

Spirit Path Yoga Studio & Wellness Center LLC

5432 East Northern Lights Blvd. #407

Anchorage, Alaska 99508

Spirit Path is designed to have a warm and welcoming feel with modern styling in raspberry, rust tones, and greens. The 394 sq foot waiting room plus all open public spaces have soothing music and lighting. We have quality herbal products, books on Ayurveda, home health tools, and yoga supplies available at our shop. The 1000 sq foot main yoga room is mirror-less, with props along the back wall, covered windows, and uses far-infrared heating. The 500 sq. ft. classroom is well-equipped for student use with bose sound system, large projector area, dry erase board, folding chairs and tables, and sufficient storage for an apocothery area. We have three decorated treatment rooms, which will be available for the use of students during the internship portion of studies

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Instructors and Staff

Amanda J. Lyon: *Ayurveda Director/Faculty:* Amanda is a Clinical Ayurvedic Specialist and Panchakarma Specialist trained at the California College of Ayurveda; Sivananda Certified Yoga Instructor; Ayurvedic Yoga Therapist and Ayurvedic Yoga Therapist Instructor; Massage Practitioner trained at the Phillips School of Massage; Reiki Master/Teacher; and student of advanced Ayurvedic Pulse Diagnosis since 2003. Amanda is the Ayurveda Director at Spirit Path Ayurveda Education and Kanyakumari Ayurveda Education where she instructs the Year One and Year Two Certified Ayurveda Practitioner Programs and mentors interns. Amanda serves as an Advisor to the Curriculum and Exam Committee of the National Association of Ayurvedic Medicine (NAMA).

Amanda has worked for the California College of Ayurveda as Director of Herbal Studies and Internship, where she developed an Advanced Ayurvedic Herbal Apprenticeship program and started an educational garden of medicinal herbs. Amanda worked as a Master Teacher for CCA. Amanda has practiced Panchakarma and Body therapies at Shaktiveda, Inc where she also taught advanced Panchakarma courses for Ayurvedic Practitioners with Dr. Mary Jo Cravatta. Amanda has been a featured Ayurvedic speaker at the NAMA Conference, University of Wisconsin, various Wellness Fairs, and the Northern California Women's Herbal Symposium in addition to teaching yoga workshops in California, Hawaii, and Maryland. Amanda has a B.A. from the University of Maryland in Studio Arts and Photography (2000).

Cassandra Lidin L.Ac., RYT: *Spirit Path Center Director:* Cassandra Lidin, L.Ac, R.Yt., CAE: Spirit Path Center Yoga and Wellness Director and Owner: Cassandra has committed her life to eastern traditions and healing practices. She is Nationally and AK State Certified to practice Acupuncture, where she incorporates acupuncture, biomedicine, nutrition, manual therapies, massage, qi gong, and yoga. She is a Certified Ayurvedic Educator through Kanyakumari Ayurveda Education. As a certified yoga instructor, she helps facilitate safe movement for recovery and deepening self awareness. Cassandra gained her Masters degree from TAI Sophia in 2004 with a focus in 5 Element Acupuncture. This style of Acupuncture is based on natural cycles and seasonally balanced living, therefore supporting deep health and disease prevention. She has also studied Chinese Medicine Dietetics, Qi Gong, and Manual therapies such as neuro muscular reeducation, shiatsu, sotai, and is strongly influenced by ayurvedic therapies.

Level 1 Ayurveda Health Counselor Course Description

Level 1 AHC Program Outline:

Module 1: History & Philosophy of Ayurveda and Yoga

Module 2: Ayurvedic Anatomy & Physiology I: Elements, Doshas, Subdoshas, Ayurvedic Assessment of Prakriti and Vikriti, Dhatus, Ojas, Introduction to Dinacharya (Ayurvedic Lifestyle), Superficial Pulse Diagnosis

Module 3: Ayurvedic Anatomy and Physiology II and Introduction to Nutrition: Agni, Dhatus, and formation of the Dhatus; Examination of the Dhatus; Rasa, Virya, Vipaka, Prabhava, the six tastes, Guidelines for Healthy Eating, Healing Pulse

Module 4: Ayurvedic Anatomy and Physiology III: Srotas, Malas, Pathology, Prognosis, and Examination of the Gross Srotas, Prakruti Pulse Diagnosis

Module 5: Ayurvedic Examination, Evaluation, and Psychology I: Structural and Functional evaluation of the Doshas, tongue diagnosis, Gunas and Doshas in evaluation of personality, Koshas and Nadis, Vata Subdosha Pulse Diagnosis

Module 6: Ayurvedic Psychology II: Chakras, Mental Prakruti and Vikruti and treatment of the mind, Pitta Subdosha Pulse Diagnosis

Module 7: Ayurvedic Nutrition and Cooking: Categories of Food, using food as medicine, dietary coaching, cooking demonstration, and kitchari recipes

Module 8: Ayurvedic Herbalism I and Holistic Therapies: Herbal actions, herbs and the dhatus, herbs and the srotas, aromatherapy, chromotherapy, gem therapy, asana, Kapha Subdosha Pulse Diagnosis

Module 9: Ayurvedic Herbalism II, Experiential: Common preparations of herbs, anupanas, developing formulas, hands-on preparation of herbal formulas

Module 10: Principles of Panchakarma – detoxification and cleansing practices.

Module 11: Internship Fundamentals, Patient Management, Patient Psychology, Practice Management

Module 12: Case Discussion, Business Management, Internship Support

Class Days and Times: Classes meet for two weekends in a row, every other month. Each module is one weekend, Friday from 5-8pm, Saturday & Sunday 9am-5:30pm for Module 1 – 10. Module 11 and 12 are Saturday and Sunday only from 9 am – 5 pm.

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Additional Study Groups via webex seminar will take place between Modules 2 and 3, 4 and 5, 6 and 7, 8 and 9, and in December. Webex seminars will take place at Spirit Path, and students are required to attend at least 4 of the 5 sessions. Seminars will take place on a Wednesday evening from 6 – 7:30pm.

Saturday and Sunday include class potlucks for lunch where students have the opportunity to practice new recipes and follow Ayurvedic healthy eating guidelines.

Students are expected to spend approximately 10 hours per week on homework and studying outside of class. Teaching includes gurukula style (knowledge passed down directly through teacher to student) and many small group activities, discussions, student presentations and hands-on experientials. There are routine quizzes to assure that graduates have a good grasp of all material covered before being certified.

**Module 5, 6, 11, and 12 will take place via Webex seminar. Students are required to meet in the classroom and the instructor will be projected teaching live via an internet classroom. Students will still have small group activities, discussions, student presentations, and hands-on experientials. Webex classroom learning enables the instructor to present slides, have a virtual whiteboard, to project multiple documents, and to have a visual connection with the students in the classroom.*

The AHC Academic program consists of 600 credit hours and focuses on the philosophy and fundamental principles of Ayurveda. Successful completion of Level 1 Academics prepares students to provide public education regarding the basic tenets of Ayurveda, such as healthy diet, daily routines, self-care, etc. Starting with Module 2, students begin learning business skills and practice building.

The Level 1: AHC Internship program consists of 158 hours of internship and patient counseling. Ayurvedic Health Counselors are able to evaluate the patient's constitution and imbalance (prakriti and vikruti) and focus on the prevention of disease by recommending proper dietary and lifestyle changes. Ayurvedic Health Counselors work with herbal formulas to balance the digestive system, the mind/emotions, and to support ojas. Counselors are trained to confidently provide a Summary of Findings to clients and to provide follow-up care.

Students are required to complete a minimum of 10 new patient evaluations and 25 patient follow up evaluations in a minimum of 6 months with a maximum of 24 months. Patient visits may take place either at the Spirit Path clinic, or in the student's community. Once 6 months have passed and the intern has completed the minimum number of patient visits, the

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intern may practice privately as an Ayurvedic Health Counselor. Students may be completing the Ayurvedic Health Counselor internship patient visits while attending Level 2: Certified Ayurvedic Practitioner Academic classes. Minimum internship requirements must be met before beginning the Certified Ayurvedic Practitioner Internship.

All intern visits with patients will be supervised by the class instructor, or by another supervisor selected and trained by the class instructor. Supervision takes place via phone and email. Students scan and fax patient paperwork to the supervisor, who reviews and discusses it with the intern. All recommendations are approved by the intern supervisor. Students are responsible for long-distance phone charges when applicable. Students are required to have internet access and a computer scanner to send paperwork to their supervisors.

Level 2 Certified Ayurveda Practitioner Course Description

Level 2 CAP Class Outline:

Module 1: Ayurvedic Care for the Digestive System

Module 2: Ayurvedic Care for the Respiratory System

Module 3: Ayurvedic Care for the Urinary & Male Reproductive System

Module 4: Ayurvedic Care for the Cardiovascular System

Module 5: Ayurvedic Care for the Women's Reproductive System & Pregnancy

Module 6: Advanced Herbalism

Module 7: Ayurvedic Care for the Nervous System (Via Webinar*)

Module 8: Ayurvedic Care for the Endocrine and Immune Systems (Via Webinar*)

Module 9: General Diagnostics: Blood Pressure, Abdominal Exam, Case Studies, Pulse Diagnosis Review

Module 10: Advanced Panchakarma Theories and Practices

Module 11: Introduction to Internship, Patient Management, Case Discussions, Business Management (Via Webinar*)

Module 12: Business Management, Case Presentations and Case Discussion (Via Webinar*)

Class Days and Times: Classes meet for two weekends in a row at Spirit Path, every other month. Each Module is one weekend class, Friday from 5-8pm, Saturday & Sunday 9am-5:30pm for Module 1 – 10. Module 11 and 12 are Saturday and Sunday only from 9 am – 5 pm.

Additional Study Groups via webex seminar will take place between Modules 2 and 3, 4 and 5, 6 and 7, 8 and 9, and in December. Webinars will take place at Spirit Path, and students are

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required to attend at least 4 of the 5 sessions. Seminars will take place on a Wednesday evening from 6 – 7:30pm.

Saturday and Sunday include class potlucks for lunch where students have the opportunity to practice new recipes and follow Ayurvedic healthy eating guidelines.

Students are expected to spend approximately 10 hours per week on homework and studying outside of class. Teaching includes gurukula style (knowledge passed down directly through teacher to student) and many small group activities, discussions, student presentations and hands-on experientials. There are routine quizzes to assure that graduates have a good grasp of all material covered before being certified.

**Module 7, 8, 11, and 12 will take place via webinar. Students are required to meet in the classroom and the instructor will be projected teaching live via an internet classroom. Students will still have small group activities, discussions, student presentations, and hands-on experientials. Webinar classroom learning enables the instructor to present slides, have a virtual whiteboard, to project multiple documents, and to have a visual connection with the students in the classroom.*

The CAP Academic Program Modules 1, 2, 3, 4, 5, 7, and 8 focus on the Ayurvedic evaluation of the body systems and disease as understood by western medicine and consists of 500 credit hours. These modules deepen the student's understanding of Level 1 material. Module 6, Advanced Herbalism is a hands-on workshop where students practice designing and creating herbal formulas. Module 9 is spent integrating all information covered until that point in time and introduces the basic diagnostic techniques of blood pressure and abdominal exam. Module 10 introduces the student to various types of home cleanses and use of Ayurvedic body therapies. Module 11 introduces to the student the policies and procedures of internship, and Module 12 provides support for the student in the internship process.

Each class will also continue exploring concepts of pulse diagnosis including knowledge of the dhatus in the pulse, subdosha connections and intuitive understanding.

Students will also begin to integrate various holistic business concepts to encourage a successful practice. By the internship classes, students will have business cards, personal statements, patient handouts, and the ability to give an introductory presentation to the public.

The Certified Ayurvedic Practitioner internship requires completion of a minimum of 20 new patients and 40 follow-up visits in a minimum of 6 months with a maximum of 12 months and completes 262 hours. The first patient visit will be given to a classmate and the fee is included in tuition costs. Patient visits may take place either at the Spirit Path clinic, or

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in the student's community. During Level 2, interns are fully trained in taking complete Ayurvedic intake examinations, pulse and tongue diagnosis, making appropriate herbal recommendations according to the person's condition, the qualities of the herbs suggested, and knowledge of any symptoms and body systems involved.

All intern visits with patients will be supervised by the class instructor, or by another supervisor selected and trained by the class instructor. Supervision takes place via phone and email. Students scan and fax patient paperwork to the supervisor, who reviews and discusses it with the intern. All recommendations are approved by the intern supervisor. Students are responsible for long-distance phone charges when applicable. Students are required to have internet access and a computer scanner to send paperwork to their supervisors.

Once 6 months have passed and the intern has completed the minimum number of patient visits, the intern may practice privately as a Certified Ayurvedic Practitioner.

Academic Calendar

2014 AHC Academic Calendar:

Level 1, 2014: February – January, 12 weekends

Class Dates:

Weekends, exact dates TBD

Module 1: February 2014

Module 2: February 2014

Webinar Review Session March 2014

Module 3: April 2014

Module 4: April 2014

Webinar Review Session May 2014

Module 5: June 2014 (Via Webinar*)

Module 6: June 2014 (Via Webinar*)

Webinar Review Session July 2014

Module 7: August 2014

Module 8: August 2014

Webinar Review Session September 2014

Module 9: October 2014

Module 10: October 2014

Module 11: November 2014 (Via Webinar*)

Webinar Review Session December 2014

Module 12: January 2015 (Via Webinar*)

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2015 CAP Academic Calendar:

Level 2, 2015: February – January, 12 weekends

Class Dates:

Weekends, exact dates TBD

Module 1: February 2015

Module 2: February 2015`

Webinar Review Session March 2015

Module 3: April 2015

Module 4: April 2015

Webinar Review Session May 2015

Module 5: June 2015

Module 6: June 2015

Webinar Review Session June 2015

Module 7: August 2015 (Via Webinar*)

Module 8: August 2015 (Via Webinar*)

Webinar Review Session September 2015

Module 9: October 2015

Module 10: October 2015

Module 11: November 2015 (Via Webinar*)

Webinar Review Session December 2015

Module 12: January 2016 (Via Webinar*)

Program Hours

Level 1, 2014 AHC Hours Calculation: 758 hours

Academic:

Academics: 10 weekends: 200 hours teacher contact

For each module the students should expect 30 – 40 hours of home study (approximately 10 hours weekly): 300 hours

Additional 100 hour project

Total Academic Hours: 600

Internship:

10 initial visits: 10 hours teacher contact / 30 hours patient contact / 30 hours home study

25 follow up visits: 6 hours teacher contact / 25 hours patient contact / 25 hours home study

Total Internship Hours: 48 hours teacher contact / 55 hours patient contact / 55 hours home study = 158 hours

Total: 758 hours

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CAP Level 2 Hours Calculation: 762 hours

Academic:

Academics 10 weekends: 200 hours teacher contact

For each module the students should expect 30 – 40 hours of home study (approximately 10 hours weekly): 300 hours

Total Academic Hours: 500 hours

Internship:

Internship weekends, 2 days each: 32 hours teacher contact

20 initial visits: 20 hours teacher contact / 60 hours patient contact / 60 hours home study

40 follow up visits: 10 hours teacher contact / 40 hours patient contact / 40 hours home study

Total Internship Hours: 62 hours teacher contact / 100 hours patient contact / 100 hours home study = 262 hours

Total Hours: 762 hours

Admissions Policies and Regulations

Students are required be high school graduates, or have GED equivalent to apply for the Level 1, AHC program. Students are required to complete a college-level anatomy and physiology course before beginning Level 1, AHC Internship.

Students who have completed the Level 1, AHC academic portion of the course and have begun the Level 1, AHC internship, may apply for the Level 2, CAP course.

The application for admission is included in the back of the catalog. The application must be turned in with a \$75 non-refundable application fee. The student may set up a time to speak with the Ayurveda Director or Center Director to answer questions, and upon acceptance into the program, the enrollment document must be submitted at least 30 days before the first day of classes.

Academic Policy, Grading, and Graduation

Grading for Level I AHC and Level II CAP is divided into 6 sections:

- 1) Homework / Study Guide
- 2) Quizzes
- 3) Mid-term
- 4) Final Project

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- 5) Attendance and Class Participation
- 6) Internship Completion

Each section is graded on a pass/fail basis. Students must receive a passing grade for all sections in order to receive CAE/CAP certification.

Homework/Study Guide Requirements

- 1) All homework assignments must be complete and a printed copy brought to class to turn in.
- 2) Students must bring an additional copy of all homework to class for note-taking.
- 3) Homework is graded on a pass/fail basis. Homework that is complete, correct, turned in on time, and showing integration of Ayurvedic concepts will receive a passing grade.
- 4) Incomplete, or incorrect will receive a failing grade, but the student will have the opportunity to make corrections or complete an additional assignment in order to receive a passing grade upon approval of the instructor.
- 5) Any corrected homework or additional assignments must be emailed to the instructor within one week of the assignment due date.
- 6) Students who turn in homework late are required to schedule a one-hour meeting with the instructor upon turning in the homework to receive a passing grade. During the meeting the student and instructor will review the homework together. This is considered a private tutorial at the cost of \$35/hr.
- 7) All homework assignments must be complete with a passing grade.
- 8) Students should expect 30 - 40 hours of study time per academic module to complete required reading and homework assignments.

Quizzes

- 1) Students will have a short quiz covering the required reading and their homework/study guide at the beginning of some classes:
 1. CAE: At the beginning of Module 2, 3, 4, 5, 6, 8, and 10
 2. CAP: At the beginning of Module 2, 3, 4, 5, 6, 7, and 10
- 2) Quizzes are graded on a pass/fail basis. Students who answer 70% or higher correct will receive a passing grade. If a student receives a failing grade, they will have the opportunity to complete an additional assignment to receive a passing grade upon approval of the instructor, to be completed and emailed to the instructor within two weeks from the current class date.

Mid-Term AHC

- 1) The mid-term will take place at the beginning of class on Module 6 and will cover

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material studied during Module 1 – 5.

- 2) At Module 6 all students must turn in the 5 page paper to accompany their class presentation. See details in the AHC 100 Hour Requirements.
- 3) The mid-term will be graded on a pass/fail basis. Students who answer 70% or higher correct will receive a passing grade. If a student receives a failing grade, they will have the opportunity to complete an additional assignment to receive a passing grade upon approval of the instructor, to be completed and emailed to the instructor within two weeks from the mid-term date.

Mid-Term Project CAP

- 1) At the beginning of Module 6 (mid-term), CAP students must have several items prepared to turn in:
 1. The student must prepare a 1 hour introductory talk about Ayurveda. The student must turn in an outline of their introductory talk along with handouts that would be given to the audience members and a sample flyer prepared for their talk
 2. The student must design and order business cards and turn in an example
 3. The student must prepare handouts describing Vata, Pitta, and Kapha prakriti and vikruti. These will be used during practice.
 4. The student must prepare handouts describing the procedure for self-abhyanga, healthy eating guidelines, aromatherapy, and color therapy. The handouts should include (except for the healthy eating guidelines) information for each dosha.

Final Project: AHC and CAP

- 1) Each student will have to complete an ayurvedic initial consultation, report of findings, and one follow-up visit on a classmate, with the guidance of their intern supervisor. If possible, these meetings should take place in person. If distance is an issue, then the meetings may take place via skype.
- 2) Detailed instructions will be given during Internship Module 1. The evaluation is due by the beginning of Internship Module 2. Once complete, the student is eligible to see other patients as an intern.

Internship: AHC and CAP

- 1) Upon completing the academic requirements of Level I and the initial consultation on a classmate, AHC interns must complete 10 additional initial consultations and 25 follow-up visits, in order to receive AHC certification
- 2) Upon completing the academic requirements of Level II and the initial consultation on a classmate, CAP interns must complete 20 additional initial consultations and 40 follow-up visits, in order to receive CAP certification
- 3) Interns will be assigned supervisors, who will approve all casework. Additional details

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are given during the Internship Module 1, class.

- 4) AHC internship packages are \$175 for the client to receive an Initial Consultation, Report of Findings, and 2 Follow Up Visits. Additional Follow Up Visits are \$65.
- 5) CAP internship packages are \$225 for the client to receive an Initial Consultation, Report of Findings, and 2 Follow Up Visits. Additional Follow Up Visits are \$75. Interns must complete the number of visits sold in the packages, so a total of 40 follow up visits must be complete. However, once minimum requirements are met and 6 months have passed, interns may begin private practice. Any package visits remaining must be fulfilled by the intern, and the intern may choose to receive supervision or practice independently.
- 6) Fees from all packages sold during internship are paid directly to Spirit Path. Students who are practicing in private locations (outside of Spirit Path) may charge additional fees beyond the package and follow up visit costs. However, the minimum fees are paid directly to Spirit Path to cover administrative costs and supervision.
- 7) Internship should be completed within 6-12 months. 6 months is the minimum amount of time to complete internship, and if the minimum number of patient visits is met is less than 6 months, the intern continues until 6 months are complete. The 6 month time period begins at Module 11.

AHC and CAP Internship Extension:

- 1) If the internship minimum requirements are not met within 12 months, interns must schedule monthly one hour support meetings with the supervisor or instructor at a rate of \$35/hr. Monthly meetings may continue for up to 12 months. During these meetings the supervisor or instructor will assist the intern in developing and implementing a plan for successful completion of internship.
- 2) If the internship requirements are not met within the second 12 months, the intern must pay an additional \$1000 and re-attend the internship classes before continuing internship. Students are required to purchase a new Internship Handbook. Students will be required to meet any new internship policies and requirements.

Attendance and Class Participation

Attendance

- 1) Each module consists of 20 hours of class time. Students may not miss a total of more than 40 hours of class, or 2 modules with an excused absence. If more than 2 modules or 40 hours of class are missed the student must attend all missed modules

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with a future class. Students will not receive certification as a AHC or CAP until the missed modules are complete.

- 2) If an entire module is missed, a one-hour conference with the instructor may be required at the discretion of the instructor at the cost of \$35/hr for private tutorial.
- 3) Students who arrive to class more than 30 minutes late or who leave class early are considered absent for the entire day, unless excused by the instructor.
- 4) AHC Herbalism II (Level 1, Module 9) and CAP Advanced Herbalism (Level 2, Module 8) require in-class attendance and may not be missed. If a student misses this module (even with an excused absence), the student must either receive private instruction at a cost of \$250 (subject to instructor availability), or the student may defer graduation and attend the missed module with a future class. Students will not receive certification as a AHC or CAP until the module is complete.
- 5) Internship Module 1 for AHC and CAP students require in-class attendance and may not be missed. If a student misses this module (even with an excused absence), the student will not be eligible to begin internship until the student reads the internship handbook, and receives private instruction at a cost of \$100 for up to 4 hours, plus \$35/hr for any additional time needed after the first 4 hours.

Class Participation

- 1) Students must bring completed homework assignments, textbooks, and supplemental materials with them to class.
- 2) Students must be prepared to discuss the required reading material during class.
- 3) Students are expected to arrive 10 minutes before class begins and attend the full day.
- 4) Arriving late to class or leaving early more than three times constitutes a failing grade in class participation, unless excused by the instructor. Additional assignments may be given for the student to receive a passing grade at the discretion of the instructor.

Study Groups

- 1) Students are required to hold 2 separate study groups between each class. A study group consists of at least 2 students.
- 2) Study groups may take place over the phone, at Spirit Path, or in another location of the students choosing.

Webinar Support

- 1) Study Groups via webinar will take place between Modules 2 and 3, 4 and 5, 6 and 7, 8 and 9, and in December.
- 2) Webinars will take place at Spirit Path, and students are required to attend at least 4 of the 5 sessions. Webinars will take place on a Wednesday evening from 6 – 7:30pm.
- 3) Students attend this study group at Spirit Path, where the instructor will be projected

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and available via phone conference to review homework and answer questions.

- 4) If a student is unable to attend any of the study groups, the student must meet with either another student to go over the material covered during the webinar study group or schedule a private 1 hour teleconference with the instructor at the private tutorial rate of \$25/hr.

Academic Assistance and Support

- 1) Students are welcome to contact the instructor at any time via email with questions about homework, class concepts, etc. Please do not hesitate to ask for help when it is needed.
- 2) If a student is having extreme difficulty with academic material/concepts that cannot be answered adequately via email, engaging other students in conversation, or through webinar study sessions, the student may request a private phone tutorial with an instructor, at the cost of \$35/hr.
- 3) Students are encourage to take advantage of study groups and webinar study sessions to maintain consistency with all academic material.

AHC 100 Hour Requirement

As a part of your AHC certification, each student is required to complete an additional 100 hours of additional Ayurvedic training and/or research.

The first 25 hours:

Everyone will automatically receive 25 hours for the presentation (and accompanying research paper) that they will give during class starting after Module 4. The presentation should be 15 to 20 minutes in length.

Consider preparing a talk on some basic Ayurvedic concepts as if you were presenting them to newcomers. You can do a presentation whatever aspect of Ayurveda has heart and meaning for you such as the importance and techniques for using neti, Ayurvedic Aromatherapy, home use of color therapy, etc.

Students will be assigned a date to give their presentation. If a student is unable to give the presentation on the date assigned, then the student is responsible for finding a classmate to switch times. If the student is unable to switch times with another classmate, then the student is required to write a second 5 page paper on a different topic of the student's choosing.

Each student must turn in a 5 page (minimum) paper covering the information in their

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presentation. This paper is due at the beginning of Module 6.

The 5 page paper should be:

- Double Spaced
- 12 point type
- Times New Roman Font
- No more than 1 inch margins
- A separate page should be included listing at least 2 references for your paper

The remaining 75 hours may include:

1) The Anatomy/Physiology course required for Year Two Ayurveda. You may choose an on-line course or a local community college.

2) Reading Ayurveda, Yoga (or related modalities - Ayurvedic aromatherapy, Jyotish, pulse diagnosis, etc.) Books – depending on the length of the book, we will allow approx. 10+ hours per book. **A one-page summary/report of the book** should accompany for documentation.

3) Workshops - You can attend **workshops on-line or in person** that will enhance your ability as an Ayurvedic Health Counselor. Examples:

- Other Spirit Path events/workshops
- Herbalism
- Aromatherapy (Floracopeia has a distance certification course)
- How to conduct a business (check out workshops on the Wisconsin Small Business Development Center website)
- Food / cooking / nutrition
- Philosophy
- Psychology
- Specialty Yoga - not your regular classes but a class such as yoga for the sacroiliac joint or Restorative Yoga
- Please run your ideas by your teacher first if something is questionable
- **Each workshop must be documented** with a one page paper describing the event as well as how this new information will benefit you as an Ayurveda Health Counselor. Please include publicity that describes the event (flyers, write-ups, etc).

4) Special Projects: Your instructor may have a research or other project requiring assistance. If you would like to perform Ayurveda research or work on special projects as part of your hours, please let your instructor know.

How to calculate the hours:

Time spent in workshops is counted as 1.5 hours for each hour spent in class - for example if you are going to a three-hour workshop you can count it as 4.5 hours. You cannot use travel

time as hours. Please ask for clarification if you have any questions.

Documentation:

The 100 hour project is due at the beginning of Internship Module 1. Please present your complete and well-organized documentation papers to your teacher in a nice folder at the beginning of Internship Module 1. Your folder should include a copy of your 5-page paper, book reports (if applicable), required documentation for workshops/classes, and/or hours calculation and description of any special projects completed.

Workshops/classes/training taken prior to your class start date may not be included as part of your 75 hours. The 100 hour project must be completed before students may see patients during internship.

Probation, Dismissal and Readmittance

A student who fails to meet academic standards or who violates the Student Conduct Policy will be put on probationary status after meeting with the supervising instructor for a time period of up to 2 months. If the student has failed to meet academic requirements or if the student continues to violate the Student Conduct Policy when the probationary period expires, the student may be dismissed from the school. Readmittance will only be considered in extreme circumstances at the discretion of the faculty.

Student Conduct Policy

Spirit Path Ayurveda Education students are expected to accept and adhere to high standards of personal conduct.

Students shall:

1. Conduct yourself as a representative of Spirit Path Ayurveda and the Ayurvedic profession while you are a student or intern at Spirit Path Ayurveda Education.
2. Treat all members of the Spirit Path community with courtesy, respect and dignity.
3. Treat the Spirit Path facilities with respect, including buildings, grounds and furnishings.
4. Respect the rights and property of other members of the Spirit Path community.
5. Accept responsibility for and the consequences of their actions and encourage responsible conduct in others.
6. Use of drugs or alcohol at Spirit Path or coming to class under the influence of drugs or alcohol is prohibited and are cause for immediate academic dismissal.
7. Have no firearms, weapons or any other item designed to inflict harm or damage at Spirit Path. Possession of these items at Spirit Path is cause for immediate academic dismissal.

Level 1 Ayurveda Health Counselor starting February 2014

Level 2 Certified Ayurveda Practitioner starting February 2015

Class Conduct:

Students are expected to conduct themselves at Spirit Path and in class so others are not distracted from the pursuit of learning. Discourteous or unseemly conduct may result in a student being asked to leave the classroom. Persistent misconduct on the part of a student is subject to academic dismissal. Some examples of classroom misconduct that will not be tolerated include, but are not limited to the following: Disorderly conduct; Harassment; Verbal abuse; Assault; Interference with the educational opportunity of other students

Personal Conduct

Students may be disciplined for conduct, which constitutes a hazard to the health, safety, or well being of members of the Spirit Path or which is deemed detrimental to the interests of Spirit Path. Disciplinary action may be taken regardless of the existence of any criminal proceedings that may be pending.

Tuition and Fees

Level 1:

Level 1 Academic: \$4500 + \$200 healthcare fee

Level 1 Internship: \$800 + \$100 internship supervision fee

Total AHC/Ayurveda Year One Course Plus internship - \$5600

Level 2:

Level 2 Academic: \$5500

Level 2 Internship: \$1000 + \$175 internship supervision fee

Total Level 2 CAP plus Internship: \$6575

Registration: There is a \$75 non-refundable registration fee due with the application. In addition, a \$200 deposit which is deducted from the student's tuition is required upon acceptance to reserve a space.

AHC Required Texts

Purchased through Spirit Path:

Principles of Ayurvedic Medicine by *Dr. Marc Halpern* - \$135

Spirit Path AHC Text Supplement - \$100

Level 1 Ayurveda Health Counselor starting February 2014

Level 2 Certified Ayurveda Practitioner starting February 2015

Spirit Path AHC Internship Textbook (To be given out at the first Internship Module) - \$100

Business Mastery: A Guide for Creating a Fulfilling, Thriving Business and Keeping it Successful by Cherie M. Sohlen-Moe - \$36.99

The Yoga of Herbs by Dr. Vasant Lad and Dr. David Frawley- \$15.95

Sheng Zhen Wuji Yuan Gong: Qigong of Unconditional Love by Li Jun Feng - \$24.95

Ayurveda and Aromatherapy by Dr. Light Miller - \$21.95

Plus any ONE of the following:

The Ayurvedic Cookbook by Amadea Morningstar - \$17.95

Eat-Taste-Heal: An Ayurvedic Cookbook for Modern Living by Thomas Yarema, Daniel Rhoda and Johnny Brannigan - \$29.95

Ayurvedic Cooking for Westerners by Amadea Morningstar - \$19.95

Heaven's Banquet: Vegetarian Cooking for Lifelong Health the Ayurveda Way by Miriam Kasin Hospodar - \$25.00

Ayurvedic Cooking for Self Healing by Usha Lad and Vasant Lad - \$15.00

Ayurvedic Healing Cuisine by Harish Johari - \$19.95

Required texts and other supplies may be purchased from the college or any other available vendor.

CAP Required Texts

Purchased through Spirit Path:

Clinical Ayurvedic Medicine by Dr. Marc Halpern - \$185

Spirit Path CAP Text Supplement - \$150

Spirit Path CAP Internship Handbook (to be given at the Internship Class Module 11) - \$100

Available through Bookstores:

Ayurvedic Healing, A Comprehensive Guide by Dr. David Frawley - \$22.95

Ayurvedic Medicine: The Principles of Traditional Practice by Sebastian Pole - \$75.00

Tutoring

If a student is having extreme difficulty with academic material/concepts that cannot be answered adequately via email, engaging other students in conversation, or through webinar study sessions, the student may request a private phone tutorial with an instructor, at the cost of \$35/hr.

Payment Plans

There are 2 payment plans available:

- **Payment in full** due by February 2014 first day of class, per level
- 5-Payment plan, payments due February, April, June, August, and October, per level. These payments will be automatically deducted from a credit card kept on file at Spirit Path Ayurveda. There is a \$100 financing fee to apply for the 6 payment plan.

Refund Policy

A student has the right to cancel the Enrollment Agreement and obtain a refund of one hundred percent (100%) of the amount paid for institutional charges, less the application fee of \$75, upon submitting written notice to Spirit Path Ayurveda Education by the close of business on the first day of a student's scheduled attendance. The written notice of cancellation need not take any particular form and, however expressed, is effective if it shows that the student no longer wishes to be bound by the Enrollment Agreement. Any books, materials, and related supplies may be returned to the school within 30 days following a notice of cancellation. If a student fails to do so, the school may deduct the documented cost of these books from any refund due to the student.

STUDENT'S RIGHT TO CANCEL

A student has the right to cancel the Payment Agreement and obtain a refund or withdraw from a course after instruction has started and receive a pro-rata refund for the unused portion of the tuition and other refundable charges. A student who withdraws or is dismissed after attending at least one class, but before completing 50% of the instruction in the current enrollment period, is entitled to a pro-rata refund. Students will receive a refund within 30 days of the termination date as follows:

- a) Prior to completion of the first day of class, but before the second day of class, 100% refund will be given
- b) After completion of the first day of class but prior to the completion of 10% of the program, the refund will be 90% of tuition after deducting the registration fee.
- c) After completion of 10%, but prior to completion of 20% of the program, the refund will be 80% of tuition after deducting the registration fee.
- d) After completion of 20%, but prior to completion of 25% of the program, the refund will be 55% of tuition after deducting the registration fee.
- e) After completion of 25%, but prior to completion of 50% of the program, the refund will be 30% of tuition after deducting the registration fee.
- f) After completion of 50% of the course no refund will be given, and the student is required to remain committed to the

entire amount of tuition.

Refunds will be computed from the last day of physical attendance. As part of this policy, the school may retain a one-time application fee of no more than \$75. The school will make every effort to refund prepaid amounts for books, supplies, and other charges. A student will receive the refund within 30 days of the termination date. The school will make a 'good faith' effort to make a refund, if necessary, by sending certified mail to student's and parent's permanent address.

If the school cancels or discontinues a course or educational program, the school will make a full refund of all charges. Refunds will be paid within 30 day of cancellation. I have carefully read, understand, and agree to abide by the above statements as a student, employee, or affiliate of Spirit Path Ayurveda.

Grievance Policy

If a student has an academic complaint, the student is first encouraged to discuss any concerns with the instructor. If not satisfied with the outcome of these discussions, the student may then speak with the Center Director. If not satisfied with the outcome, the student may seek appeal through the State of Alaska Commission on Postsecondary Education.

Student Records

Student records will be maintained by Spirit Path Ayurveda Education. At any time, students may request a copy of academic records. Such requests must be submitted in writing to the Center Director or Ayurveda Director. Records will be given to the student within 5 business days of the written request.

Statement of Non-Transference

Spirit Path Ayurveda Education cannot guarantee that it's credits or programs are transferable, and the transfer of credits is always at the discretion of the receiving institution, depending on the comparability of curricula and accreditation.