

**SECOND YEAR BACHELOR'S PROGRAM**  
**300-Contact Hours**

Ayurveda Practical, Clinical Pathology and Case Studies  
**Classroom Work and Hands on Program**  
Bachelor's Degree in Ayurvedic Ministries,  
Ayurvedic Ministries, Level 2  
**2017 Ayurvedic College Level II Semester Class Schedule Term – 1500+ hours**

The instruction is provided with 1,200 hours via video. The intensive portion will be 100 hours and consists of herbal mixtures, liver flushes, lepas, medicinal shakes, visiting organic farms, Marma therapy, Ayurvedic cooking, and studying in the lush landscape in Puerto Rico. Also, 300 Contact Hours of practice are required along with 150 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 Ayurvedic practicals, 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.

**Week 1**

Review Principle of Ayurveda, History and Philosophy, Five Elements, Three Doshas, Gunas, and Prakriti/Vikruti

Week 2

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

Week 3

History of Medicine and Different Cultures

Week 4

Review Three, Eight, and Ten fold diagnostic methods in detail  
Pathology Management of disease  
20 Herbs

Week 5

Pathology of Disease

Week 6

Vital Signs

Week 7

Review 20 Ayurvedic Herbs

**Week 8**

Review 6 Tastes and how they are applied to each dosha

Week 9

Mind as a Vehicle to Heal: Prana, Tejas and Ojas

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Week 10  
How to Strengthen Immunity & Preventative healthcare Herbs & Blends

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**Week 11**  
Review Doshas, SubDoshas, Dhatus, and Srotas

Week 12  
Allergies and Herb Interaction Herbal Families  
20 Herbs

**Week 13**  
Review Agni, Ama, and Malas.

Week 14  
Complete Counseling Skills, Personal and Family Histories and how to go about it

**Week 15**  
Psychiatry and Pacification of Doshas

Week 16  
Pranayama and Yoga  
Ayur Yoga: Practice of Breathing Techniques

Week 17  
Breathing Exercises and their Benefits Many Yogas and Yoga for Body Types  
20 Herbs

**Week 18**  
Aromatherapy II

**Week 19**  
Integration of Food and Food as Medicine for Healing

Week 20  
Ayurvedic Lifestyle  
20 Herbs

**Week 21**  
Advanced Anatomy and Physiology

**Week 22**  
Reversing the Aging Process- Longevity Herbs Biology of Relationship  
Rasayan

**Weekend 11 Final and Graduation**