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

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 Tequiniues

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