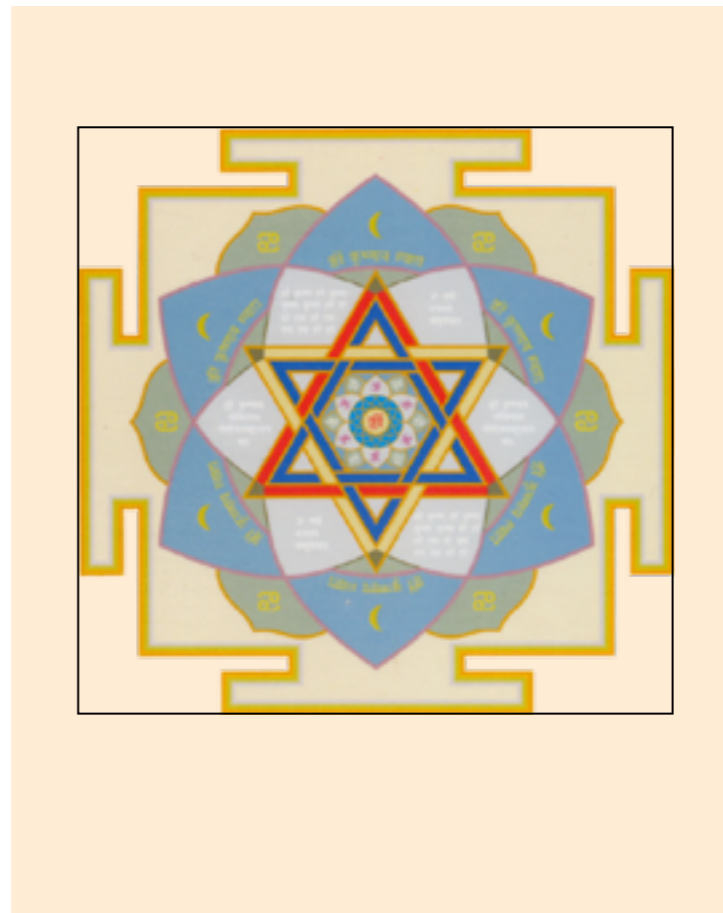


SAN DIEGO COLLEGE OF AYURVEDA



Catalog 2014



A B O U T U S

SDCOA was founded by Monica B Groover, PhD and Pandit Atul Krishna Das to to preach and spread the word about ancient healing modalities of Ayurveda, Yoga and Meditation. SDCOA reflects the Vedic Learning tradition and a higher consciousness that emphasizes the use of meditation, yoga practices, Jyotish (Vedic or Hindu Astrology), and plant based diet. Most courses are done online with Live 'virtual' classes online on Saturday and Sunday mornings through Fuzemeeting. There are also two internship onsite workshops in July and December. In addition, students can attend the onsite workshops held every other month onsite at our location.

Goals

*To conduct affordable Ayurvedic, yoga therapy and Meditation workshops based on Vedic Principles, rooted in mother nature.

* Support Healing through through an organic Plant Based Vegetarian Diet Principles

*Living in harmony with nature.

*To cultivate in our students - love of nature, environment and earth and inner harmony through free community workshops in schools.

*To conduct affordable online and onsite Ayurvedic certificate courses recognized by NAMA. (National Ayurvedic Medical Association)

*To conduct onsite holistic community workshops about Integration of mindful exercise like yoga, growing organic herbs and vegetables, nutrition lessons for less privileged, and stress reduction through use of Meditation for balance and stress

*To conduct affordable online and onsite Yoga Teacher Training, Yoga Therapy Teacher training, Meditation coach training courses online and onsite that are recognized by Yoga Alliance and IAYT (International Association of Yoga Therapists)

Our Team

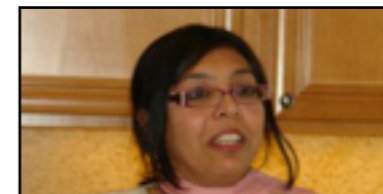


SDCOA is an online Ayurveda Institute with its administration offices located in Escondido, CA (Below).

Our team has five teachers - each one of us practices Ayurvedic Vegetarian Diet or are Vegan. Most of the students who join our course also conduct workshops and follow a yogi or Ayurvedic lifestyle. We offer excellent online training delivery in United States, with a fraction of a price.



*Dr. Kirti Pingle, BAMS,
MS Ayurveda*



*Monica B Groover, PhD, PK,
AWP*



*Susan O Connor, ERYT,
AWP*



Pandit Atul Krishna Das

Guest Lectures:

Dr Aparna Dandekar, D.O, AWP

Dr Sahana Keldaya, BAMS, MD (Ayurveda)

Dr Siva Mohan, M.D., Ayurveda Diplomat

Virtual Classes

Checklist

1. Affordable. Pay in advance to get a discount. Or, pay at your own pace per month.
2. Small Class Sizes. 1:5 teacher student ratio
3. Qualified world class faculty
4. Interactive and Personal Classes
5. Blended Learning. 90% course is done online, rest at our location for block 3.
6. All other courses can be done 100% online.
7. If you complete your coursework and have to dropout, you are still eligible for a completion certificate *
8. Put your course on hold for upto 12 months and rejoin.**

Figure 1.1 Classes can be accessed on your iphone, ipad, computer or via regular landline through a web software called Fuze meeting



Fuze meeting is an online meeting and collaboration tool that makes geographic locations obsolete. We have students from has HD Video and High Resolution Audio delivers two times the clarity of a standard phone call.

.A virtual campus is a college that is based online. You go to a classroom with other students. Interact with your facilitator. Listen to your professor and the lecture in real time without leaving your own home. Instructor gives you Interactive audio, video, powerpoint, and presentations and quizzes and homework assignments online. This is done online through webinars and video conferencing. You will require a good internet connection (DSL or better) for virtual classes.

What is a Virtual or an Online Class?

If you decide to do a course with us, all online classes are conducted on the weekend via Webinars. You can sign up for a webinar for \$20 for a 1-2 hour webinar as well. We have a virtual classroom where training is delivered through Webex, and, Fuzebox online Training Webinar Systems --

on your iphone, ipad, smartphone, tablet or computer. It also includes traditional home study and onsite classroom at our location. There are online classes and some onsite classes. (Optional for Block 1 to attend)

Small Class Sizes

* Certification requirements are a minimum of 100 hours, 250 Hours, 450 Hrs and 600 Hrs. If you have completed 300 hours, you are eligible for 250. However, if you have completed 200, you are only eligible for 100 Hours.

Our class sizes are small from 10 on average per group or less. Many a times, we have two or three teachers for ten students throughout the year, making the training very personal and interactive.

IMPORTANT: You do need a computer and an Internet connexion, to access our virtual learning campus, which is where all our learning resources are located. 'Live' classes can be accessed by iphone, ipad, blackberry or an android phone. However, pre-recorded classes require a computer and an Internet Connexion.

How does this online, onsite and distant learning work?

HOME STUDY Students receive enrollment packet with study modules, and study aids. Students study in their own time. Students can also log in at our Virtual Campus, and, watch pre recorded classes, watch slideshows, hear mp3 recordings of previous classes. Research by the students is considered offline and distant learning, as well.

Interactive Component- Students can access case studies, or, post questions at our Forum. Students can take interactive online quizzes, and, post assignments online. Teachers will get back with the feedback. Students can interact with the teachers via email, or, forums.

LIVE' Classes via Fuze - 'Live' classes via Fuze two or three times a week. We replicate a classroom environment. Students receive an 'INVITE' to the live class with a password. Click on the URI and it takes you to our virtual classroom. Interact with the teacher live at this time. If you miss a class, watch the recording.

ONSITE WORKSHOPS - Onsite workshops and Internship Workshop Opportunities at our location twice a year.

Calculate the Course Fees

Tuition fees is paid separately for Block 1 followed by the advanced course you choose to do be it Ayurveda Counselor or Block 2 (AHE 450 Hrs) or AWP 600 Hrs

in Block 3. We can transfer upto 25 hours in Block 1 if you have previous training in Ayurveda from a NAMA approved school.

Block 1 100 Hours + Your Advanced Course

Block 1 100 Hours - \$675*

Ayurveda Counselor - 250 Hours - \$859* (Ayurvedic Nutrition) \$1250 (Yoga Therapy or Women Support)

Block 2- \$1575* for 450 Hours

Block 3 \$2199* - 600 Hours

Please note that Block 1 is a pre requisite for all other courses. If you decide to pay by 'flexible' payment plans, there may be a 10-12% extra charge as well as cost of shipping. *(Within US shipping is usually \$12 per shipment, and, International Shipping Fedex Rates apply for foreign countries including Canada or Mexico. There maybe a \$90-\$125 surcharge for books, materials and shipping for both Blocks.)*

Compare our fees to \$6000 - \$15000 charged by other Ayurveda colleges. We do NOT offer any scholarship, nor, take federal aid.

Refund Policy for Block 1- There are no refunds for Block 1 once the student has logged in. We send all materials online, as well as through post at one time. Once the student has logged in the virtual campus, and, received all material --there are no refunds. A student may be given a partial refund within five working days of enrollment - provided the student has not logged in.

Refund Policy for Block 2 and Block 3 - The cost is prorated for number of classes attended, and, the material by \$25 per hour for each class attended, or accessed online, download and time spent at the virtual campus and, \$249 for the course material for each block module(s) that were shipped to the student. No refunds after 3 weeks.

There are no refunds after 3 weeks of enrollment for Block 2.

Foundation in Ayurveda

Block 1 Foundation 100 Hours is an online course, and, a pre-requisite for all our advanced Programs.

This course covers all the core and basic concepts of Ayurveda within the scope of Ayurveda 101, Samkhya Philosophy and Tridoshas 101. The program focuses on the basic tenets of Ayurveda especially Prakruti (Psychosomatic constitution, Agni (Digestive Fire) assessment, daily routine, seasonal routine and basic Ayurvedic Nutrition for your own dosha. Each session has 1 to 3 lectures with breaks in between.

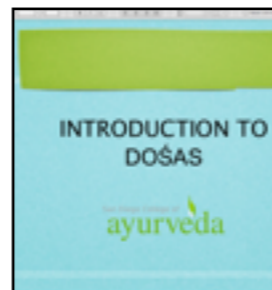


Orientation: How to navigate the course, Pre Evaluation Online, My-plate assignment



Session 1

Ayurveda 101. Introduction. History. Eight Branches, Samkhya 101, of Cosmos according to Samkhya, Definition of Purushu and Prakruti, Shad Darshana, Creation of causal elements, Qualities and Gunas of Pancha Mahabhutas



- Tanmatras, Gyanindriyas Manifestation of Five Elements, Introduction to Doshas, Prakruti, Do your own Doša Test as a child

Session 2 Introduction to Ayurvedic Nutrition, Ayurveda and Concept of Health, Ayurveda for Women Support Issues, Daily Regimen, Do your vikruti test, Cre-

ate a daily regimen plan for your own doša, Final Quizzes and Assignments.

Session 3 Online Lectures - What are Tridoshas, Different types of Prakrutis, Janma, Deha, Vata and its sub types, location and function of Prana, Apana, Udana, Samana and Vyana. Balancing Vata Women. Rx for balancing Vata, Daily Regimen, Seasonal Regimen. Ayurvedic Rasas for balancing Vata. Vata Quiz. Vata Assignments

Session 4 Online Lecture Agni and Digestive Fire, Four states of agni(Samaagni, Tikshnagni, Vishamagni and Mandagni in Vata, Pitta and Kapha) Concept of Balanced Mala (Elimination), Balancing the Agni, Tejas, Pitta and its sub types, location and function of Alochaka, Bhrajaka, Ranjaka, Pachaka. Balancing Pitta Women. Rx for balancing Vata, Daily Regimen, Seasonal Regimen. Ayurvedic Rasas

for balancing Pitta. Pita Quiz. Pitta Assignments, Difference between Pitta and Agni

Session 5 Online Lecture Kapha and its Sub Types, location and function of Bodhaka, Kledaka, Avalambaka, Tarpaka and Shleshaka. Rx for balancing Kapha, Cycles in a Kapha Woman, Daily Regimen, Seasonal Regimen. Concept of Ojas. Ayurvedic Rasas for balancing Pitta. Ritucharya or Seasonal Regimen for Kapha.

Session 6 How to fill the case study Form. Applying the five sub doshas of Vata, Pitta and Kapha in a case study form, find out elimination, state of agni as well as Mala pariksha, and fill the case study form. How to interview someone as a case study. Final Quiz Assigned

Session 7 Full Day Onsite Workshop (Optional to attend)Webcast. This session can be done in the beginning of the course, or at the end.

Session 8-- Last Lecture Case Study and Live Presentations by students. This is a private time between teacher and student scheduled at a convenient time for both of them.

Evaluation: Submission of Student workbooks online or can be mailed to us, Essays, Practical Assignments, Multiple Choice Questions, Fill out the case study form, Prakruti form, vikruti form, Daily Regimen quiz, Seasonal Regimen quiz, Daily Biological Clock. There are two case study forms that a student must submit, in order to graduate from this program into the Block 2.

Regular Classes Sunday Mornings at 8 AM PST - 10.30 AM PST. (Classes are 2-3 hours. Onsite workshop is 6-8 hours) Classes are recorded and available for viewing later

Seats Available: 15

Full fees when paid in advance- \$675 (Includes shipping)
Three Installments - \$300, \$216, \$216, plus shipping Flat Rate
Optional Textbook - \$41 plus shipping

The course is for the beginner, who is interested in learning about the system as well as those who might be interested in pursuing the higher certifications.

This program provides tools to the student to start incorporating Ayurveda into their daily life and their practice -- whether they are a yoga teacher, health practitioner, nurse, or a dietician.

This is our most popular course with yoga teachers, chiropractors, energy healers, Reiki masters, Registered Nurses, as well as Registered Dietitians, and Nutritionists doing the course. This short 100 hour Certificate course is a sampler of whats to come in the advanced courses.

*The college requires a minimum of 4 enrolled students, otherwise the course is deferred to the next month. The Onsite training that takes place once every month at our center is optional to attend.

The student is awarded an 100 Hour Foundation Certificate at the end of this course.

Ayurveda Counselor 250 Hours

Course Modules

Ayurvedic Nutrition

Block 1 foundation 100 Hrs, 25 HRS Ayurveda Kriya Sharir 101- Rasa, Rakta and Mamsa Dhatu, 25 Hrs Physiology of Digestive System, Annavaha Srotas, Agni, Ama, 25 Hrs Ayurveda and Ahara for Women - Pre natal, post natal, menopause, 25 Hrs Panchakarma Pre Ahara or Detox Plan. Panchakarma Restorative (Langhana and Brimhana Diet), 50 Hrs Ayurvedic Nutrition (Anut101)
- Ayurvedic Meal Planning and Recipes Ayurveda Manasa and Meditation - 20 Hrs

Yoga Therapy

50 HRS Ayurveda Kriya Sharir 101- Rasa, Rakta and Mamsa Dhatu, Asthi Physiology of Respiratory, Skeletal, Muscular, Cardiovascular and Lymphatic System - Pranavaha Srotas, Mamsavaha Srotas, Asthivaha Srotas, Annavaha Srotas, Rasavaha Srotas

50 Hrs Ayurveda and Yoga Therapy support for Women - Pre natal, post natal, menopause, Vata, Pitta and Kapha

25 Hrs Ayurvedic Nutrition (Anut101)
- Ayurvedic Ahara

25 Hrs- Internship/Extenship and Research Project

Ayurveda Counselor Courses with specialization in Ayurvedic Nutrition, Ayurvedic Yoga Therapy or Ayurveda Women Support

Block 1 and 250 Hour Ayurveda Counselor are meant for Alternative or other health practitioners, yoga teachers, herbalists, doulas, midwives, - who want to incorporate basics of Ayurveda into their own practice.

Ayurveda Counselor builds on the Foundation Course where the student has completed the foundations of Ayurveda including Ayurveda 101, Samkhya 101 and Tridoshas 101.

The Block 1 100 hours are applied towards their Counselor course. The student then chooses to do the rest of their 150 hours specialize in Yoga Therapy OR Ayurvedic Nutrition OR Ayurvedic Women Support for Pre Natal, Post Partum and Menopause. Common units are Basic Ayurveda Kriya Sharir and Ayurveda Manasa. This course requires attendance in Yoga Therapy and or 2 weekend Women Support Workshop (included in cost),

So, these courses are divided into a system of 'learning units'. All courses have some units, common to them. For example, all courses require 100 Hour Foundation Module, followed by your learning units for specialization

Pre Requisites for Ayurvedic Nutrition - 100 Hour Ayurveda Foundation, High school diploma and loves organic, local vegetables and food.

Pre Requisites for Ayurveda Yoga Therapy - 200 Hour Yoga Teacher registered with Yoga Alliance and 100 hour Foundation course

Pre Requisites for Ayurveda for Women Support- 100 Hour Ayurveda Foundation, High school diploma and loves organic, local vegetables and food.

This course is a blended learning, correspondence course, aimed at those not quite ready to commit to the

Unlike AHE program - no previous credit hours can be transferred from your previous training or diplomas.

Student attends online classes, attend the one or two onsite workshops as well as watches the pre recorded classes and study material. Student must submit their assignments and assessments to the teacher via forums or email, Or, complete them online.

• **Course Modules- Ayurveda Women Support**

100 Hrs Foundation Block 1 (Tridoshas, Sub Doshas, Dinacharya, Ritucharya, History, Mythology)

65 HRS Ayurveda Kriya Sharir 101- Rasa, Rakta and Mamsa Dhatu, Female Anatomy and Physiology , Child birth Education Classes (15 Hours), - Pranavaha Srotas, Mamsavaha Srotas, Asthi-vaha Srotas, Annavaha Srotas, Rasavaha Srotas, Menopause, Prenatal support, Post Natal support,

10 Hrs Ayurveda and Yoga Therapy support for Women - Pre natal, post natal, menopause support

25 Hrs Ayurvedic Nutrition (Anut101)

- Ayurvedic Ahara

25 Hours- Ayurvedic Herbs for women

25 Hrs- Two weekend workshop at our location and Research Project

- This course is a blended learning, correspondence course, aimed at those not quite ready to commit to the 500 Hour or 450 Hour courses!
- Student attends online classes, attend the one or two onsite workshops as well as watches the pre recorded classes and study material. Student must submit their assignments and assessments to the teacher via forums or email, Or, complete them online.
- Yoga Therapy and Women Support Specializations require internship or externship and/or the weekend workshop onsite.
- Ayurvedic Nutrition can be done 100% online.
- Course Fees
- Specialization in Nutrition - 100% online course - Fees \$859 if paid in advance. If paid by installments, 10% extra + Shipping.
- Specialization in Yoga Therapy / Women Support- 80% Online, One or two Weekend workshops onsite + Internship / Externship required. Fees- \$1250 if paid in advance. If paid by installments, 10% extra + Shipping

Late Fee incurs a charge of \$10 after the due date.

AHE 450 Hrs

Course Modules

1. Anatomy and Physiology (Optional and elective)
2. Block 1 - (Ayurveda 101, Tridoshas 101, Samkhya 101)
3. Ayurveda Yoga Therapy
4. Ayurvedic Kriya Sharir 101
5. Ayurvedic Ahara and Nutrition
6. Ayurveda Dravya (Herbs)
7. Ayurvedic Coaching and Manasa
8. Meditation and Pranayama
1. Biofeedback and Art of Assessment
9. Choose two electives from below: *Sanskrit for Yoga and Ayurveda Practitioners, Aromatherapy, Jyotish and Vastu, Ayurvedic Stri Roga (Pre Natal and Post Partum Support), Restorative yoga therapy***

***For yoga teachers only*



Ayurveda Health Educator 450 Hours is aimed at Yoga Teachers, Herbalists, Nutritionists, and, RDs or other Alternative Health Practitioners who want to incorporate Ayurveda into their existing practice. This course is most popular with Registered Yoga Teachers who want to deepen their knowledge of Ayurveda, and incorporate tools of meditation, pranayama, learn appropriate Sanskrit, coaching skills and how to set up a Yoga Therapy class, evaluate via biofeedback of nadi and support Women through their transi-

tion periods. Many yoga teachers who jointed this course ended up specializing as a women's yoga therapy specialist.

This course allows you to transfer upto 100 hours of Yoga Teacher Training Credits, 25-50 hours of Anatomy and Physiology. There is an appropriate discount, however, credit transfer is \$1 per credit. This course is recognized by both National Ayurvedic Medical Association as well as International Association of Yoga Therapy.

AWP (600 Hrs)

Ayurveda Wellness Practitioner has the following modules

1. Ayurveda101 (Block 1)
2. Tridoshas 101 (Block 1) and Tridoshas 201
3. Samkhya Philosophy (Block 1) and Ayurveda Phil. 201
4. Ayurveda Kriya Sharir (AKS) 101 , and AKS 201
5. Astrology or Jyotish 101
6. Ayurveda and the Mind(Manasa) 101 and 201
7. Sanskrit and Bhagavad Gita
8. Panchakarma 101
9. Ayurvedic Yoga Therapy 101
10. Ayurvedic Nutrition 101
11. Ayurvedic Dravya 201
12. Ayurvedic Chikitsa and Nidana 201

Figure 1.2 Dravya Module Screenshot



Core Curriculum Hours:

Core Curriculum: 400 Hrs

Peripheral Courses: 150 Hrs

Internship/Case Studies: 25 Hrs+ 25 Hrs = 50 Hrs (All Classroom Hours or Done in presence of a Facilitator)

Ayurveda Wellness Practitioner 600 Hrs

Pre Requisite- Must have completed Block 1 100 Hours, or an Ayurveda course from a NAMA approved Institute. The course is made up of four semesters. And, if a student drops out after a semester -- He or she is still eligible for a diploma based on the course completed.

Note: This used to be a 500 Hour Block 2 course. Now, it is Block 1 100 Hours (Total time - 2.5 months)+ Block 2 and Block 3- 550 Hours (7 months)

Block 3 Course Start Dates:

April 2014-

(Enrollment Cut off August 15 2013)

July 2014

September 2014

November 2014

Please fill up the Application Form in order to be considered.

The 600 Hour Certificate Ayurvedic Practitioner Program is based on Ayurveda's holistic way of living and health and over-exceeds and more than fulfills NAMA requirements for a 500 Hour Ayurveda Wellness Practitioner.

The AWP 600 program includes a comprehensive Ayurveda education that focuses on Ayurveda principles of Herbology, Nutrition protocols,

daily routines, yoga therapy practices and meditation giving you the necessary preparatory tools to start your practice.

Course is blended - online, distant learning, an INTENSIVE at our location and LIVE virtual classes twice times a week.

Experiential with lots of case studies, the course is highly interactive and dynamic learning experience.

If a student misses a 'class', a recording link is provided.

Schedule 2014

Block 1 - 100 Hours Foundation January 2014, April 2014, June 2014, September 2014, October 2014

Block 2 AC 250 Hrs April 2014, July 2014, September 2014 And November 2014

Block 2- AHE 450 Hrs Ayurveda Health Educator 450 Hours - April 2014, July 2014, September 2014 And November 2014

Block 3 Ayurveda Practitioner April 2014, July 2014, September 2014 And November 2014

INTERNSHIP / WORKSHOP DATES

July 2014 - 4 Days, November 2014 - 4 Days

January 2014 Yoga Therapy

April 2014 Ayurvedic Herb Workshop

May 2014 Ayurveda For women- Part 1 Women Support and Herb Formulas for Women Issues

June 2014 Part 2- Ayurvedic Pre-Natal and Post Partum Care Workshop

July 2014 --- INTENSIVE WORKSHOPS, BLOCK 1 INTENSIVE.

Ayurvedic Herbology and Biofeedback Practicum For Block 2 and/or Block 3 Students. Date TBD

September 2014 Panchakarma Therapies and Internship (25 Hours)

October 2014 Ayurveda nutrition and Yoga Therapy workshop

November 2014 Internship 4 Day Intensive Workshops for Block 2 and/or Block 3 Students

December 2014 Ayurveda and Yoga Teacher Training Retreat to India. Information Coming Soon

APPLICATION FORM -

Application Form can be submitted online or emailed or posted to us.
<http://sandiegocollegeofayurveda.com/application-form>

Full Name: *

Name on certificate (if different):

Phone number: *

Either cell phone, home or work-phone - list the phone you would like us to call, please

Email: *

The email that will be used for all communication and Virtual Campus Access

Preferred method of contact: *

I would like to be contacted by phone

I would like to be contacted by email

Other:

Please select how you would prefer to be contacted

Driver's license number:

Optional

Course you are interested in applying for: *

Block 1 Foundation Module - 100 Hrs

Block 2 Ayurveda Counselor

Block 2 AHE 450 Hrs

Block 3 Ayurveda Wellness Practitioner 600Hrs

House Flat Number

Address 2

City:

State/province:

Zip/post-code:

Country:

Where you would like the Enrollment Packet and Course Materials sent:

Please note if applying for the first time, please choose Block 1 foundation module. Please select the course you are interested in

Preferred method of payment: *

I would like to pay the Block 1 fees in advance for a discount

I would like to pay the fees in monthly installments of \$210

I would like to pay in advance for Block 2 or Block 3

I would like to just submit my application at this time and will make payment arrangements later

Do you have a high school diploma?: *

Yes

No

Highest Education Completed: *

Graduate Degree-----Post Graduate Degree-----Associates Degree

High School Diploma

Other:

Previous Work Experience: Please List.

What is your aim and objective in studying Ayurveda?:

Please note that we accept only 15 candidates for advanced courses. Your answer can help you get priority in a waiting list. This is not applicable to the Foundation courses.

Agreement - please read carefully and indicate whether you agree or disagree: *

By agreeing to this, I understand that if I am selected and choose flexible payment options, I may need to submit my credit card information in advance (by phone or website), and my credit card will be charged on the first day of enrollment, by the 15th of every month, as well as the last day of enrollment, whichever comes first. The first and last installments are payable together in advance.

There are no refunds for Block 1 fees whether paid in advance or via the flexible payment option plan. To unenroll, one month notice is required.

I understand that to suspend my enrollment and restart during a later batch will incur a \$50 re-enrollment fee per each restart.

I understand that I have one year to complete Block 1. After that time, should I choose to re-enroll, I may have to pay the fees for the entire course.

I understand that Ayurveda is a complementary health system, not meant to cure, diagnose or treat any disease. All the material provided in this course is for informational purposes and the knowledge of herbs, panchakarma or nutrition I may learn is not recognized by the FDA.

I understand that I must complete the Block 1 course and graduate with 65% scores minimum, before I move on to Ayurveda Wellness Practitioner or 50% minimum for Ayurveda Health Educator Program.

I understand that the college is not responsible for providing me job opportunities after the course.

I understand that this is an online, virtual course with no physical classes. The college does not accept any federal aid, nor does it give out any scholarships

I understand that checking "I agree" and entering my initials below constitutes acceptance of an agreement.

I agree

I don't agree

Signature: *

Please sign this application by entering your initials here.