

TABLE OF CONTENTS

AYURVEDA FOR THE 21ST CENTURY.....	2
ACADEMIC PROGRAMS	3
SEMINARS AND INTENSIVES	6
ADMISSIONS AND TUITION	8
FREQUENTLY ASKED QUESTIONS	12
A BRIEF INTERVIEW WITH DR. MARC HALPERN	13
GENERAL INFORMATION	13
Attendance and Performance Policies	13
Other Student Policies	15
Post-Graduation	15
Leave-of-Absence, Cancellation, and Refunds	16
FACULTY	17

The contents of this catalog are valid from the dates of
January 1, 2010 through December 31, 2010.

Vision of the California College of Ayurveda

The California College of Ayurveda (CCA) is dedicated to providing the highest quality education, health care, and research in the field of Ayurveda. We train students to become the doctors of the future, practitioners dedicated to understanding the whole person physically, emotionally, and spiritually. From this understanding, practitioners will be able to identify areas of disharmony between a client's actions, his or her constitution, and the environment. Practitioners will then understand how this disharmony relates to the client's illness or imbalance, and will develop a program of care to re-establish harmony and support their clients on their journey toward optimal health.

State Approval and International Recognition

The California College of Ayurveda is a California state-approved college for the study of Ayurveda. CCA exceeds the educational guidelines of the National Ayurvedic Medical Association (NAMA) and the California Association of Ayurvedic Medicine (CAAM).

The California College of Ayurveda is the only U.S. school selected by the prestigious Gujarat Ayurveda University as a partner in developing International Ayurvedic standards of education. (Gujarat Ayurveda University is the largest Ayurvedic University in India.)

Continuing Education Credits

CCA has also been approved as a provider by the California Board of Registered Nursing to offer up to 500 contact hours of Continuing Education for registered nurses in California (Provider CEP13907). In addition, CCA's Ayurvedic Body Therapy programs have been approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) for continuing education credits for massage therapists and bodywork professionals.

"The experience was so gratifying and there is nothing else I would rather have been doing."
— Jamie Lefcovich

AYURVEDA FOR THE 21ST CENTURY

Ayurveda, which literally means "The Science of Life," is the healing science from India. It has been practiced for over 5,000 years by millions of individuals to assist the body in journeying back to optimal health. More and more people are



discovering that these ancient principles are easily applicable to modern life and that they have the power to create health and contentment. Health comes when we live in harmony with our true nature as spirit. Ayurveda allows us to get a glimpse of our individual true nature and to find the best ways to live a life of balance. It provides holistic understanding and healing to people on all levels: physically, emotionally, and spiritually. Ayurveda uses a multitude of healing modalities including herbs, diet, colors, aromas, sound, lifestyle recommendations, pancha karma, meditation, and yoga.

The Clinical Ayurvedic Specialist and the Ayurvedic Health Practitioner

CCA's Clinical Ayurvedic Specialists (C.A.S.) and Ayurvedic Health Practitioners (A.H.P.) are the most

thoroughly trained practitioners in the field of Ayurveda in the United States. With more than 400 graduates, CCA provides both academic and clinical training in preparation for students to go into private practice. It is the dharma (purpose) of a C.A.S. and an A.H.P. to share their knowledge and principles of Ayurveda to uplift the health and well-being of the community.

Our graduates are trained to understand a client physically, emotionally, and spiritually. From this understanding, they identify the client's constitution and the nature of any imbalances, and then design and implement an appropriate treatment program. One part healer, one part counselor, one part coach, and one part guide, our graduates help people create optimal conditions for healing, balance and harmony in their lives. Ayurvedic Health Practitioners and Clinical Ayurvedic Specialists transform the lives of their clients. Clinical Ayurvedic Specialists are the doctors of the future, using principles from the past to help people achieve balance, harmony, and health in the present.

Professional Opportunities

Clinical Ayurvedic Specialists and Ayurvedic Health Practitioners have many options for using their training in the field of holistic health and education. An A.H.P. or C.A.S. may choose to enter into private practice, join other health care practitioners at a wellness center, teach public education classes on Ayurvedic principles, supervise a Pancha Karma center, teach at an Ayurvedic college, or conduct workshops and seminars. Ayurvedic Health Practitioners and Clinical Ayurvedic Specialists who are already licensed health care providers may use their Ayurvedic training to enhance their current health care practices. All graduates have the unique opportunity to decide in which way they will use their education to serve their community, the planet and all of humanity.

"Every day in my Ayurvedic practice I am so grateful and inspired by this wonderfully inclusive science and for the depth of training I received from the California College of Ayurveda. My training has given me the opportunity to see the world in a new way and to help people recreate balance and harmony in their lives."

— Michelle Schaefer

"The depth of this course, the ease of learning, and the generosity of its delivery made a first time, one of a kind, lasting personal and professional experience. Thanks, Dr. Marc!"

— Gina Caccavalla

ACADEMIC PROGRAMS

The California College of Ayurveda offers the most comprehensive curriculum in the field of Ayurvedic Medicine in the United States. In addition to providing students with training in the fundamental principles and practices of Ayurveda, at CCA, students study disease management and receive the clinical training necessary to become successful in practice. In order to achieve these goals, the training program is offered in three levels at several locations and in differing formats. *

Level One: Ayurvedic Health Educator (A.H.E.) (545 hours)

This program offers a joint certificate of completion from both the California College of Ayurveda and the American Institute of Vedic Studies. The certificate is signed by Dr. David Frawley and Dr. Marc Halpern. This program is ideal for students wishing to integrate their training in Ayurveda with an existing health care degree or for personal growth and/or self-healing. Graduates with no previous health care training may use this training to conduct community Ayurvedic educational workshops and seminars. This training combines well with our Ayurvedic Body Therapy certification and/or Ayurvedic Yoga Therapy certification allowing Level-One graduates to integrate these healing therapies into their practices. Level One is a pre-requisite for Level Two.

Curriculum

- Module 1: Philosophy
- Module 2: Ayurvedic Anatomy and Physiology I
- Module 3: Ayurvedic Anatomy and Physiology II
- Module 4: Pathology
- Module 5: Diagnostics I
- Module 6: Psychology I
- Module 7: Psychology II
- Module 8: Ayurvedic Nutrition
- Module 9: Introduction to Ayurvedic Herbalism
- Module 10: Color, Aroma, Sound and Lifestyle Therapies

Students completing the A.H.E. level of training have up to three years to begin Level Two training if they wish to continue their education. After three years, students will need to reapply to become active and take a placement examination in order to test their recall of basic A.H.E. program concepts.

Level Two: Clinical Ayurvedic Theory (737 additional hours: 1,282 total hours)

Level Two is a pre-requisite for our practical hands-on internships in preventative Ayurvedic medicine and clinical Ayurvedic medicine leading to certification as either an Ayurvedic Health Practitioner or a Clinical Ayurvedic Specialist. Students who complete this level, but do not go on to Level Three, will receive a certificate of completion.

Curriculum

- Module 1: Pancha Karma Theory
- Module 2: Diseases and Management of the Digestive System I
- Module 3: Diseases and Management of the Digestive System II
- Module 4: Diseases and Management of the Respiratory System
- Module 5: Diseases and Management of the Urinary System
- Module 6: Diseases and Management of the Cardiovascular System
- Module 7: Women's Health I: Pregnancy, Delivery and Introduction to Pediatrics
- Module 8: Women's Health II: Diseases of the Female Reproductive System

* Programs are held at the main campus in Grass Valley as well as at satellite locations in the San Francisco Bay Area and Southern California (Cerritos). Satellite locations are auxiliary teaching sites. CCA's administrative office staff, student records, and services are located at its main location in Grass Valley.

- Module 9: Diseases and Management of the Nervous System
- Module 10: Diseases and Management of Chronic Diseases of the Endocrine, Immune and Musculoskeletal Systems
- Module 11: Diagnostics II
- Module 12: Pulse Diagnosis Intensive
- Module 13: Making Herbal Medicines Lab

Level Three: Internships / Residency

When the students reach Level Three, they can choose between a six-month internship leading to certification as an Ayurvedic Health Practitioner and a 12-month internship leading to certification as a Clinical Ayurvedic Specialist. Both programs can take place either in Grass Valley as a residency or in the student's community as a field internship. During Level Three students are working directly with patients and are also attending classes.

This outstanding training is the only one of its kind in the United States and will help assure that the graduate is capable and competent to go into practice. Interns and residents work under the supervision of our clinical staff and design complex herbal formulations. Residents prepare these on-site under the direction of the Director of the Herb Department. Formulations are prepared in our herbal dispensary for off-site interns. Residents also participate in the school's community outreach and public education programs by giving public education talks and participating in public education booths at health fairs. The skills gained from these experiences help students to build their practices in the future.

Ayurvedic Health Practitioner Internship (six months; 256 additional hours: 1,538 total hours)

Being trained for a scope of practice that includes preventative medicine, lifestyle transformation and the promotion of health and wellness, as well as the management of minor conditions of the digestive system and the mind, the students will perform a minimum of 40 patient visits. Interns gain experience working with diet, herbs, aromatherapy, color therapy, sound and mantra therapy, yoga therapy, and other Ayurvedic and yogic practices. Health care consultations provided by interns are provided at low cost. The Ayurvedic Health Practitioner internship is a pre-requisite for the Clinical Ayurvedic Specialist internship/residency.

Curriculum

- Case Management
- Patient Psychology
- Communication Skills
- Documentation
- Refinement of Examination
- Lifestyle Counseling
- Case Discussions
- Observation of Consultations
- 50 hours of supervised herbal preparation, or
- 50 hours herbal medicines project

The AHP Internship Experience

- Consultations with Clients/Consultation Documentation
- Case Supervision (Meetings with Supervisor)
- Case Research
- Promotional Activities to Attract Clients
- Supervised Herbal Preparation or Herbal Medicines Projects

Students living at a distance from the College may perform their internship by serving in their own communities. All field interns may attend classes in person in either Grass Valley or Cerritos, or via our live internet classroom (except for the initial Internship Preparation classes). Each field intern is supervised by a field intern supervisor, who oversees individual cases, monitors progress, and assures completion of all required hours and reporting. Case discussions and reviews are scheduled in person or by telephone. Field interns will perform several projects working with herbs to complete the internship's 50-hour herbal preparation training. Field interns may incur additional minor expenses for postage, phone calls, faxes, etc.

In both the Ayurvedic Health Practitioner internship and residency programs, interns and residents are expected to make the time necessary to complete their program in a timely manner. This may require work during the week. Interns who cannot complete their internship within the required six-month period may apply for one or more three-month extensions for a fee of \$300 each. For more information about the expectations of internship, please see the internship disclosure

form available from the school and included in A.H.P. program enrollment materials.

Clinical Ayurvedic Specialist Internship / Residency (six additional months; 293 additional hours: 1,831 total hours)

This program begins following completion of the Ayurvedic Health Practitioner internship. The student in this program is being trained for a scope of practice that includes everything noted above under Ayurvedic Health Practitioner plus the treatment and management of patients with common diseases.

The intern/resident must complete 40 additional patient visits and attend six additional class intensives. Health care consultations by Clinical Ayurvedic Specialist interns and residents are provided at a reasonable cost.

Curriculum

- Documentation
- Case Presentations
- Observations of Consultations
- Pulse Diagnosis Intensive II
- Introduction to Business Management

The CAS Internship/Residency Experience

- Consultations with Clients/Consultation Documentation
- Case Supervision (Meetings with Supervisor)
- Case Research
- Promotional Talks and Outreach Activities
- Supervised Herbal Preparation or Herbal Medicine Projects

Students living at a distance from the College may elect to perform a field internship by serving in their own communities. All field interns may attend classes in person in either Grass Valley or Cerritos, or via our live internet classroom. Each field intern is supervised by a field intern supervisor, who oversees individual cases, monitors progress, and assures completion of all required hours and reporting. Case discussions and reviews are scheduled in person or by telephone. Field interns will perform several projects working with herbs to complete the internship's 45-hour herbal preparation training. Field interns may incur additional minor expenses for postage, phone calls, faxes, etc.

In both the Clinical Ayurvedic Specialist field internship and residency programs, interns and residents are responsible for attracting the patients needed to complete their residency by giving public lectures, participating at health fair booths, and supporting other outreach activities of the College. Students are also expected to make the time necessary to complete their program in a timely manner. This may require work during the week. Interns and residents who cannot complete their internship/residency within the required six-month period may apply for an extension. One three-month extension may be granted at no charge. After that, students can register for additional three-month extensions for a fee of \$300 each. For more information about the expectations of internship/residency, please see the C.A.S. residency/internship disclosure form available from the school and included with the C.A.S. program enrollment materials.

C.A.S. Resident/Intern Fees and Stipends

The College establishes the fees for clinical services by residents, with residents receiving a \$50 stipend for each patient visit. C.A.S. field interns collect fees of their own choosing for each patient visit and return \$45 of this fee to the College for each initial visit and \$25 for each follow-up visit.

“The Distance Learning program is a blessing in my life. I am eternally grateful to Dr. Halpern and the staff at CCA. I recommend the Distance Learning program without hesitation.”

— Monique Jackson

“Studying Ayurveda has been one of the best things I have done in my life. Though I use my education from CCA professionally, it would have been well worth it for my own health, longevity and growth.”

— S.D., October 1995 Class

SEMINARS AND INTENSIVES

The College offers a variety of elective seminars and continuing education programs for its students and graduates, including programs in Pancha Karma, Ayurvedic Yoga Therapy, Ayurvedic Body Therapy, and Herbalism.

Ayurvedic Body Therapy Certification

Ayurvedic Body Therapy Certification trains graduates of this program to practice abhyanga (Ayurvedic massage), shirodhara (warm, herbal oil poured onto the sixth chakra) and svedana (herbal steam treatment). These are the three core treatments that make up Ayurvedic Body Therapy. The combination has been named "Bliss Therapy" by Dr. Halpern and has now become standard in many spas around the world. This certification program is often added to Level One (A.H.E.) certification. This course is taught in an intensive format (5 days, 35 hours) several times per year. These intensives are

open to all Ayurvedic students and massage therapists. Those students who are not enrolled in the A.H.E. program must also complete the Foundations of Ayurveda intensive through distance learning in order to receive certification. Please contact the College for further information.



Pancha Karma Specialist Certification Course

Once each year the College offers its 5-day, 35-hour Pancha Karma Specialist training. This advanced program is only open to students who have completed the Ayurvedic Body Therapy training program and who are enrolled in, or have completed our Level-Two Clinical Ayurvedic Theory program. While students learn all about Pancha Karma and Pancha Karma clinical

management during Level Two, this special seminar training program is almost exclusively hands-on. Students fine-tune their practices of abhyanga (Ayurvedic massage), shirodhara, and svedana (herbal steam treatment), learn how to perform basti (enema) and nasya treatments; and discuss issues related to the daily practice of Pancha Karma.

Advanced Ayurvedic Body Therapy Courses

Each summer the College offers a series of Ayurvedic Body Therapy intensive trainings for Ayurvedic students and graduates as well as for massage professionals. These trainings include marma chikitsa (Ayurvedic energy-point therapies), dough dams, Ayurvedic facials, and other specialized treatments. For more detailed information about the dates of these programs and their costs, please contact the College.

Ayurvedic Yoga Therapy Certification Intensive

This program, created by Dr. Halpern, can be taken either as a weekly elective class in Grass Valley or as a 10-day residential training program. This program is open to all practitioners and students of either Ayurveda or Yoga. The residential program is held at a variety of locations throughout the USA and abroad. Participants learn how to integrate the principles and practices of Ayurveda and Yoga for the benefit of supporting the healing process. This program is ideal for both Ayurvedic practitioners and yoga teachers. For additional information, curriculum details, and fees for this program, please contact the College.

Educational Formats

The California College of Ayurveda recognizes that a variety of educational formats are needed to meet the needs of differing student situations. The College offers students the opportunity to study Ayurveda at a distance and receive the same credit toward certification.

Full-Time Program

The Ayurvedic Health Educator program may be completed in five to six months. The Level-Two program may be completed in an additional six to seven months. Class schedules vary at our different locations. Students are in class for 12 hours per week.

Weekend Program

The Ayurvedic Health Educator program may be completed in approximately eleven to twelve months meeting one weekend each month. The Ayurvedic Health Practitioner program (including internship) may be completed in an additional thirteen to fourteen months. The Clinical Ayurvedic Specialist program requires six additional months. Weekend programs are held at our Southern California and Grass Valley locations.

Live Internet (Vedaweb™) Classes

Students may attend weekend classes live over the internet from the comfort of their own home. Students are held accountable to the same attendance and performance standards as other students. Our Vedaweb™ internet technology allows students with high-speed internet access to view the teacher and the teacher's presentation and allows for two-way communication as if the student is in the classroom. Students must have high-speed internet access, a webcam and a land-line. Students must be able to create a quiet space for study and not be distracted by external events during class. Please note that Vedaweb™ students may also need to attend a limited number of intensives in Grass Valley for hands-on training.

Distance Learning Program

The College's Distance Learning program is a revolutionary and innovative program that integrates home schooling, classroom education, and a one-to-one relationship with a Master Teacher (traditionally called Gurukula-style education) who guides the student's education. Distance Learning is available up to the beginning of internship. At that time the student joins with interns/residents from the classroom program. Students who cannot attend internship classes in the classroom may attend most classes live via the internet.

Distance study includes reading assignments, projects and regular proctored examinations. For each section of the study program, there is a monthly phone meeting with an assigned Master Teacher with additional shorter, more frequent contacts also possible. At the end of the academic studies for each level of the program students must attend a limited number of intensives in Grass Valley for review and hands-on training in diagnostic techniques. Please see our Distance Learning Supplement for more details. The College can assist students in making local housing arrangements in the Grass Valley area. The fees and credits for each level of the training program are the same as in the classroom programs.

"The teachers are excellent and I believe I have received a top quality learning experience."
— Dianne Bernard

"I feel that I have had excellent overall training at CCA. I feel confident going into practice."
— Krista Neumann

Summary of Course Hours

The following chart details an hourly breakdown for each format for our program.

	Full-Time Program	Weekend or Vedaweb™ Program	Distance Learning
Ayurvedic Health Educator	Teacher Contact: 185	Teacher Contact: 165	Teacher Contact: 55
	Projects/Homestudy: 360	Projects/Homestudy: 380	Projects/Homestudy: 490
	Total Hours: 545	Total Hours: 545	Total Hours: 545
Clinical Ayurvedic Theory	Teacher Contact: 317	Teacher Contact: 221	Teacher Contact: 89
	Projects/Homestudy: 420	Projects/Homestudy: 516	Projects/Homestudy: 648
	Total Hours: 737	Total Hours: 737	Total Hours: 737
Ayurvedic Health Practitioner	Teacher Contact: 94	Available full-time	Available full-time
	Internship Activities: 136		
	Herb Preparation: 26		
	Total Hours: 256		
Clinical Ayurvedic Specialist (includes A.H.P. Program)	Teacher Contact: 186	Available full-time	Available full-time
	Internship Activities: 136		
	Herb Preparation: 71		
	Community Outreach: 20		
	Total Hours: 549		
Total Hours with A.H.P. Program	1538	1538	1538
Total Hours with C.A.S. Program	1831	1831	1831

ADMISSIONS AND TUITION

Admissions

The California College of Ayurveda accepts a limited number of students into each of its classes. Applications are accepted throughout the year. Individuals who submit their applications by the priority application deadline receive special consideration for admission into the class of their choice. When a class has been filled, students will be added to a waiting list for the next class.

Admissions Prerequisites

Students are required to have a high school diploma or the equivalent in order to enter into the Level One: Ayurvedic Health Educator program. In order to enroll in the Level Two: Clinical Ayurvedic Theory course, students must show proof of completion of a college-level anatomy and physiology class. This class is available in Grass Valley at our school and runs concurrent with Level One. We also accept community college and on-line classes. Please contact the College for a list of acceptable on-line courses (also included in A.H.E. program enrollment materials). Please note that this requirement is waived for students with prior health care degrees upon documentation of the degree.

Non-Discrimination Policy

All applicants are considered equally. CCA does not discriminate on the basis of gender, race, religion, age, nationality, or disability in its admissions process.



Credits for Previous Ayurvedic Study

Students of other recognized Ayurvedic programs in the United States may take a placement examination to determine their competency in Ayurvedic principles and practices. This examination covers topics in our A.H.E. (Level-One) training program only. Students who take this exam and do well may be exempted from the first level of our training program (A.H.E. program) or be asked to take only specific courses in areas of weakness. Others may be required to attend all first-level classes. The fee for the placement examination is \$500.00.

Ayurvedic doctors with a B.A.M.S. degree from India may take placement exams for both Level One and Level Two. Each

examination is \$500.00. Candidates who do well on both exams will be allowed to enter directly into the A.H.P. internship or residency program.

To take a placement exam, students must first apply and be accepted as a student, and submit evidence of prior Ayurvedic training. Please contact the College for further information.

How to Apply

- Step 1. Complete the Application for Admission form. It is essential that you supply all requested information.
- Step 2. Send the completed Application for Admission form with the application fee of \$55, payable to the California College of Ayurveda, 1117A East Main Street, Grass Valley, CA 95945. The application processing fee is non-refundable.
- Step 3. Schedule a pre-enrollment interview with the Enrollment Director.

Tuition and Fees

Application Processing Fee (nonrefundable)	\$ 55.00
Registration Fee for A.H.E., C.A.T., A.H.P./ C.A.S.	\$ 45.00
Textbooks required (without tax or shipping)	
A.H.E. Classroom Programs	\$ 420.00
A.H.E. Distance Learning Program	\$ 145.00
C.A.T.	\$ 115.00
Diagnostic Equipment (required for C.A.T.; without tax or shipping)	\$ 65.00

Professional Certification Tuition

Level One: Ayurvedic Health Educator Certification	\$ 4300.00
Level Two: Clinical Ayurvedic Theory	\$ 5800.00
Level Three: 6-month Ayurvedic Health Practitioner Internship/Residency	\$ 3000.00
Level Three: 6-month Clinical Ayurvedic Specialist Internship/Residency, or	\$ 3200.00
Level Three: 12-month A.H.P./C.A.S. Internship/Residency	\$ 6000.00

Add on Ayurvedic Body Therapy Certification to any professional Certification	\$ 550.00
Add on Pancha Karma Specialist Certification to Level Two or Three Certification	\$ 550.00

Additional administrative fees may be charged under special circumstances, such as for a change in financial agreement.

Payment and Financial Aid Information

The California College of Ayurveda offers in-house financing to allow students to make low monthly payments, as described herein. From time to time the College needs office assistance at our Grass Valley campus. We give priority consideration to current students for these positions. To be considered, include your resume and indicate an interest when you send in your application. Students who qualify for vocational training or vocational rehabilitation funds may apply to their local or regional programs for financing. For students unable to take advantage of these options, the College also

offers the Dhanvantari Scholarship Program, a need-based scholarship of \$1,500 to \$3,000 available to a very limited number of C.A.S. students. Contact our Financial Aid Department for more information on student loans or other financial aid. Programs are generally enrolled in and paid for separately; however, we do also offer the option of making combined payments in advance for special discounts or with a loan.

Tuition Payment Options

Full-Time Level One and Two

Ayurvedic Health Educator Program (Ayurvedic Studies Level One)

Option A. Payment of the entire tuition of \$4,300 prior to the start of classes.

Option B. Payment of a \$600 deposit before the start of classes and five (5) monthly payments of a minimum of \$767.75 per month starting with the month after classes begin, for a total tuition cost of \$4,438.75. This plan includes a Time Payment Fee of \$138.75.

Ayurvedic Health Educator Program with Ayurvedic Body Therapy Certification Added

Option A. Payment of the entire tuition of \$4,850 prior to the start of classes.

Option B. Payment of an \$800 deposit before the start of classes and five (5) monthly payments of a minimum of \$840.38 per month starting with the month after classes begin, for a total tuition cost of \$5,001.90. This plan includes a Time Payment Fee of \$151.90.

Clinical Ayurvedic Theory Program (Ayurvedic Studies Level Two)

Option A. Payment of the entire tuition of \$5,800 prior to the start of classes.

Option B. Payment of a \$800 deposit before the start of classes and six (6) monthly payments of a minimum of \$870.83 per month starting with the month after classes begin, for a total tuition cost of \$6,024.98. This plan includes a Time Payment Fee of \$224.98.

Clinical Ayurvedic Theory Program with Pancha Karma Specialist Certification Added

Option A. Payment of the entire tuition of \$6,350 prior to the start of classes.

Option B. Payment of a \$900 deposit before the start of classes and six (6) monthly payments of a minimum of \$949.21 per month starting with the month after classes begin, for a total tuition cost of \$6,595.26. This plan includes a Time Payment Fee of \$245.26.

Weekend, Vedaweb™ and Distance Learning Level One and Two

Ayurvedic Health Educator Program (Ayurvedic Studies Level One)

Option A. Payment of the entire tuition of \$4,300 prior to the start of classes.

Option B. Payment of a \$400 deposit before the start of classes and ten (10) monthly payments of a minimum of \$419.25 per month starting with the month after classes begin, for a total tuition cost of \$4,592.50. This plan includes a Time Payment Fee of \$292.50.

Ayurvedic Health Educator Program with Ayurvedic Body Therapy Certification Added

Option A. Payment of the entire tuition of \$4,850 prior to the start of classes.

Option B. Payment of a \$400 deposit before the start of classes and ten (10) monthly payments of a minimum of \$478.38 per month starting with the month after classes begin, for a total tuition cost of \$5,183.80. This plan includes a Time Payment Fee of \$333.80.

Clinical Ayurvedic Theory Program (Ayurvedic Studies Level Two)

Option A. Payment of the entire tuition of \$5,800 prior to the start of classes.

Option B. Payment of a \$400 deposit before the start of classes and fourteen (14) monthly payments of a minimum of \$426.21 per month starting with the month after classes begin, for a total tuition cost of \$6,366.94. This plan includes a Time Payment Fee of \$566.94.

Clinical Ayurvedic Theory Program with Pancha Karma Specialist Certification Added

Option A. Payment of the entire tuition of \$6,350 prior to the start of classes.

Option B. Payment of a \$500 deposit before the start of classes and fourteen (14) monthly payments of a minimum of \$461.73 per month starting with the month after classes begin, for a total tuition cost of \$6,964.22. This plan includes a Time Payment Fee of \$614.22.

CCA donates 10% of annual profits to charities that benefit Ayurveda and humanity.

Internship/Residency Programs Level Three

Ayurvedic Health Practitioner Internship/Residency (Ayurvedic Studies Level Three)

Option A. Payment of the entire tuition of \$3,000 prior to the start of classes.

Option B . Payment of a \$500 deposit before the start of classes and five (5) monthly payments of a minimum of \$518.75 per month starting the month after classes begin, for a total tuition cost of \$3,093.75. This plan includes a Time Payment Fee of \$93.75.

Clinical Ayurvedic Specialist Internship/Residency

Option A. Payment of the entire tuition of \$3,200 prior to the start of classes.

Option B. Payment of a \$500 deposit before the start of classes and five (5) monthly payments of a minimum of \$560.25 per month starting the month after classes begin, far a total tuition cost of \$3,301.25. This plan includes a Time Payment Fee of \$101.25.

Combined A.H.P./C.A.S. Internship/Residency

Option A. Payment of the entire tuition of \$6,000 prior to the start of classes (save \$200.00).

Option B. Payment of a \$500 deposit before the start of classes and eleven (11) monthly payments of a minimum of \$541.25 per month starting the month after classes begin, far a total tuition cost of \$6,453.75. This plan includes a Time Payment Fee of \$453.75.

Combined Advanced Registration Discounts

No monthly payment plan available for these combined options.

Combined Ayurvedic Studies Levels One & Two

Payment of the entire tuition for both programs of \$9,797 (\$10,100 minus a special 3% discount of \$303).

Combined Ayurvedic Studies Levels One & Two and Ayurvedic Body Therapy Certification Added

Payment of the entire tuition for all programs of \$10,330.50 (\$10,650 minus a special 3% discount of \$319.50).

Combined Ayurvedic Studies Levels One & Two with Ayurvedic Body Therapy and Pancha Karma Specialist Certifications Added

Payment of the entire tuition for all programs of \$10,864 (\$11,200 minus a special 3% discount of \$336).

Combined Ayurvedic Studies Levels One & Two with Level Three A.H.P. Internship (Ayurvedic Studies Levels One, Two & Three)

Payment of the entire tuition for all three programs of \$12,445 (\$13,100 minus a special 5% discount of \$655).

Combined Ayurvedic Studies Levels One & Two with Level Three A.H.P. Internship and Ayurvedic Body Therapy Certification Added

Payment of the entire tuition for all programs of \$12,967.50 (\$13,650 minus a special 5% discount of \$682.50).

Combined Ayurvedic Studies Levels One & Two with Level Three A.H.P. Internship with Ayurvedic Body Therapy and Pancha Karma Specialist Certifications Added

Payment of the entire tuition for all programs of \$13,490 (\$14,200 minus a special 5% discount of \$710).

Combined Ayurvedic Studies Levels One & Two with Level Three C.A.S. Internship (Ayurvedic Studies Levels One, Two & Three)

Payment of the entire tuition for all three programs of \$15,295 (\$16,100 minus a special 5% discount of \$805).

Combined Ayurvedic Studies Levels One & Two with Level Three C.A.S. Internship and Ayurvedic Body Therapy Certification Added

Payment of the entire tuition for all programs of \$15,817.50 (\$16,650 minus a special 5% discount of \$832.50).

Combined Ayurvedic Studies Levels One & Two with Level Three C.A.S. Internship with Ayurvedic Body Therapy and Pancha Karma Specialist Certifications Added

Payment of the entire tuition for all programs of \$16,340 (\$17,200 minus a special 5% discount of \$860).

FREQUENTLY ASKED QUESTIONS

1. Why should I choose the California College of Ayurveda for my Ayurvedic education?

Standards: CCA has the highest academic and clinical standards in the West. Our students are well known to be the finest trained in North America.

Success: Because of the clarity, focus and excellence of CCA's educational process, CCA has graduated more successful practitioners than all other schools.

Making Medicines: CCA offers the only program in the United States where residents and interns have the opportunity to make each and every medicine they prescribe to their patients.

Internship and Residency: While most internships still only include observing a teacher seeing patients or seeing other students, the internship program at CCA includes both observation and working directly with patients in a one-to-one professional setting. CCA is also the only school in the country in which C.A.S. residents are paid for the work they do. This builds self-esteem and confidence as you go into practice.

Cohesive Program: The program at CCA has been refined over a 15-year period. Every facet of CCA's training program is designed to coordinate a student's learning experience. Rather than provide students with seminar teachers who rarely coordinate with each other, CCA's teaching staff is a completely integrated unit, meeting regularly, and working together to assure a cohesive learning experience.

Excellence in Teaching Staff: Teachers at CCA are hand-picked by Dr. Halpern for their knowledge and their ability to communicate clearly and teach in an organized manner. Each teacher has developed important insights into the knowledge and brings these insights into the learning experience of the student. Perhaps most importantly, our faculty is living the principles of Ayurveda everyday.

State and National Standards: The California College of Ayurveda was instrumental in developing the currently accepted national guidelines for Ayurvedic practitioner education. Your education at CCA exceeds these guidelines and fully prepares you for the future of Ayurveda in the United States.

Classroom Hours: CCA offers more classroom hours of training in pure Ayurvedic knowledge than any other major school in the United States.

Post-Graduate Study in India: Students who graduate from the California College of Ayurveda have several opportunities to participate in training programs in India. CCA has a relationship with several Ayurvedic doctors and hospitals in India where interns can participate in apprenticeships.

Traditional, "Authentic" Ayurvedic Education: CCA is committed to helping students understand the complete science of Ayurveda as it was articulated thousands of years ago by the ancient teachers. This knowledge is contained in

three major and three minor texts of Ayurveda written between 1500 B.C. and 1500 A.D. The curriculum at CCA helps to bring this ancient wisdom to you in a modern and easily understandable format.

2. Where did the titles "Ayurvedic Health Practitioner" and "Clinical Ayurvedic Specialist" originate?

Dr. Marc Halpern developed the title of Clinical Ayurvedic Specialist (C.A.S.) in 1995 for graduates of the California College of Ayurveda who have achieved the school's highest level of training in both health promotion and disease management. The C.A.S. title has become recognized as the highest standard of clinical Ayurvedic education offered in the United States. The title Ayurvedic Health Practitioner (A.H.P.) was introduced in 2007 by CCA to recognize the completion of our health promotion and disease prevention program.

3. Can I receive a Master's degree from my studies at the California College of Ayurveda?

Yes. The California College of Ayurveda is affiliated with International Vedic Hindu University (IVHU). Students who wish to receive their Master's degree in Ayurveda need to complete our AHP program and then complete a course in Hinduism and Sanskrit through IVHU along with a final research thesis paper or two additional electives. All additional course work can be completed through their distance learning.

A BRIEF INTERVIEW WITH DR. MARC HALPERN



What do you think about the future of Ayurveda in America?

The profession of Ayurveda is growing very fast. More and more people are looking toward holistic alternatives. Ayurveda is the most complete form of holistic medicine practiced in the world today. I think the future is very bright.

What do you think makes Ayurveda so attractive to the public?

Ayurveda holds the promise of optimal health and peace of mind for those who live according to its principles. When people come to realize that there is a discipline that addresses the whole person physically, emotionally, and spiritually, and uses natural medicines - they are immediately attracted.

What makes Ayurvedic education at the California College of Ayurveda unique?

I believe it is how well we train our students to be successful practitioners. This is due to the strong clinical focus of our program as well as the extensive herbal training program our students receive. Our high standards, cohesive curriculum, hands-on herbal training, and our supportive and nurturing faculty all help to ensure that each student receives the highest level of professional training.

What makes the internship and residency programs special?

During our internship and residency programs, students work with real patients, not just with other students or friends. They practice as qualified practitioners working with the general public under the supervision of a well-trained practitioner. Interns and residents are researching cases, making medicines for their patients, and doing all of the things they will do in their own practices.

What do you think are the most important qualities in a future practitioner of Ayurveda?

The most important qualities for a practitioner are humility and compassion as well as a thirst for knowledge.

GENERAL INFORMATION

Attendance and Performance Policies

Attendance Policy

Due to the concentrated nature of instruction in CCA programs, attending each class, being on time, and completing all course requirements is expected as well as essential for students to achieve the goals of the program. If a student must be absent due to illness, family emergency, jury duty, or other similar circumstances, the student should contact the College and leave word for the instructor in advance of class. Students are responsible for all material taught during an absence. In the case of unexcused or persistent absence, a student will be required to meet with the President and, if circumstances

warrant, may be dismissed from the program.

Required Classes

Certain classes are mandatory for each level of the program and must be completed before a student can move on to the next level. Students who miss these classes may take them the next time they are offered at any location or arrange for a private tutorial for an additional fee.

Level One: Diagnostics I; **Level Two:** Diagnostics II, Pulse Diagnosis Intensive, Making Herbal Medicine Lab; **Level Three:** A.H.P. & C.A.S. Internship/Residency Preparation, Pulse Diagnosis Intensive II.

Grading and Testing Policies

Homework. A take-home, self-graded quiz and homework projects will be given for each of the topic module of the academic program. Along with attendance, this will account for 25% of a student's final grade, which will be figured by factoring in the three elements of attendance, homework assignments, and quizzes.

Midterms. A midterm exam is given during the first two levels of the program. The midterm grade accounts for 25% of the final grade.

Final Exams. A final exam is given at the end of each of the first two levels of the program (A.H.E. and C.A.T.). The final exam accounts for 50% of the overall, final grade.

Passing Grades. Both the final examination score and the overall course average must be 75% or greater to proceed to the next level of the program.

Retaking Exams. Any final exam not passed may be retaken one time. If retaken, the grades from the two exams are averaged together, and the average must be no less than 75%. Any expenses for proctoring the retaken exam must be paid by the student. It may be possible for students also to arrange independent proctors for initial midterm or final exams in cooperation with the College. Midterm exams are generally not retaken.

A.H.P. and C.A.S. Internship/Residency. These hands-on practical programs are graded on a pass/fail basis, as is the internship exit exam given at the end of the A.H.P. program.

Research Project. During the Level Two program, students will be required to complete a research project which is graded on a pass/fail basis. There are two options for this project: 1) writing a research paper on a topic approved by the instructor; or 2) preparing an Ayurvedic health practice business plan and giving three public talks on Ayurveda (with the latter normally taking place during the A.H.P. internship).

Ayurveda Health Care Benefit

All students receive unlimited Ayurvedic health advice and support in creating an Ayurvedic lifestyle from an Ayurvedic Health Practitioner-Intern at the CCA clinic or in the field according to the availability of the practitioner. Students may also receive one initial visit with a Clinical Ayurvedic Specialist Resident or Field Intern in accordance with the resident's availability.* The College feels that it is important that all students have access to Ayurvedic health care and be fully engaged in their own healing process. This helps the student gain important insight into healing others.

Rules of Conduct

Students are expected to act in a manner commonly considered professional and to adhere to general rules of conduct as outlined in the College's Student Handbook. The Student Handbook is provided to students at their first class; it includes a variety of information on school policies, student life, classroom behavior, student discounts, meeting qualifications for graduation, etc.

* *Distance learning students may have a more difficult time accessing the services of an intern or resident. These students may arrange for a consultation during the Level One and Two Intensives at the College. To increase the likelihood of seeing an available intern, please make appointments well in advance.*

Satisfactory Academic Progress

Students are required to complete each level of the academic program before progressing to the next level and program. Students who fail to complete a level/program will be required to retake all or a portion of the curriculum for that level, or they may be given additional assignments at the discretion of the instructor.

Graduation

The College presents a formal and festive graduation ceremony for graduates, students, friends, and family members. An Ayurvedic Health Practitioner or Clinical Ayurvedic Specialist certificate of completion is awarded to students who successfully complete the entire program (all three levels) in good academic standing. Students who complete the first two levels can receive a certificate of completion. Students who complete level one of the program can receive a certificate of completion as an Ayurvedic Health Educator. Students must have all tuition and fees paid in full in order to graduate.

Other Student Policies

Teachers and Class Schedules

Instructors and class schedules may change from time to time due to unforeseen circumstances. The school will provide you with as much advance notice as possible.

Student Housing

While the College may offer students lists of potential, reasonably priced rental housing near the College (particularly at its Grass Valley location), we are unable to find or supply housing for students. Nor does the College have any dormitory facilities at this time.

English-as-a-Second-Language

The California College of Ayurveda does not offer English-as-a-second-language.

Student Complaint Procedure

From time to time, differences in school policies may arise among students, faculty, and/or the administration. If such differences arise, usually a miscommunication or misunderstanding is a major contributing factor. The College urges students to communicate any differences that arise to the individuals involved. If the problem can not be resolved in this manner, the President of the College should be contacted.

Publicity/Advertising Rights

The College reserves the right to photograph students and reproduce those photographs in school literature, publicity, and/or other advertising venues. The College also reserves the right to retain or request names of its graduates and/or to request and reproduce testimonials in school literature, publicity, and advertising. Any student or graduate who does not wish to grant permission to the College to use a photograph or testimonial should notify the College in writing.

Post-Graduation

Placement Assistance

Like other complementary and alternative health care professionals, Ayurvedic Health Practitioners and Clinical Ayurvedic Specialists find the most success going into their own practices. CCA does not offer formal placement services and makes no guarantee of employment. From time to time, CCA is notified of professional job placement opportunities, and this information is passed on to our students and graduates.

Record Retention

All records regarding and concerning the California College of Ayurveda and all students who have enrolled are kept at CCA's administrative office, 1117A East Main Street, Grass Valley, CA 95945 for a period of at least five years after the students' graduation, withdrawal, or termination. Dr. Halpern is designated as the custodian of the records and maintains current and accurate records.

Leave-of-Absence, Cancellation, and Refunds

Leave-of-Absence and Withdrawal

If significant illness or other serious circumstances occur that prevent a student from continuing the program as originally planned, the student may either withdraw from the College or apply for a leave-of-absence. For both alternatives, the student needs to obtain, complete, and return an application form from the administrative office. A leave-of-absence or a voluntary withdrawal will not officially begin until the College has been notified in writing, preferably through the appropriate application form. When applicable, a student must obtain approval from his or her vocational counselor.

A student may take a leave-of-absence from the College from one month up to twelve months (three months minimum during internship or residency). With the permission of the College, a student may resume attending classes when a space becomes available in the next class at the level where the leave was initiated. To resume the program, a student must notify the College of his or her intention to resume classes and be in good academic and financial standing. It is not necessary for a student to retake any previously completed classes at levels one or two if the course of study resumes within twelve months of beginning the leave of absence.

Normally, during a leave the student's payment plan will continue with no interruption to protect the student from any future tuition increases, unless prior arrangements have been approved by the College. A student in good financial standing also has the option to pay a one-time, up-front leave-of-absence fee of \$300 or pay a fixed monthly fee of \$30 per month during the leave instead of continuing monthly payments. When an agreed-upon leave-of-absence has expired, a student must return to the program or be automatically withdrawn. In the latter case, a student will need to apply for re-admission to a new class at the tuition rate in effect at that time. This is also the case if a student chooses to withdraw rather than go on a leave. See "Refund Policy" below for further information on withdrawals.

Cancellation of Enrollment Prior to the Start of Classes

A student has the right to cancel the Enrollment Agreement for this course of instruction before the program has begun and obtain a refund of tuition minus a non-refundable application and registration fee not to exceed \$100.00 dollars. Application and registration fees are non-refundable. All cancellations must be received in writing. A student can do this by mail, hand delivery, fax, or email. Any books (complete sets only), materials, and related supplies in excellent, resalable condition may be returned to the school for credit within thirty days following a notice of cancellation. If a student fails to do so, the school may deduct the documented cost of these books and equipment from any refund due to the student.

Class Cancellation Policy

All California College of Ayurveda classes require a minimum number of enrolled students in order to be held. Should a class cancellation occur, the College is not responsible for any loss incurred by the student beyond actual fees paid to the College. All fees paid to the College will be fully refunded. There will be no processing or administrative fees.

Refund Policy for Withdrawal

By means of written notice only, a student may 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 if 60% or less of the instruction in a particular program has been completed. Refunds will be paid within 30 days of cancellation or withdrawal. The application and enrollment fees are non-refundable.

"The course gave new depth and meaning to Yoga practice which I have been doing for 36 years.
— Joanne Lutz, MSW., LICSW.

"CCA has changed my life. I am now part of a community where I feel at home."
— Diane Zankich

FACULTY

Founder and President

Dr. Marc Halpern, D.C., C.A.S., P.K.S. (Ayurvedacharya), is the Founder and President of the California College of Ayurveda. He is one of the pioneers of Ayurveda in the West and is considered to be a pre-eminent practitioner and teacher of Ayurveda in the United States. He is one of the few Westerners ever recognized in both the United States and in India as an authority on the subject of Ayurveda and was awarded the All India Award for Best Ayurvedic Physician. A pillar in the development of the profession in the United States, he is the co-founder of the National Ayurvedic Medical Association for which he served as Chairman of the National Committee on Ayurvedic Education from its inception in 2000 until 2005. He is also a co-founder of the California Association of Ayurvedic Medicine. A Doctor of Chiropractic with post-graduate certification in Holistic Medicine, Dr. Halpern has studied with many noted teachers from India and the United States. His greatest inspiration and support has come from Dr. David Frawley.



Dr. Halpern is a contributing writer to several popular books on Ayurveda and holistic medicine and has written two textbooks on Ayurveda. He has published articles in almost every major journal and magazine on yoga or Ayurveda, and in 2005 was interviewed by Mike Wallace on CBS's 60 Minutes. Dr. Halpern's own remarkable story of personal healing was featured in the national magazine, *Spirituality and Health*. He has been quoted in many major newspapers, including *The New York Times* and *The Los Angeles Times*. In addition to his work with the California College of Ayurveda, Dr. Halpern is a certified yoga instructor and a teacher at International Sivananda Yoga Vedanta Centers worldwide.

Southern California Faculty



Robert J. Talbert Jr., M.S., C.A.S., is a graduate of the California College of Ayurveda with certification as a Clinical Ayurvedic Specialist. Rob is in private practice in Laguna Beach, California. He completed a post-graduate one-and-one-half-year clinical internship with Vicki "Vijaya" Stern and participated in post-graduate study with Dr. Liladhar Gupta in Vrindavan, India. He is a member of the National Ayurvedic Medical Association, American Herbalist Guild, and American Botanical Council. He has been a life-long student of Yoga, Zen, Vipassana, and Tibetan meditation.



Devi Mueller, B.S., C.T., C.A.S., is a graduate of the California College of Ayurveda with certification as a Clinical Ayurvedic Specialist. She serves as President of the Board of Directors of the National Ayurvedic Medical Association (NAMA). In 2004, Devi was the coordinator of NAMA's national conference held on the Queen Mary in Long Beach, California, and in 2008 she helped coordinate the national conference held in Chicago. Devi is in private practice in Seal Beach, California. She has been studying and practicing numerology, astrology, meditation, and yoga for the past 20 years.



Marisa Laursen, C.A.S., is a Clinical Ayurvedic Specialist and graduate of the California College of Ayurveda. She is the director of Shanti Yoga & Ayurveda, a yoga studio and Ayurvedic Wellness Center located in Chino, California. Marisa is on the board of the California Association of Ayurvedic Medicine and has a B.S. degree in Human Services. She is a yoga instructor and a Level III practitioner in Reiki. Marisa has completed extensive post-graduate training in Ayurveda.



Hema Ravikumar, M.A., C.A.S., is a Clinical Ayurveda Specialist and graduate of the California College of Ayurveda and is currently in private practice in Irvine, CA. She comes from a lineage of ancient Vedic teachers and practitioners in India tracing back to Ayurveda's preceptor Sage, Rishi Bharadwaja. Her global education and extensive professional media background in India, South America, the Middle East, and United States have enriched her abilities to make accessible the knowledge of Ayurveda. Hema makes frequent trips back to India to study with masters of Vedic knowledge. Hema has studied yoga at the Krishnamacharya Yoga Mandiram in India and is a student of Advaita Vedanta at Chinmaya Mission in California.



Mary-Alice Quinn, C.A.S., is a Clinical Ayurvedic Specialist and graduate of the California College of Ayurveda. In addition to her Ayurvedic studies, she has been a practitioner of yoga for more than ten years. Mary-Alice has an active practice in Los Angeles where she focuses on both preventative medicine and disease management. Mary-Alice is a member of the National Ayurvedic Medical Association.



Eleni Tsirikas, C.A.S., is a graduate of the California College of Ayurveda with certification as a Clinical Ayurvedic Specialist. She maintains her private practice in Los Angeles, California. A certified Yoga teacher in the lineage of T. Krishnamacharya, she continues to deepen her studies in the Yoga Sutras of Patanjali with her teacher. Eleni is a member of the National Ayurvedic Medical Association and the California Association of Ayurvedic Medicine.

San Francisco Faculty



Dr. Annapoorni Ramasubramanian, B.A.M.S., M.D., C.A.S., is a graduate of the California College of Ayurveda where she received her Clinical Ayurvedic Specialist certification, and of Bombay University in India where she received her Bachelor's degree in Ayurvedic Medicine and Surgery and also her Medical Degree. Dr. Anu, as she likes to be called, was a Resident Doctor in K.G.M.P. Ayurveda Hospital in Bombay. She also ran an Ayurvedic clinic while simultaneously serving as an Assistant Doctor to noted physician, Dr. Sharad Shah. Dr. Anu brings a unique perspective on Ayurvedic practice and education being the only Ayurvedic teacher formally trained in both India and the United States.

Grass Valley Faculty



Mary Thompson, C.A.S., P.K.S., (Ayurvedacharya), is a graduate of the California College of Ayurveda and senior teacher with certifications as a Clinical Ayurvedic Specialist and Pancha Karma Specialist. Mary is a graduate of the first graduating class of the College in 1997. In 2008 she received the Charaka Award for Excellence in Ayurvedic Teaching and was given the title "Ayurvedacharya" (respected teacher of Ayurveda) by Dr. Halpern. She has been an invited speaker at several Ayurvedic conferences and is a founding member and former Secretary of the California Association of Ayurvedic Medicine. She is also the founder and Executive Director of the non-profit organization, Everyday Ayurveda. Mary is in private practice in Grass Valley, California.



Amanda J. Lyon, B.A., C.A.S., P.K.S., is a graduate of the California College of Ayurveda and is certified as a Clinical Ayurvedic Specialist and a Pancha Karma Specialist. She received her bachelor's degree at the University of Maryland. She is a certified Sivananda Yoga Teacher and a member of the CCA faculty. She maintains her practice in Grass Valley at the College's community clinic.



Brenda Iglar, A.A., C.A.S., P.K.S. Brenda is a graduate of the California College of Ayurveda with certifications as a Clinical Ayurvedic Specialist and a Pancha Karma Specialist. Following graduation, Brenda was selected by Dr. Halpern to become an Intern Supervisor at the College overseeing the clinical work performed by many of the interns. A member of the teaching faculty and Director of the College's Herb Department, Brenda conducts her clinical practice at the College's health care center. She is also a trained Reiki practitioner. Brenda is a compassionate and inspiring practitioner of Ayurvedic Medicine committed to providing service to humanity.



Carol P. Prentice, C.A.S. is a Clinical Ayurvedic Specialist and graduate of the California College of Ayurveda. As a member of the teaching faculty, Carol specializes in the teaching of the Ayurvedic Health Practitioner Internship program and is on our staff as an Intern Supervisor. Carol is a member of the National Ayurvedic Medical Association, a graduate of the Alexander Training Institute in San Francisco, and a Level II Reiki practitioner. She maintains her private practice in Grass Valley, California.



Kim Kinjo, C.A.S., P.K.S., C.M.T., is a graduate of the California College of Ayurveda and is certified as a Clinical Ayurvedic Specialist and a Pancha Karma Specialist. She received her massage certification from the Phillips School of Massage in 1991. Kim specializes in teaching as a part of the College's Ayurvedic Health Practitioner Internship program and is on our staff as an Intern Supervisor. Kim is a member of the National Ayurvedic Medical Association and maintains her private practice at the College's clinic and Pancha Karma center in Grass Valley.

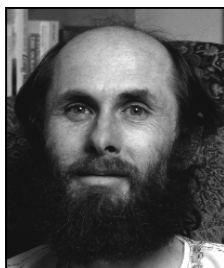


Ragaia Belovarac, M.A., C.A.S., P.K.S., C.M.T., is a graduate of the California College of Ayurveda with certifications as Clinical Ayurvedic Specialist and Pancha Karma Specialist. Ragaia is the past co-director of the College's Pancha Karma Center, where he worked closely with Dr. Halpern. This experience deepened his understanding of creating and holding sacred space in a way that facilitates the patient's healing journey. Ragaia co-teaches the Pancha Karma Specialist trainings with Dr. Halpern for the students of CCA. He is also the director of Blue Sage Sanctuary in Nevada City, California, where he practices Ayurveda and Pancha Karma.



Amarnath Matthews, C.A.S., P.K.S., C.M.T. is a graduate of the California College of Ayurveda with certifications as a Clinical Ayurvedic Specialist and Pancha Karma Specialist. He received his massage therapy certification from Bryman College and is a certified Reiki practitioner. He currently serves as the Director of the College's Pancha Karma Center and has traveled to India where he spent six months deepening his Ayurvedic studies. Amarnath is a devotee of Sri Mata Amritanandamayi (Amma), the great spiritual Saint from India.

BOARD OF ADVISORS



Dr. David Frawley, O.M.D., is recognized as one of the leading Vedic scholars in the world. A Doctor of Oriental Medicine and an authority in the field of Ayurveda, Dr. Frawley has worked extensively with both

Dr. Vasant Lad and Dr. Deepak Chopra, and he is an advisor to Dr. Chopra's Center for Mind/Body Medicine. He is the founder of the American Institute of Vedic Studies and has written numerous books on Ayurveda, Vedic astrology and mythology, and yoga philosophy and practice, including *Ayurveda: Nature's Medicine*, *Ayurveda and Yoga*, and *The Yoga of Herbs*.



Dr. Akhilesh Sharma, B.A.M.S., N.D., Ph.D., is an Ayurvedic physician at his clinic in New Delhi with his wife, Dr. Minakshi Sharma, a specialist in Ayurvedic Obstetrics and Gynecology. Dr. Sharma serves as Chief Physician and Director of

Research and Development for Multani Pharmaceuticals, manufacturer of over 400 Ayurvedic medicines and herbal products. He is Ayurvedic Advisor to the Minister of Health in New Delhi and has received the Dhanvantari Award and the Chikitsa Shiromani Award for his contributions to the field of Ayurveda.



Dr. Liladhar Gupta, B.Sc., B.A.M.S., is a fourth-generation Ayurvedic physician from Vrindaban in northern India. Dr. Gupta was Director of the Herbal Medicare Center and Senior Physician at Prem Miketan Ashram in Jaipur. He taught

at Wellpark College of Natural Therapies in Australia and currently directs a team of Indian physicians at Dhanvantari Dham, his own research, education, and healing center near Delhi.



Swami Sitaramananda, from the classical Sivananda tradition of Yoga from India, is a gifted teacher of yoga and meditation. She has been teaching for more than twenty-five years in India, Canada, Bahamas, and Asia, and is the Director of the Sivananda Ashram in Grass Valley, CA. Swami Sitaramananda was ordained in 1985 as a Sannyasin in the lineage of Saraswati, one of the ten classical monastic orders founded in India. She is a direct disciple of Swami Vishnu-devananda, who is the disciple of Master Sivananda. She holds a degree in Jyotish (Vedic astrology) from the American College of Vedic astrology and provides counsel to her students.

She is a direct disciple of Swami Vishnu-devananda, who is the disciple of Master Sivananda. She holds a degree in Jyotish (Vedic astrology) from the American College of Vedic astrology and provides counsel to her students.



Yogini Shambhavi is a modern day mystic, teacher of Vedanta and spiritual guide. She draws one to the deeper "Yogic Reality" awakening the Divine feminine power within our own hearts and minds, allowing its benevolent grace to flow into our daily life experiences. Co-Director of the American Institute of Vedic

Studies, Santa Fe, New Mexico, she leads spiritual retreats, Ayurvedic training programs, conferences and well-being workshops around the world. Yogini Shambhavi has written two bestselling books on the Goddess, *Yogini: Unfolding the Goddess Within* and *Yogic Secrets of the Dark Goddess: Lightning Dance of the Supreme Shakti*.



Didi Ananda Lalita is the director of Ananda Dhiira Ashram in Penn Valley, CA. Originally from Taiwan, she is a Sanyasini of Ananda Marga (Sanskrit language for "The Path of Bliss"), a worldwide spiritual and social non-profit organization dedicated to Self-Realization and Service to Humanity. Didi received her ministerial training in

the Science of Intuition Practice in India in the early 1980s, and has been teaching meditation and promoting yogic/sattvic lifestyle in different parts of the world for over 27 years. While pursuing enlightenment as the highest human treasure, she is dedicated to a life of service and to sharing the wisdom and beauty of spiritual life with all seekers.