



# The Ayurvedic College for Wellbeing Ayurvedic Health Consultant Program

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## **Online Program via video**

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**Online Classes via Videos every month**  
**And 100 hr Guru Kula Hands-On Intensive-**

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## A Message from the Directors

Thank you for your interest in the Ayurvedic College for Wellbeing, one of the oldest colleges of its kind in the United States offering degree programs in Ayurveda. The programs are designed to prepare you to enter the healing profession as an Ayurvedic Health Consultant and Practitioner and draws from our experience spanning 39 years.

Ayurveda is the world's oldest healing system. It is currently enjoying resurgence in popularity because of the work of Dr. Deepak Chopra, MD and its innate effectiveness. Medical doctors, chiropractors and other health professionals want Ayurvedic consultants to guide their patients in diet, herb and lifestyle corrections for improved health. Clinics and health spas are seeking Ayurvedic Practitioners for specialized therapies.

Our Herbal Apothecary stocks over 300 different herbs and essential oils. Learning to make herb and oil preparations for body balance is an important part of our curriculum. The College requires 100 hours of hands-on experience working with the herbs and oils in the classroom.

Our advanced degree students learn the proper treatment applications in Pancha Karma and other programs working side by side with practitioners for practical experience. You will work under supervision with real patients so you can immediately apply and hone your skills. Hands on learning at the Ayurvedic College for Wellbeing provides a much richer experience than the conventional classroom education.

The program is conducted purposely via video format, each consisting of 4 hours at a time, which you can log in at your convenience and see them as many times as needed. This give you the opportunity to work can comfortably and/or maintain family relationships while gaining your degree. You also receive an hour each month via Skype or Face time with your teacher to answer questions and or review any portion of the material. The latest research on Ayurveda will be provided to accompany your course curriculum. We love bringing this vital science alive for our students.

Congratulations on taking your first steps toward a fulfilling and rewarding career in Ayurveda.

Blessings,  
Bryan and Light Miller,  
Directors

## Ayurvedic Ministries



Dhanvantari Vishnu, Founder of Ayurveda

### The Ayurvedic College for Wellbeing

The Ayurvedic College for Wellbeing is registered with the State of Florida as a non-profit religious Institution. The College was recently initially located in Broward County in the State of Florida and offered classroom and non-residential external Religious degree programs. We are proud to introduce our new online program so that our students can spend more time in nature and absorb the beauty of Ayurveda.

The Ayurvedic College for Wellbeing is authorized through the Vedic tradition. This religious tradition traces its spiritual heritage back thousands of years as evidenced in the Vedic Scriptures. The school adopts, as its own, the fundamental vision of the Vedic scriptures and its traditions, and the values which are described in the Charaka Samhita and the other authorized Vedic literatures.

#### STATEMENT OF PURPOSE

The Ayurvedic College for Wellbeing was established to carry out its purpose as stated in the Articles of Incorporation as follows:

- (a) To systematically propagate spiritual knowledge to the society at large and to educate all people in the techniques of spiritual life and to achieve real unity and peace in the world.
- (b) To provide religious and educational training in Vedic culture for its members and society at large, and to grant religious degrees for completion of training and merit to qualified Ayurvedic Counselors and Practitioners.

## OUR GOALS:

- § To provide a quality educational experience of Ayurveda through classroom teaching, correspondence study, clinical observation, and supervised practice.
- § To empower the student to understand the natural function of the human body and the Ayurvedic application of analysis, diet, lifestyle changes, herbology, aromatherapy, Yoga, and self-care techniques in the correction of imbalance.
- § To ensure that the graduates of the program are accomplished Ayurvedic Health Counselors and Practitioners with the abilities to educate and advise clients on natural therapies and methods of restoring health, emphasizing self-care and lifestyle changes.
- § To enable our graduates to work alongside licensed practitioners including MD's, DC's, DO's, Acupuncture, and Massage Therapists as consultants and technicians in the administration of Ayurvedic therapies.

## DEDICATION

The Ayurvedic College for Wellbeing would like to acknowledge all ancient masters who dedicated their life to Ayurveda and bringing planetary healing and transformation for humankind.

## AUTHORIZATION TO OPERATE

The school is authorized to operate by the State of Florida Department of Education under section 246.083 of the Florida Statutes. We are a religious college, listed as such with the State Board of Independent Colleges and Universities in the State of Florida. Plans are already underway to obtain full approval in Puerto Rico.



## ACCREDITATION

The Ayurvedic College for Wellbeing is currently recognized by the National Ayurvedic Medical Association (NAMA) and National Private Schools Accreditation Alliance (NPSAA), and Association of Ayurvedic Professionals, North America (AAPNA) The school is also part of the Light and Ayurveda Educational Foundation.

## NOTICE OF NON-DICRIMINATORY STUDENT POLICY

The Ayurvedic College admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It will not discriminate on the basis of race, color, national and ethnic origin in the administration of its educational policies, admission policies, scholarship and loan programs and other school-administered programs.

## FORMAT

The instruction is provided with 600 hours via video. The intensive portion will be 100 hours and consists of herbal mixtures, liver flushes, lepas, medicinal shakes, visiting organic, Ayurvedic farms, Marma therapy, Ayurvedic cooking, and studying in the lush landscape in Puerto Rico. Also, 100 hours of practice are required along with 50 case studies. Upon graduation, graduates will be recognized as Reverends who then can practice Ayurveda as a philosophy. Furthermore, if graduates seek to practice counseling, they can take a test and obtain recognition via NAMA.

The first year Associate's program prepares you to be an Ayurvedic Health Counselor. The second year Bachelor's is training for an Ayurvedic Practitioner degree and is composed of 10 symposiums of Ayurveda practical, increased amounts of clinical case studies and pathology training, which allows you to develop skill and confidence under the guidance of faculty supervision. The Master's program focuses on Ayurvedic philosophy and herbal training.

## The Ayurveda Philosophy

The Ayurvedic College for Wellbeing is committed to a holistic understanding of man as taught in the Vedic scriptures of ancient India. Man has a physical body, a mind, emotions and a spiritual nature. Only when he is capable of developing as a total person both physically and spiritually can one be capable of enjoying true health and a balanced life. Ayurveda is the health science taught in the Vedic literature; it was developed by the same sages that give us the tremendous philosophical and spiritual classics as found in the Upanishads and Puranas of the Vedic age. These courses recognize the spiritual heritage in which Ayurveda has taken birth and seeks to disseminate its knowledge in the context of that ancient tradition.

At present, most of us no longer know how to maintain our own health and are either actively or passively participating in the destruction of the earth. We have been taught to maintain the structure of a society that values the acquisition of wealth above all else. This path continues to separate us from each other and from everything within nature. Many of us have decided to reject this in part, and are envisioning a worldview that acknowledges human needs and spirituality. Ayurveda is a health system inseparable from its spiritual foundation. Its worldview recognizes the divinity within each human being as part of the divine and its energies. It places responsibility for humankind to act on his or her higher spiritual nature and overcome the disease born of lust, greed, and ignorance.

The vast and complete nature of Ayurveda requires systematic training based on its traditional theories as well as clinical experience. Keeping this in mind, the need for a specific academic and classroom-training program for Western countries became obvious).

Ayurveda is not a separated science apart from the Vedic Scriptures. It, on the other hand, is integrated within and permeated throughout the literature as the health system for this body of knowledge. As a science, Ayurveda can be integrated into any other religion since it is based on nature's laws and the forces of the creator that lives within each one of us regardless of any creed, race, or class. Ayurveda says we came here to master ourselves, and part of learning is healing and becoming aware of who we are.



## The History of Ayurveda

Ayurveda, the "science of life," prevention and longevity is the oldest and most holistic medical system available on the planet today. It was placed in written form over 5,000 years ago in India and was said to be a world medicine dealing with both body and spirit. Before the advent of writing, the ancient wisdom of this healing system was a part of the spiritual tradition of the Sanatana Dharma (Universal Religion), or Vedic Religion. Veda Vyasa, the famous sage, Shaktavesha avatar of Vishnu, put into writing the complete knowledge of Ayurveda, along with the more directly spiritual insights of self-realization into a body of scriptural literature called the Vedas and the Vedic literatures.

There were originally four main books of spirituality, which included among other topics; health, astrology, business, government, army, poetry, and spiritual living and behavior. These books are known as the four Vedas; Rik, Sama, Yajur, and Atharva. The Rig Veda, a compilation of verse on the nature of existence, is the oldest surviving book of any Indo-European language (3000 B.C.). The Rik Veda (also known as Rig Veda) refers to the cosmology known as Sankhya, which lies at the base of both Ayurveda and Yoga, contains verses on the nature of health and disease, pathogenesis and principles of treatment. Among the Rig Vedas are found discussions of the three doshas; Vata, Pitta, and Kapha - and the use of herbs to heal the diseases of the mind and body and to foster longevity. The Atharva Veda lists the eight divisions of Ayurveda; Internal Medicine, Surgery of Head and Neck, Ophthalmology and Otorinolaryngology, Surgery, Toxicology, Psychiatry, Pediatrics, Gerontology or Science of Rejuvenation, and the Science of Fertility (these are not practiced in Ayurveda today in the West unless you are a M.D.). The Vedic sages took the passages from the Vedic Scriptures relating to Ayurveda and compiled separate books dealing only with Ayurveda. One of these books, called the Atreya Samhita, is the oldest medical book in the world! The Vedic Brahmanas were not only priests performing religious rites and ceremonies, they also became Vaidyas (physicians of Ayurveda). The sage-physician-surgeons of the time were the same sages or seers, deeply devoted holy people, who saw health as an integral part of spiritual life. It is said that they received their training of Ayurveda through direct cognition during meditation. In other words, the knowledge of the use of various methods of healing, prevention, longevity, and surgery came through Divine revelation; there was no guessing or testing and harming animals. These revelations were transcribed from the oral tradition into book form, interspersed with the other aspects of life and spirituality. What is fascinating is Ayurveda's use of herbs, foods, aromas, gems, colors, yoga, mantras, lifestyle, and surgery. Consequently, Ayurveda grew into a respected and widely used system of healing in India. Around 1500 B.C. Ayurveda was delineated into eight specific branches of medicine. There were two main schools of Ayurveda at that time, Atreya-the school of physicians, and Dhanvantari-the school of surgeons. These two schools made Ayurveda a more scientifically verifiable and classifiable medical system.

### Point of View

Ayurveda teaches us how to create balance in order to attain perfect health. Thus, we are able to bring harmony to ourselves and to those around us. As we understand our body-mind-spirit connection we are able to extend the span of life and create longevity. The main purpose of this science is to create self-understanding, to attain mastery, and to know ourselves. Ayurveda also recognizes that our bodies are constantly changing and that we live in a world of duality; our job is to join with the part of us that is always there - the knower, the seer, the infinite source. With practice and mastery of ourselves we become free of suffering. And as we awaken to our true potential, we create freedom in our bodies. Ayurveda recognizes that we came to this earth to remember who we are and to follow that dharma, that purpose which is to learn to take care of this physical existence. Once that harmony is established, we become conscious of everything that there is.

Our nature is divine and everything that we need to know is already available; it is already within us. As we learn to open this channel through meditation, everything is given. The Divine Mother has given pharmacology; there is medicine available for everything that we do. When we support our body with these principles, we are open to the unlimited possibilities and potential to live our life as we were truly are meant to be. When we miss the target, we are able to wake up and do it again until we become master of the vehicle.

The science of Ayurveda brings about an opportunity to successfully be happy and alive. It offers multiple opportunities and training for living in this world. Most of all, this science offers us how to find our dharma and the consequences that we suffer when we do not follow our heart. It is an amalgamation of East and West.

## Ayurveda

Ayurveda means "the science of life," the world's oldest recorded healing system and is a part of the Vedic philosophy of India. Used for 5,000 years by many thousands of doctors on millions of patients, it is an authentically proven system of prevention and healing. Ayurveda's goal is to achieve health by working towards balance and harmony; therefore, this system of health care recognizes the importance of physical balance, emotional release, mental health, environmental mindfulness, and spiritual progression in the total health picture. This is the only natural healing system of medicine that recognizes ten different metabolic types.

Ayurveda is an all-inclusive body of knowledge, which uses a low-tech approach to healing; it is a system that can be adapted to all peoples and climates. Using natural forces such as heat, cold, light, herbs, foods, minerals, exercise, and working with the mind and emotions through meditation, Ayurveda may be the basis of a global medicine, accessible and affordable to all.

The definition of an Ayurvedic student is:

1. One who chooses to study Ayurveda and adopt the principles within one's daily life.
2. One who chooses to serve others as a facilitator, guide, practitioner or consultant without one's selfish motives or without being judgmental of self or others.
3. One who chooses to serve others with love, compassion and genuine sincerity for the wellbeing of self and others.
4. One who chooses to become an example of the integration of mind/body/spirit healing and an embodiment of wellbeing.
5. One who chooses to create perfect health through the use of Ayurveda.

## Aromatherapy

Aromatherapy is the art and science of using essential oils to beautify, purify, rejuvenate, and enhance wellbeing. This ancient science goes back 3,500 years and was used in the Egyptian, Indian, Greek, Roman, and Chinese civilizations and the use of essential oils was an integral part of the medicinal system of these cultures.

The essential oil of a plant is the most concentrated, healing component and contains many of each plants medicinal properties. Even though essential oils have been used for thousands of years, they have only recently returned to general awareness. The last twenty years have produced a renaissance in herbalism and its equal cousin, aromatherapy.

## Goals

It is the dream of the educators of this Institution to bring balance to each individual by integrating the wisdom of the East and the West. As each of us commits to breaking unhealthy patterns of our own family systems, as well as any other patterns that do not work, we allow for change - individually, socially, and globally. It is of the utmost importance that we remember our purpose, to know what we came here for, and to tap into our inner source and strength while holding a vision of peace. As this unified vision begins to permeate each family's life, a domino effect takes place for creating a better world for everyone.

Furthermore, our courses are designed to provide the student with the knowledge and skills to:

1. Understand the Ayurvedic system of natural healing
2. Learn to apply natural healing techniques in daily life
3. Develop a general understanding of foods and nutrients
4. Learn how different foods and nutrients affect individual body types/personalities and psyches through the Ayurveda dosha/subdosha system of knowledge
5. Perform an Ayurvedic consultation
6. Evaluate personal histories through the use of the Dosha Questionnaire, Subdosha Symptom Survey and interview techniques
7. Become balanced and healthy through the use and application of Ayurvedic principles
8. Assist others in becoming balanced and healthy through Ayurvedic concepts
9. Identify Ayurvedic causes of discomfort, imbalance, disease, and specific illnesses
10. Combine herbs, tonics and other natural remedies to assist in healing from disease
11. Develop a lifestyle plan conducive to a healthy mind/body/spirit.
12. Attain and maintain perfect weight
13. Reduce dependence on medications
14. Become part of the trend toward planetary healing
15. Become an educator of this ancient science/art
16. Become a healer who will treat clients as individuals

The teachers of these courses seek to provide the tools to empower practitioners of all healing arts to provide a wider variety of treatments using the science and art of Ayurveda. Through the intelligent and creative use of Ayurvedic principles, practitioners will be instrumental in establishing Ayurveda as a western therapy.

### Educational Objectives

Our mission is to provide a thorough understanding of Ayurveda, "the oldest healing system in the world", and its applications for individual and community health. We encourage our students to see the world through Ayurveda's eyes as the dance of doshic energies, and to see individuals holistically as body-mind-spirit. We train our students to identify imbalances as being chaos created by actions, genetics, and environmental factors, and to chart a course of lifestyle changes that will create harmony.

We support the concepts that health is a journey, which assists us in remembering who we really are and our purpose here on earth and that alignment with our spiritual nature is the end of all dis-ease.

Our highest vision sees our students as teachers to all those who come to them in need of insight and as healers of themselves, their families, their communities, and ultimately the world. If our vision is great, it is because we stand on the shoulders of Ayurveda's giants. We aspire that our students and their visions be greater yet.



This course is designed for paramedical participants, especially physiotherapists, massage therapists, or health consultants who do not diagnose or prescribe. They are educated to execute recommend Ayurvedic treatments correctly and to offer dietetic consultations for specific body types.

### Prerequisites

The prospective student will need to meet the following requirements –

Those applying for an Associate's Degree will need to meet the following requirements:

- High School diploma or equivalent
- Previous health training is desirable yet not required.

### Tuition

#### BOOKS REQUIRED FOR THE COURSE

\$4,800 -- Associates Degree in Ayurvedic Ministries

[These books are included in the cost of your manuals. If you already have purchased any of these, then that price will be subtracted from your books fee.]

\$395 -- Course Manuals

\$15 -- Ayurveda and Aromatherapy by Drs. Bryan and Light Miller

\$16 -- Ayurvedic Healing by Dr. David Frawley

\$11 -- The Yoga of Herbs; 2<sup>nd</sup> edition by Dr. Vasant Lad and Dr. David Frawley

~~\$436 -- Total for Books~~

### Fees

\$35 -- Application fee, non-refundable

\$60 -- Lab Fee for Herbology and Aromatherapy Classes

~~\$85 -- Total for Fees~~

### TOTAL COSTS

\$5,200 -- Tuition

\$95 -- Fees

\$395 -- College Books

\$ 5,600 TUITION FEES/BOOKS

## HOW TO APPLY

Refunds upon dismissal or suspension are the same as for voluntary withdrawal and are based on total tuition paid in full upon acceptance. After 30 days, should the need to stop attending classes occur, total tuition paid would be held and applied to future acceptance into the Degree program. **There is a "no refund" policy for partial tuition payments received.**

Withdrawal from date acceptance	% of total tuition refunded for Tuition paid in full
Within 7 working days	100% of Total Tuition
Seven to 30 days	85% of Total Tuition
Beyond 30 days	NO Refund

### Tuition Payment Information Degree in Ayurveda Payment Options

Option 1 Full payment in full, and I get My Manuals Free \_\_\_\_\_

Option 2 Payments by \_\_\_\_\_ and \_\_\_\_\_ plus an additional 2% interest

Option 3 Payments 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ plus an additional 3% interest

Option 4 Payments by the following dates 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_  
4plus an additional 4% interest

Option 5 Payments \_\_\_\_\_ by the following Dates \_\_\_\_\_ 3 \_\_\_\_\_  
4 \_\_\_\_\_ 6plus an additional 5% interest

I will always communicate any changes in my financial life with my teachers who are willing to support me. I see my communication as a function of love. Remembering that money flows thru me and that money is an energy exchange in creating my dharma, which is my purpose in life to make a difference in people lives. I want to bring healing to myself and those who are ready to receive my services and gifts because together we are stronger than apart. I am committed to bringing Ayurveda to the masses by healing myself, my family, community, nation, and planet.

### Housing Accommodations

The College has a guest room and treatment rooms available and, students are welcomed to stay when these are not being used. Students may also obtain accommodations through local friends and residents who rent rooms or possibly through nearby motels or inns which can be shared with another student.

## Academic Grading Regulations

If two quizzes are failed during an academic year, the student will need to meet with an instructor in order to ascertain the best way to assist the student's progress. Focus will be on improving his/her academic status, or dismissal may ensue. If any academic year is not successfully completed, at the discretion of the instructor, the student may be required to retake the entire year, or only a portion of the year, or given extra assignments to complete the course.

Quizzes account for 25% of final grade. Final exams account for 60% of final grade; any final exam that is failed, may be taken over one time only. Class participation, homework, and attendance account for 15% of final grade. A passing grade is a 'C'. Second year students must successfully fulfill all the requirements of the first year and have a passing grade.

### Attendance

It is essential that students spend time and complete all online videos on time in order to optimally benefit from the education. However, in the case that illnesses or emergencies may arise, the student is to immediately contact the college and leave word for the class instructor. Students will have the opportunity to view the classes in their on time review as needed with their online log in . Every one is require to do homework and Quizzes and be responsible obtaining the materials that is taught in videos each month. If a student misses the videos they will be placed on probation; if any of is not available missed is missed or not able to assess it, they must contact the teachers in order to continue. Poor attendance is cause for dismissal.

### Leave of Absence

It is not advisable to take a leave of absence; however, if it is absolutely necessary due to serious circumstances, the student may apply for a leave by completing the Leave of Absence Form and submitting it to the college. If approved, the leave will not be official until the student is notified in writing by the college. There is a 12-month limit on any leave of absence, and when ready to resume, student needs to make application to the college in writing in order to be accepted; the student must have good academic and financial history. The student will re-enter their academic studies in the next available class that they were in when they began their leave of absence.

## Rules of Conduct

Students are encouraged and expected to act in a professional manner. Students are also expected to respect each other, the facility, and the grounds where their classes are held. Behaving in an unprofessional manner is cause for expulsion.

### Student Commitment and Responsibilities

The student is one who recognizes and honors the principles of Ayurveda and especially the theory that perfect health is attained and maintained by acquiring optimum balance so as to allow the natural health of the individual to prevail in one's life. It is imperative that the student obtains a clear understanding of the fundamental principles of Ayurveda and practices a balanced lifestyle. It is through this understanding and balanced life that the student/practitioner may assist others in determining body type constitutions and promoting natural health and healing by using a wide variety of herbs and other diet considerations specifically designed for the individual constitution.

The practitioner does not prescribe medications nor diagnose diseases. The practitioner assists the individual in allowing the body to return to its natural state of balance and health. It is imperative that each individual accept the responsibility for his or her own health and for the preventative measures necessary to maintain optimal balance and perfect health. It is not the practitioner's responsibility to assume responsibility for the health of another, whether that other person has consulted with the practitioner or is a client of the practitioner's or not. The student agrees to accept full responsibility for his or her own health and for the practice of the principles of Ayurveda in the student's life.

The student is encouraged to trust his or her own intuition and personal guidance. The ability to recognize this guidance comes from the student/practitioner's spiritual practice. This spiritual practice is to include daily meditation. The student commits to a practice of meditation and prayer in whatever form the student prefers. Consistency is the key component with respect to a meditation practice and commitment, and the student agrees that during the time period that the student is engaged in this study, he/she will continue a daily meditation regimen in addition to practicing as balanced a lifestyle as possible given the student's particular circumstances. The student understands that practice makes perfect and agrees to practice the principles learned in order to enhance and strengthen the student's skill level. The student's skill level is further advanced by knowledge of the meanings of the Sanskrit words. Further, the student commits to the following:

1. Attaining full comprehension of the working of tridosha and subdosha theories
2. Acquiring the ability to identify imbalances in self and others
3. Serving without judgment of self or others
4. Completing all assignments
5. Asking questions and clarifying any confusion or misunderstanding
6. Keeping clear client records and being honest where a client should be referred to a more experienced practitioner or to another health care provider
7. Investigating and evaluating products and recommending a reputable line of herbs and vitamins
8. Being open and willing to learn from all writings on the subject of Ayurveda
9. Following your heart

To reiterate what has been previously stated, the authors of this Ayurvedic Study Course have designed it to provide the student of Ayurveda with information adequate to allow the student to personally use the principles of Ayurveda. This allows them to create a balanced, healthy life and to use the principles in assisting others in creating the same. The Ayurvedic principles may be used as an adjunct to other health care practices such as a medical doctor, osteopath, physician's assistant, nurse practitioner, acupuncture physician, chiropractor, naturopath, psychologist, master herbalist, Chinese herbalist, licensed massage therapist, homeopathic practitioner, or other health care providers, and anyone interested in serving others that are not mentioned here.

### Advertising Rights

Any photographs of students taken while at the college are the property of the college. The college reserves the right to reproduce any photographs in advertising, literature, or publicity. Any testimonials or names of graduates may also be reproduced in advertising, publicity, or literature. A photo release authorization will be given to students and those who wish, can decline to grant permission by notifying the teachers.

### Records

All student records are the property of the college and are retained for a period of five years after graduation, withdrawal, or termination. All records pertaining to the Ayurvedic College are also kept for a period of five years.

## Ayurvedic Correspondence Course

This course is for students who are not able to attend classes for various reasons. With completion of this correspondence course, the graduate will receive an Ayurvedic Practitioner Certificate, however, no degree is granted. Even though this is a home study course, the student must come to Hollywood, Florida, for one week to complete a written test, an oral test, a pulse test and do a full consultation in order to graduate.

The Ayurvedic Correspondence Course, written by Drs. Bryan and Light Miller, consists of 24 lessons and covers approximately 1,000 pages. The student is allowed one year for completion of the course. The course is also available in Spanish. Cost for Correspondence Course is \$395. In person classes are \$295 a class.

# The Ayurvedic College for Wellbeing

## Associate's Degree in Ayurvedic Ministries *Ayurvedic Ministries*

*This degree allows the student to be an educator or consultant for those seeking support and prevention of disease and lifestyle changes. As an Ayurvedic consultant, the student will be trained to work with doctors and as a private consultant.*

### Ayurvedic Ministries, Level 1

Registration Must Be Completed Prior To Class Date  
2015 Ayurvedic College Level I Semester Class Schedule  
Term – 800 hours

(Includes 800 videos 180 yoga training (optional for NAMA recognition), 150 Sanskrit (optional for NAMA recognition), and 100 hrs intensive work along with 100 supervised client encounters and clinical case studies)

\*\*The apprenticeship portion of the program living in the island of Puerto Rico . This by interview only

Pancha Karma. Students are also required to sit and observe Drs. Light and Bryan Miller during consultations and treatments. \*\*

The College offers degree AA first level second Ayurvedic practitioner, Bachelors 3rd level Health practitioner, level 4 Masters Pancha Karma technician, and Doctorate or Ayurvedic PhD.

#### Video 1

Introduction, Definition of Principles of Ayurveda, History, Cosmology, Samkhya Philosophy/6 Darshana, Digestive System, Anatomy & Physiology

#### Video 2 First Homework is do on the 4th for the first lesson 1 to 3

The 5 Elements, 3 Doshas, Qualities and Gunas, Factors of Living, 5 Herbs and Food Preparation, Anatomy & Physiology

#### 3 Video Homework lesson 4 to 5

Three Fold Diagnostic and Observation Methods, Darshan (observation), Sparshan (touching) and Prashna (interrogation), Evaluation and 5 Herbs, Anatomy & Physiology

#### Video 4 Homework do lesson 6 to 7

Eightfold Examination and Observation Methods, Basic Pulse, Eye and Vision Examination, Tongue, Nails, Malas (Body Waste), Facial, Saliva/Urine Evaluation and 5 Herbs, Anatomy & Physiology, The Sub-Doshas, Food Presentation

Video 5 Homework lesson 8 – 9

Tenfold Examination and Observation Methods, Functional Abnormalities of the Body, Geographical Factors, Physical Strength, and Climate Conditions. Digestive Power (Agni), Prakruti, Vikruti, Age and Psychological Factors. Habits, (Psychological Factors) Diet, Evaluation of Ama, Causes of Imbalance and the Stages of Disease (Pathogenesis), 5 Herbs, Anatomy & Physiology

Video 6

The 6 Taste, Proportions of the taste for each Dosha Vipaka ( post Digestive), 5 Herbs, Anatomy & Physiology

Video 7

Diets for Doshas Nutrition and Pacification, Vitamins, Minerals, Immune Boosting Foods, Anatomy & Physiology, 5 Herbs

Weekend 8 Homework lesson 9-10

The Dhatus, Functions, Nutrition, Dosha in the Dhatus, Anatomy & Physiology, 5 Herbs

January 15-17 Homework lesson 11 -12

The Srotas, Subtle Forces, The 40 Agnis, Function of Agni, Prana, Ojas, Tejas, 5 Herbs, Anatomy & Physiology

Video 9 Homework lesson 13 – 14

Herbal, Preparations, Management of the Doshas, Tonification, Ways to Use Herbs, 5 Herbs, Anatomy & Physiology

Video 10 Homework lesson 15 – 16

Ayurveda & Aromatherapy, Uses, Chemical, Constituents, Blending for The Doshas, Oils for Pre-natal and Post Natal Care, 5 herbs, Anatomy & Physiology

Video 11 Homework Lesson 17 -18

How to do a Consultation, Counseling Skills and Assessing a Client's Strength and Family History. How to Identify Disease Conditions, Children's Health and Successful Business Practices

Video 12 at the intensive

Ancient Ayurvedic Healing Therapies: Purva Karma and Pancha Karma

Video 13

Different types of Yoga, Yoga Therapy and Mantras/Sound Healing. Visual therapy/Yantras

Video 14

Presentation, Final

Video 15

Case studies

Video16

Case studies and internship

Video 17

Overview, Graduation



SECOND YEAR BACHELOR'S PROGRAM  
Ayurveda Practical, Clinical Pathology and Case Studies

Bachelor's Degree in Ayurvedic Ministries,  
Classroom Work and Hands on Program  
Ayurvedic Ministries, Level 2

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Registration Must Be Completed Prior To Class Date  
2015 Ayurvedic College Level II Semester Class Schedule  
Term – 1500 hours

(All Friday + Saturday Classes)

Weekend 1

Pancha Karma as a Healing Modality  
Practice of Shiro, Lepa and Tarpana  
History of Medicine, Religion & different Cultures

Weekend 2

Pathology  
Management of disease

Weekend 3

Mind a Vehicle to Heal  
How to Strengthen Immunity & Preventative healthcare  
Herbs & Blends

Weekend 4

Allergies and Herb Interaction  
Herbal Families

Weekend 5

RESCHEDULED

Weekend 6

Pranayama  
Breathing Exercises and their Benefits  
Many Yogas and Yoga for Body Types

Weekend 7

Aromatherapy II

Weekend 8

Integration of Food and Food as Medicine for Healing

Weekend 9

Anatomy and Physiology

Weekend 10

Reversing the Aging Process- Longevity Herbs  
Biology of Relationship

Weekend 11 Final and Graduation

## BOOKS REQUIRED FOR THE COURSE

[These books are included in the cost of your manuals. If you already have purchased any of these, it will be subtracted from your books fee.]

Ayurveda and Aromatherapy  
By Drs. Bryan and Light Miller

Ayurvedic Remedies for the Whole Family  
By Drs. Bryan and Light Miller

The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine  
By Dr. Vasant Lad and Dr. David Frawley

## RECOMMENDED BASIC LIBRARY

Ayurvedic Healing  
By Dr. David Frawley

Ayurveda Secrets of Healing  
By Maya Tiwari

The Ayurvedic Cookbook For Westerners  
By Amandea Morningstar and Urmila Desai

Heal Your Body  
By Louise Hay

The Ayurvedic College for Wellbeing  
Hollywood, FL

Phone: 954-923-4444

## Faculty

### Bryan Miller -

Bryan has been a practicing chiropractor since he graduated from Western States Chiropractic College in 1980. He went on to become a licensed massage therapist and specialized in Cross Fiber Massage, which he now teaches. He co-founded a massage school, "Institute of Well Being", co-founded an essential oil company, "Earth Essentials", and was editorial consultant to "Healthy & Natural" Magazine, and co-authored "Ayurveda & Aromatherapy" and an Ayurveda Correspondence Course. Bryan practices an Ayurvedic lifestyle and teaches classes around the world, and has also been trained as a Kaya Kalpa (spiritual bodywork) practitioner of which there are few in the world today.

### Light Miller -

Light (Jyoti) Miller travels throughout the world teaching Ayurveda, aromatherapy, herbology, Goddess and tantra workshops, as well as various other seminars. She has been teaching Ayurveda for 15 years and her mission is to create a greater global awareness of Ayurveda and has, therefore, created an Ayurveda Correspondence Course. She is now actively teaching practitioners so that they can spread the knowledge of Ayurveda throughout the world. She was the first woman trained in Kaya Kalpa (Ayurveda spiritual bodywork) and is one of only a few practitioners in the world. Together with her husband, Dr. Bryan Miller, they conduct Pancha Karma programs and Kaya Kalpa treatments. They have written, "Ayurveda and Aromatherapy", "Ayurvedic Remedies for the Whole Family", both published by Lotus Press, and have self-published their own "Ayurveda Correspondence Course". Light's current book in progress is, "The Eternal Dance of the Goddess: Honoring the Feminine Within All Life".

**APPLICATION FOR ADMISSION**  
**Online Ayurvedic College for Wellbeing**  
**Provided by Drs. Light & Bryan Miller**

www.ayurvedichealers.com



*To be completed in detail, signed, and returned to Ayurvedic Center, Att.: Ayurveda College*

**Part I: Please fill in the following information:** \_\_\_\_\_

I am applying for the: \_\_\_\_\_  
Ayurvedic Consultant Training designed to meet The National Ayurvedic Medical Association (NAMA)  
Requirements (800 Hrs.):

Date of Birth:   /  /   / Social Security Number: \_\_\_\_\_  
Citizenship:  U.S. Citizen  Permanent Resident  Other Country: \_\_\_\_\_

**Part II: All correspondence regarding your application will be sent to your local address. Please provide your personal information.**

First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_  
Last Name: \_\_\_\_\_  
Address: \_\_\_\_\_ Apt.: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Country: \_\_\_\_\_  
Zip/Postal Code: \_\_\_\_\_ Telephone: \_\_\_\_\_  
Email: \_\_\_\_\_

**Part III: Education Level**

High School Graduate Yes No  
Bachelor's Degree Yes No  
Master's Degree Yes No  
Doctorate Degree Yes No

**Schools/Colleges Attended:**

List the school, city, state, major, degree, and dates attended

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**If you wish to apply credited hours related to health from any of your post secondary schools or trainings, have an official transcript from each of the above schools sent directly to Ayurvedic College at Ayurvedic Center, and must be on file prior to start of classes. Other trainings applicable include: Anatomy, Physiology, Alternative Medicine, Yoga, Vedic Studies and others as defined by NAMA .**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Are you a Physician?  Yes  No  
 Are you a Chiropractor?  Yes  No  
 Other Medical Practitioner:  Yes  No  
 Are you currently a practitioner of:  
 Alternative Medicine or Naturopathy?  Yes  No  
 Massage Therapist  Yes  No  
 Nutritionist  Yes  No  
 Health Counselor  Yes  No  
 Nurse  Yes  No  
 Yoga therapist  Yes  No

**Please list any previous training or education in Indian Religions and Vedic Philosophy**

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**Part IV: References. Please list the names of two references, other than family.**

Name: \_\_\_\_\_ Address: \_\_\_\_\_ City, State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Name: \_\_\_\_\_ Address: \_\_\_\_\_ City, State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

**Part V: Background Information**

How did you hear about us? \_\_\_\_\_

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Please list your reasons for wanting to take this Ayurveda course:

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I certify that all the information on this application is true and correct. I understand that any false or misleading information will void this application. I understand and agree that this program does not include the national certification by the National Ayurvedic Medical Association (NAMA). However upon completion of the full program, I am eligible to apply for membership. I understand and agree that upon completion of the course, Ayurvedic College at Ayurvedic Center does not guarantee employment or take responsibility for employment or a career in the field of Ayurveda, or any health related field. I also understand and agree that Ayurvedic College at the Ayurvedic Center is not responsible for actions of students and graduates in their Ayurvedic career. I certify that I have the ability to finance my education.

**Applicant Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Print Name:** \_\_\_\_\_